

Twenty Things I Wish I'd Known When I Started My PhD

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At present, there are many concerns about the effect of conditions in the academic environment on mental health Ph.D. students. In this regard, the suggestions that have been made on the academic achievement of Ph.D. students during the course of the study published in Nature, have led us to translate this article into Persian and we also wanted to add a section of the lifestyles of doctoral students. The results of the studies showed that Ph.D. students suffered from emotional exhaustion during their education, which could have an adverse effect on their lifestyle, performance and academic achievement, and sometimes lead to depression. Additionally, emotional exhaustion can lead to student dropout. Therefore, maintaining a balance between in own life and research work can reduce the effects of stress and play an important role in mental health and academic achievement of students. Based on reports, Supervisor support and counseling sessions by the organization or educational center can significantly reduce the psychological burden of emotional exhaustion in Ph.D. students. On the other hand, the effective factors for academic achievement and increasing the quality of lifestyle is sufficient and good sleep that causes the detoxification of the body, the appropriate nourishment and exercise make health and the physical fitness of the body, respectively. For this reason, in the end, recommendations have been made to reduce the emotional exhaustion of Ph.D. students during their study period to successfully overcome the challenges they faced during their course.

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