PhD advice

1. **Celebrate small successes**: They're usually hard to come by when you're a PhD student. Did you submit that manuscript? Enjoy a nice dinner! Did you finally get a nice fit to your data? Enjoy a nice dinner! Did you finally optimize your recipe? Enjoy a nice dinner! Did she say yes? Go nuts!

2. **Make your PhD count**: You didn’t manage to get into that fancy school abroad and had to settle for a PhD in your country itself? Don’t worry about it. Your objective is to make your PhD count. Transform yourself. Become the master of adapting to failure. Acquire those skills that make you that company’s most desirable candidate.

3. **Adapt**: The key to surviving a PhD is adaptability. I quickly realized I wasn't going to survive if I didn't adapt; and fast. Now, even in my 12th year as a scientist, I’m still adapting to changes and events around me. Love, passion, wanting to learn more, push your limits are all fine, but, if you’re heading into a PhD you’ll need to learn to adapt. In the words of the immortal Metallica, "nothing else matters."

4. **Embrace failure**: In #2 I mentioned adapting to failure. You need to understand that you’re going to spend the better portion of your PhD generating horrible data, drawing absolutely useless conclusions, miserably bombing your experiments. However, remember. There’s always light at the end of the tunnel. Sure, the tunnel might be long. Like, really long. But, there IS light! You just need to be that little extra patient and perseverant. You’ll get there. *This* is how you become a master of adapting to failure. Companies are going to kill to have you!

5. **Be humble**: You might be doing a PhD. But you still wouldn’t know everything and are still going to have to reach out to people for help. Be humble. Be kind. Be punctual. Be respectful. Even after you graduate and become Dr. Smart. These would take you far in your career. Personally and professionally.