

# Working During COVID

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# Working During COVID: It's Complicated

Focusing on mathematics amidst current events is nigh-impossible, but graduate students have many “clocks” ticking (prelims, quals, oral exams, teaching/grading duties, dissertations, publishing, ...).

- What strategies have you found (in)effective for making positive progress?
- What role has mental health played?  
What strategies are (in)effective?
- Has your idea of “work” changed?  
Or how you measure productivity?
- Have you discovered any “life hacks”?  
(E.g. changing your surroundings, your schedule, your tools?)
- How have you adapted the social aspects of your work?  
(Reading groups, seminars/colloquia, working with peers, advisor meetings, collaborations for papers)
- What actions have your peers taken to help you?  
Your mentors? Departments? Administrators? What actions *could* they take?
- What kinds of things have *not* worked for you?

# Stuff That's Useful to Me!

- Some wonderfully concrete advice from Kristin DeVleming
- Getting dressed every morning (actual pants!)
- “Going” to a physical space, keeping it dedicated to work
- Technological tools: GradeScope, Piazza/Canvaswire, Group chats (Discord, GroupMe), direct messaging (Twitter, Instagram, text messages)
- Productivity tools: Todoist/GetThingsDone, 4 Square Method, Calendars/planners, Pomodoros
- Mental Health practices: journaling, meditation, gardening, exercise, diet/cooking
- Intentional, purposeful breaks