



The Four Life Quotes that Shaped my PhD Journey.

Thaleia Dimitra Doudali

Illuminate Tech - 4/16/2020

Personal Background



1. Born and raised in Greece.



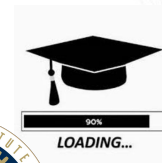
2. Got interested in computers with my older brothers.



3. Undergrad in ECE at NTUA in Greece.



4. PhD in CS at Georgia Tech.



Where can I find inspiration?

- Inspirational quotes.
 - I like to write them down, stick them on my fridge/desk, so that I get reminded throughout the day.
- I even like creating ones and I think that's not a coincidence.
 - In ancient Greek mythology, "Thaleia" was one of the nine muses.
 - They were the daughters of Zeus and inspirational goddesses of literature, science and the arts.
 - Thaleia was the goddess of comedy and idyllic poetry.



The four biggest challenges throughout my PhD.

Challenge

Life Quote

1. Impostor Syndrome.



Wake up and be awesome.

2. Finding a balance.



Be present.

3. Fear of long low times.



*The lows will be low for the
highs to be high.*

4. Fear of the future.



*Let it be whatever life wants to
bring to you.*

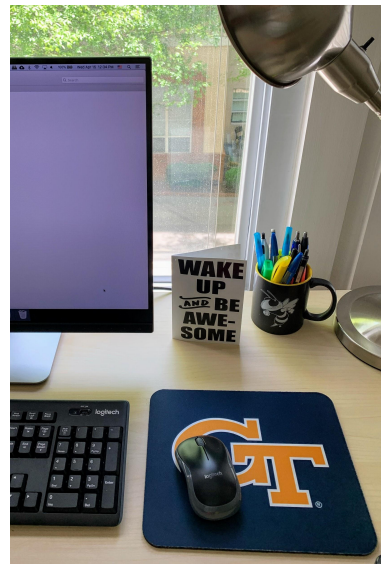
Impostor Syndrome → *Wake up and be awesome.*

- **Challenge:**

- Fear of disappointing others.
- Doubt my abilities.
- Trivialize my achievements.

- **Motivation:**

- **Wake up!!** You must have done something right, to be where you are.
- **BE awesome.** Be productive. Use your abilities that got you where you are now.
- You're not the only one that feels this way.



My desk at home.

Finding a balance → *Be present.*

- **Challenge:**

- Procrastination.
- Guilt for not working enough.
- Not having hobbies.

- **Motivation:**

- Be present! (stickie on my monitor)
- It's all about quality time.
- Satisfaction, no more guilt.

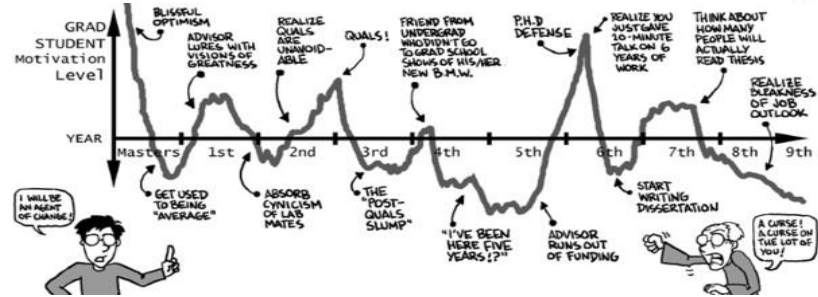


My desk at Georgia Tech.

Fear of long low times → *The lows will be low for the highs to be high.*

- **Challenge:**

- Not seeing progress.
- Feeling unsuccessful.
- Feeling low for months.



The PhD roller coaster from phdcomics.

- **Motivation:**

- There needs to be low phases, so as to have high phases.
- Trust that even during the low phases, you keep evolving.
- Be patient.
- Talk to your peers! We're all the same.

Fear of the future → *Let it be whatever life wants to bring to you.*

- **Challenge:**

- What should I do after I graduate?
- How do I know what's best for me?
- Fear and worry of the future are stalling your present.

- **Motivation:**

- Just let go of the things we cannot control right now, keep working hard and trust that whatever happens is for the best.



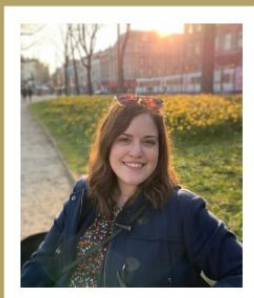
Picture frame on my wall.

About the Speaker

Illuminate Tech

A SERIES OF
INSPIRATIONAL TALKS

SPEAKER HIGHLIGHT
THALEIA DIMITRA DOUDALI



Short Biography: Thaleia Dimitra Doudali is a PhD student in Computer Science at the College of Computing at Georgia Tech. She grew up in Greece where she completed her undergraduate studies in Electrical and Computer Engineering at the National Technical University of Athens. Thaleia's PhD research has been a best paper award finalist at a top tier High Performance Computing conference, while being part of successful patent submissions with industry collaborators. While at Georgia Tech, Thaleia has been an active volunteer at the School of Computer Science student activities and an executive board member of the Hellenic Society cultural organization. In her free time she enjoys fitness and traditional Greek dancing, nature, photography and traveling.

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ONLINE
4:30 - 6:00 PM



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