

How to ride the research roller coaster:

Managing emotional challenges.

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About Me









Born and raised in Greece.

Undergrad in ECE at NTUA, Athens, Greece.

PhD in CS at Georgia Tech, Atlanta, USA.

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All of my academic journey has been a crazy roller coaster. And the ride keeps going!





What about you?

- What's your name?
- What year are you in?
- Who are you working with?

Emotional Challenge -> Motivational Quote

Comparing yourself to others.

Everyone has their own path.

Procrastination and guilt.

Be present.

Fear of long low times. —> The lows will be low for the highs to be high.

Fear of the future. -> Let it be whatever life wants to bring to you.

Impostor Syndrome. –

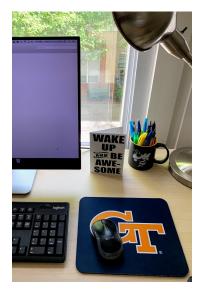
- Feeling like a fraud.
- Doubting my abilities.
- Trivializing my achievements.



Wake up and be awesome.

Wake up!! You have been chosen among so many others.

Be awesome. Use your abilities that got you to whare you are now.



My old desk.

Comparing yourself to others. -> Everyone has their own path.

- They have more papers.
- They published at top tier venues.
- They work so many hours.
- They are so confident.



- Not everything is as it looks.
- Protect yourself from triggers (e.g. social media)
- Focus on your work.
- Your path will take you where it's best for you.



Procrastination and guilt. -

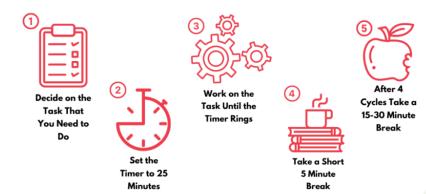
- I don't really want to work on this right now...
- .. but not working on it makes me feel guilt and stress.

Stickie note at my desk at Georgia Tech.

Be present.

- It is all about quality time not quantity.
- Limit distractions (notifications).
- Try studying methods (e.g., pomodoro, YouTube vids).
- Work hard, play hard.

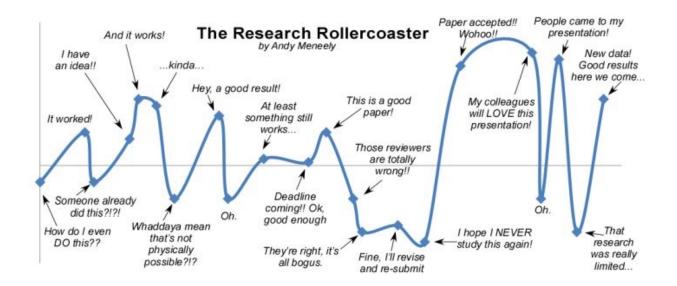
THE POMODORO TECHNIQUE



- Not seeing progress.
- Feeling unsuccesful.
- Not knowing when things will get better.

Fear of long low times. \longrightarrow The lows will be low for the highs to be high.

- This is a roller coaster! Lows are part of the journey.
- Even at the lows, you keep learning and growing stronger.
- Be patient.
- Talk to your peers! We are all riding our own roller coaster.



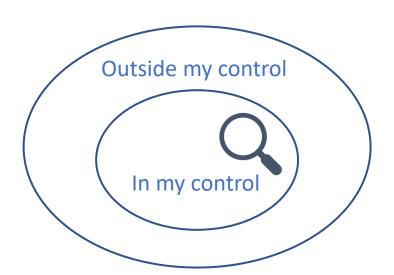
Fear of the future.

- What should I do after I graduate?
- What choise to make?
- It is out of my control, after some point.

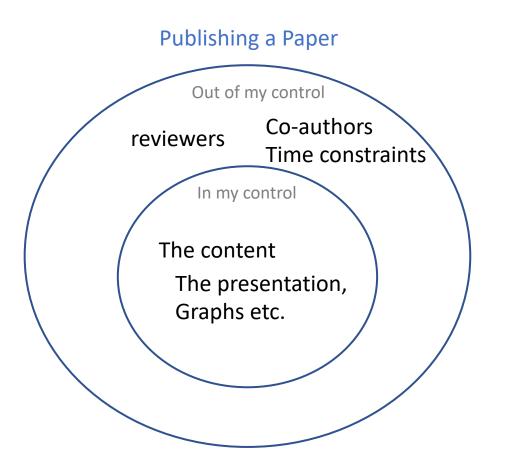
- Let it be whatever life wants to bring to you.
- Trust that whatever happens is for the best.
- Let go of the things you can not control right now.
- Focus on what you can actually control.



Picture frame on my wall.



Let's do an exercise. What is in and out of your control?





Any other emotional challenges you want to discuss?

My door (336) is open for private conversations:)