Surviving Grad School in the PARCS Research Group

Here’s how the current crew survives and thrives, in our own words:

* Treat it like a 9-5 says CJ
* No new projects after 9pm say Chris and Logan
* Studying away from home is good, says Erin
* 40min on, 20 off cycles help Ely a lot
  + Active vs passive relaxation breaks bring different benefits says Logan
* A set break day a week helps, says Chris
* Coffee helps while doing the free three games at Lumosity in the morning, says Mitch
* Regular exercise, especially outdoors, say several
* Less than one hour of tv per day, non-reality tv, work-related
* To-do list alongside accomplishments lists, says Logan