

## PhD Vlog Week 1: Samira Parhizkar Transcript

TIME	SPEAKER	AUDIO
00:00:12	Samira Parhizkar	Hey everyone, I'm Samira and I'm doing my PHD in Biochemistry at the [inaudible 00:00:16] Graduate School. I'm just about to head in. Instead of doing an insight into a week of how it is to do a PHD, things can get quite general in the lab so I thought I would film this on the busiest day of the week which is a Tuesday. I'm just about to head in. I'll just take you through my day and show you how it is to a PHD in my life.
00:00:42		Normally the first thing I do in the morning is check my emails just to make sure that I'm up to date with all kind of communication between Supervisor, Collaborator, whatnot. Next thing I do is normally look through my Planner. I have my Lab Book which is separate to my Calendar or my Planner where I write down everything that I'm... Every experiment I'm going to do, every calculation involved, every
00:01:12		single little detail you can think of and then the results as well, not only in my notebook but also digitally. So my Planner basically looks like this and it's basically just a Calendar as you can see. It involves the experiments that I have to do during today or follow-up experiments that I might have to do towards the end of the week which might... Which I might have to prepare for in the beginning of the week. Other things include Meetings, Seminars. Being an Empress as a Grad Student
00:01:42		the curriculum also involves participating in soft skill workshops, career planning workshops as well as literacy seminars, method training and all of these go in to my Calendar as well. So every Tuesday morning we have a Group Meeting where we discuss how we've progressed through the week and also the Group gives us kind of feedback on what we should do, how we should progress to [inaudible 00:02:10] time but

00:02:12		also to improve. This part are really useful and we're about to start now so I'm just about to head in. See you later.
00:02:42		So right now I'm just preparing for the experiments tomorrow. This step can take about an hour to an hour and a half in the morning so it saves time if I do it the afternoon before. The rest of the procedure is quite long anyhow. It can... Some experiments can take a day or two long if I'm lucky, otherwise it can take up to a week-long so it's
00:03:12		just better to take the time to prepare beforehand and set up as much as possible. So that's what I'm doing right now. Every Tuesday we have a Seminar in the afternoon where two people from the entire Institute from any Group presents their work and soon I will have my Seminar as well which I'm quite nervous about but I'm about to head in to one of my colleague's progress reports this week so I'll see you later. Right now, I'm going to
00:03:42		enjoy a cup of coffee in my favourite panda mug. Yeah. So at the moment, I have [inaudible 00:04:06] and I'm just taking some images of some of the
00:04:12		tissue sections that I've stained earlier and it looks quite pretty! Yes, so once I've done this, this is part of the things that I, for example, would show in the Group with... Yeah, in the weekly Group Meeting so I can get some feedback and any comments and criticism to improve if anything needs improving.
00:04:42		Right now I'm in the Cell Culture Room where you prepare your Cellular Samples basically and this is also part of the setup of my experiment that I'll start doing the end of the week. This is one of the longer experiments which is why I have to prepare perhaps a week or even two before at least and instead of
00:05:12		having the camera on while I do the experiment which might be quite distracting

		because there's quite a bit to do, I'm just going to show you around. That's what it looks like. I get to work under the hood. It has to be super, super sterile at all moments otherwise you might contaminate it with bacteria and all of your samples might be ruined. You don't want that! So I'm about to get started and I will be here for at least about an
00:05:42		hour or so because I've got quite a few samples to go through. So I'll see you later. I hope you got at least some insight into the chaotic life of a PHD student! It's been a very busy day from Seminars to Meetings, Experiments. So you've seen some of it at least. I think Vlog-wise, that's enough for one day and I'll see you next week!

**END OF TRANSCRIPT**