Transcript of Scientist without a lab? A PhD researcher guide to COVID-19 poster by Dr Zoe Ayres for Accessibility

In these unprecedented times, many of us finding us out without the ability to perform lab work having to self isolate. This poster exposed with the options of PhD researchers in this uncertain period to help alleviate pressure, guide productivity, and maintain wellness.

Write your intro

Take this opportunity to review your field, understand seminal work and write your thesis introduction. Consider writing a review article - this often can be used as an introduction.

Learn to code

Automating data processing by investing in your ability to code will ultimately make your lab work faster and smoother when you return to lab.

Create test plans

Plan out your experiments so that when you get back in the lab you can be super efficient with your remaining time. Don't underestimate the importance of thinking time.

Work on papers

Use this time to write up papers for publication. Not enough data? No problem. Write about what you expect to see and collect the data and modify the draft when you return.

Let go of the guilt

Remember, everyone is in the same position and productivity will drop. COVID-19 is not your fault. Doing what you can is good enough.

Take time for you

isolation can take its toll. Make sure you take time for you, doing other things you enjoy. Most importantly, look after your health. Family and your Wellness comes first.

Create a schedule

Think about creating a scheduled sticchi, as well as using tools like the pomodoro method to manage your time. Remember no one works solidly all day- take breaks.

Connect with colleagues

Use online tools to speak to colleagues such as Zoom/Skype. Consider team coffee breaks or lunches to. Use this time to connect with collaborators across the globe.

Make beautiful figures

Often neglected- make some great figures to go in your thesis. Use this time to get to grips with graphical software- a skill set useful beyond the PhD.

Build your experimental

You know roughly what the techniques are you will use. Write about how the techniques work and detail your procedures from your love books. If your notebooks are, well , lacking time to fix that.

Struggling with isolation? Need someone to talk to you? Call Samaritans now on 116- 123

Part of the #mental health series by Dr Zoe Ayres (@zjayres). Free to distribute.