

◆先輩からのアドバイス◆

Recommendations for Students During Corona Pandemic

A graduate student has a hectic life, and usually, they have a very tight schedule. A graduate student is required to take classes and plan for his/her research activities. As we live in the middle of a pandemic right now, still life should go on, the world is promoting teleworking, and everybody avoids unnecessary outings to save their lives. While everybody is bothered by this condition, graduate students have been hit the hardest, especially considering their academic activities. Considering that graduate students have strict deadlines, they are significantly under pressure as they cannot do experiments and are forced to stay inside because of the corona pandemic. This has caused panic, especially among those graduate students whose studies require various experiments. This causes students to experience extreme anxiety and depression disorders, which can have a long-term effect.

I am a graduate student, and my study requires several experiments as a Bridge Maintenance Engineer; you might have guessed that my experiments are impossible indoors. So, I want to share my experience of tackling a six months strict lockdown and how I managed my time efficiently.

1. I did a lot of literature review to minimize the number of parameters that would eventually require fewer experiments. Eventually, it is time-saving, and I highly recommend it to students as it applies to all fields of study.
2. I tried to take as many online classes as possible to complete my coursework during the lockdown, an excellent opportunity to complete the course work as the experiment opportunities are fewer because of the lockdown.
3. I used my post-lockdown data to write a mid-level academic research paper that would be counted as an achievement. However, this section might not apply to everyone respective to their study fields; they should try to have some achievements even in a lockdown condition.
4. I availed of computer-based analysis for deciding the parameters of my experiments. This gave enough results to reduce my study parameters and save time by focusing on the most important ones. Try to find alternatives for conducting and completing your research activities, do not quit, and do not wait for better times.
5. I consistently communicated with my academic supervisor and took his ideas and guidance on my progress and his advice for better performance. This kept me disciplined, and I never deviated from my path.
6. Some exercise, even indoors, talking with friends even virtually, some PC games, and some fantastic online courses in and out of my major helped me keep my mental health stable and stay away from boredom.
7. Always try to ask about your studies' next steps from your seniors in the laboratory. They know better because they have already passed this stage, and they will help you prioritize your academic activities.

[Civil Engineering and Architecture M1]