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How to Organize Your Calendar for Graduate School

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Student Contributions

When I asked Kemala, a 53-year-old banker from Indonesia, what she wanted non-Muslims to know about Islam, she said: "...what I want to let them know is with the wearing hijab, it's not stopping us for any activities." Many people, Kemala explained, think that "If you're Muslim or in the hijab, this mean[s] you cannot work. You cannot do this or you cannot do that. Or you completely stay at home, you just completely follow your husband. Things like that." She brought a photograph of a recent birthday gathering to illustrate the fact that she feels comfortable in public spaces with her non-Muslim co-workers (photo 1). Nadia, a 22-year-old pharmacy technician, used a photograph to make a similar point: the hijab doesn't prevent her from enjoying the beach with her friends (photo 2). Though others may be surprised to find a covered Muslim woman at the beach, Nadia feels perfectly comfortable.

Many women described interactions with non-Muslims who believe that Muslim women are forced to cover by the men in their lives. Describing a recent interaction with an older male co-worker, Khadra, a college student, told me that people think "that I'm a poor oppressed being that's like, whose dad is forcing her to wear something because I need to be hidden from the world or something." She added that "...It's just frustrating to hear because it just...he's not the only one..." Two participants invoked the well-known verse in the Qur'an that states "there is no compulsion in religion." Ellen, an adjunct college professor, said: "My husband and I follow strongly the verse from the Qur'an that states 'There is no compulsion in religion,' meaning free will is of the essence." She explained that her husband married her as a non-hijabi Muslim and never asked her to cover. Salihah, another professor, also referenced this verse. Salihah remembers a student who claimed that all Muslim women were submissive, forced to wear hijab, and forced to marry. Salihah recognizes that this may be true of "some women" in "some places," but wants non-Muslims to know that most women *choose* to wear the hijab, especially Muslim women living in the United States.

In the upcoming months, I will continue to analyze the visual and interview data from the initial ten interviews. Next steps in this project will include a content analysis of the visual data (91 photographs) and a second wave of photo-elicitation interviews with additional participants. Additionally, I intend to present the findings from this research at regional conferences throughout the fall and spring.

How to Organize Your Calendar for Graduate School

By Maria D. Duenas

As graduate students, we are constantly managing multiple tasks. From staying up-to-date on the latest research to creating a great classroom experience for our students, our calendars are filled each week. Below are 9 steps you can take to organize your calendar for graduate school:

Step 1: Open your calendar and block off the times you will need to be in certain places each week (classes, meetings, writing time, etc.)

Step 2: Block out the times when you will eat breakfast, lunch, dinner, and any snacks.

Step 3: Block out the times when you will be getting ready for the day and traveling to campus.

Step 4: Block out all the time you will need each week to prepare for your weekly tasks, such as reading for the classes that you are taking and teaching.

Student Contributions

Step 5: Now that you've laid out your weekly schedule, it's time to schedule in self-care. First, be mindful of how much sleep you are getting each night. Look through your calendar to count how many hours per day you are working and the number of hours you are sleeping each night. If you find that you are working more than 8 hours or sleeping less than 8 hours per day, go back to your calendar and adjust what you can.

Step 6: Next, schedule exercise. We know that exercise is an important part of our mental and physical health that we must do even if the idea does not appeal to us. Some ideas that you can do to exercise include going to a gym and walking in a park. Parks are oftentimes free or have inexpensive entrance fees. If you have a dog that is physically able to, take them on the walk with you. You can go on a walk around your apartment complex or in the surrounding neighborhood. I live near a coffee shop and sometimes take a walk to get a drink.

Step 7: Schedule self-care appointments each week. Self-care appointments can include therapist appointments, doctor's appointments, meditating, napping, watching an episode of your favorite show, or connecting and spending time with loved ones.

Step 8: Take at least one day off each week to relax. I take Saturdays off and call them my "Self-care Saturdays."

Step 9: You can choose to do a monthly fun activity. Some ideas include taking a trip to another city, cooking or going out to a nice dinner with friends, or scheduling a spa or salon appointment. I recently went to a local vineyard for wine tasting for \$5.

These steps are not intended to be exhaustive. Rather, you should try out what works for you and slowly adapt these steps to your needs. The goal is for you to be mindful and proactive about not only your school work but also your mental and physical health. Academia is demanding, so it is important to learn how to prioritize self-care.

Check This Out!

Collective Nightmares

A Sociological Podcast

Laura Patterson, PhD and Marshall Smith, PhD have a podcast examining horror movies from a sociological perspective. It focuses on the ideological implications of the film, both from a prescriptive standpoint and as a reflection of societal fears and conceptions of 'normality', as well as the representations of people (e.g. gender, race, sexuality, etc.) and how the film either challenges or reinforces societal power dynamics.

Go to <http://collectivenightmares.com/> to view all podcast episodes.

They also made a Sociological Images blog post, discussing how they've used horror in the classroom as a medium for discussing sociological concepts.

<https://thesocietypages.org/socimages/2018/10/18/horror-films-are-our-collective-nightmares/>

<https://thesocietypages.org/socimages/2018/10/30/collective-nightmares-movie-analysis/>