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The long haul pdf

Since mid-March, like many of us, I have been working from home (WFH). For the first few weeks I was excited about the newly discovered flexibility of WFH and it was extremely productive. However, my productivity and satisfaction have changed significantly. Although laboratories have been partially reopened with limited capacity, those who do not have practical laboratory work to do at the moment (for example, people doing bioinformatic work and those who are waiting for the age of mice or for approval of a new protocol) are encouraged to stay at home. I happen to be one of those people for now, so my WFH journey will continue indefinitely. Therefore, after much reflection on what works and what doesn't, here are some of my best recommendations for working from home: Stick to your routine. Consider how many hours a day you will do the work if you continue to go to the lab. Just because your home is now your workplace doesn't mean you have to work 24 hours a day, 7 days a week! Try waking up at the same time each day on weekdays and overclocking and clocking out at fairly consistent times. When you're done, try to relax and not think about working the rest of the night, even if you're in the same place. Simulate an authentic work environment. If you stay in your pyjas all day and try to lie in bed to do the job, you probably just fall asleep (at least me). Try to set up a desk area for your work and make it as distracting as possible. Shower and dress up as if it really will work. Set deadlines for yourself, even if you don't have any real dates. Simulating your work schedule and environment will help you stay productive! Keep notes. Although you may not be doing experiments in a wet lab, it is still beneficial to take notes about your daily tasks. Because, in these times, days tend to mix with each other, it can make life a lot easier to be able to refer to notes to remind yourself of what you're already working on! I try to take notes during each Zoom call I have so I remember what we discussed, and at the end of the meeting, always make sure we go the next steps so that I have clearly defined tasks and goals I can save for the coming week. Set up regular zoom connections with pi and colleagues. To help maintain a sense of normalcy and keep moving, have regular zoom conversations with principal investigator (PI) and labmates. My lab group has a big meeting every other week, and my PI has one-on-one meetings with each of its interns regularly. Being able to see each other's faces, discuss progress in our lab and check each other's mental health makes encounters highlight of my week. Hone a new skill. While there is no need to get tired just because you are now at home, this is a great time to learn the new skills that you have had time to continue. If some of your projects have fallen off the beaten track due to quarantine restrictions, this is the perfect time to discover new things. For example, bioinformatics and coding are beneficial skills to have – see my post on learning inspiration code! Take care of your body. The more you take care of yourself, the more efficient you will be when you work. While it's good to support local businesses and fulfill orders, it's also a great time to experiment with new healthy recipes. One of my favorite websites is Budget Bytes, where you can find countless delicious recipes that work on a student budget hail. Exercising and getting enough sleep are also critical. I discovered that when I'm in crisis, taking a break from work to do a workout, it de-sejuvenates me. Be gentle with yourself. In general, don't be so yourself. These are unprecedented, unimaginable times - I don't feel you have to be even more productive than usual because you're at home. People have many roles to fill at home these days, and many other problems beyond their work. Give yourself some slack and spend the time you need for physical and mental well-being. Related Content Want to Learn More From Johns Hopkins School of Medicine? Sign up for the Biomedical Odyssey blog and receive new posts directly in your inbox. coronaviruscovid-19ResearchersWork-Life Balance Starting a drawing business is something almost anyone can do with little in advance costs. If you already own a pickup truck, chances are you're already doing some pulling already for family, friends and neighbors. Starting your own pickup truck hauling business means you can make money in cash rather than hugs and pastries. Provided you only borrow locally without crossing state lines, you will need trucks, transportation equipment, insurance and company registration. If you don't already own a pickup truck, you'll probably want to get a one-ton truck that can carry £2,000. The £1,000 half-tone truck is perfect for carrying furniture or opening a delivery service, but you'll be limited in what you can and can't borrow. The advantage of a pickup truck is that you can also use it as a personal vehicle when you are not working. The disadvantage is that it has an open cab and is not suitable for higher loads. If you already have a good customer base and think you need something with more capacity, larger truck can be more advantageous: Cargo van: Haul up to 3,500 pounds and 404 cubic feet 12-foot truck: Haul up to 3,100 pounds and 450 cubic feet 16-foot truck: Haul up to 4,300 pounds and 800 feet * 22-foot truck : Haul up to 10,000 pounds and 1,200 cubic feet of 26-foot truck . Haul 10,000 pounds and 1,700 cubic feet The gas mileage between these vehicles is about the same; however, a larger vehicle will probably cost more. After A brand new truck can be great for your ego, but the more your truck costs, the more hours you'll have to work just to stay out of the red. A robust used truck with low maintenance requirements is usually ideal. Once you have a truck, you'll need equipment to carry and exit items and secure your loads. To get started, you will need at least one hand truck or dolly. There are different shapes and sizes for different tasks. If you carry a refrigerator or device, for example, you will want a dolly device. The specific equipment you need will depend on what you borrow. In most cases, moving blankets, ratchet straps and bungee cords should be on the shopping list. If you have a pickup truck, you will need a tarpaulin to protect your cargo from the elements. Larger, heavier items may require heavy ropes or chains to keep them safe. Review the state and local requirements for the operation of an intra-state commercial vehicle. As long as you stick to local pulling, these are the only requirements you need to worry about. In Michigan, for example, you will need to register with the regulatory and authentication section of the Michigan State Police Commercial Vehicle Enforcement Division. Depending on your condition, what you plan to take and the size of your vehicle, you may also need a commercial driver's license. Your cargo may also have additional requirements. For example, garbage trucks need to be aware of the transport requirements for hazardous waste. Keep in mind that the rules are completely different for intra-state local transportation compared to interstate transportation. When you cross this state line, you'll probably have additional state requirements to meet, and you'll need to sign up with the U.S. Department of Transportation to get a USDOT number. In most cases, registering a business as a sole proprietorship should be fine, but if you are working with a partner, you should consider registering as an LLC or partner company. Talking to a lawyer or accountant gives you an insight into what kind of company is best for your needs, as well as what insurance you will need. In most cases, you will need commercial insurance for your truck, as well as liability insurance. If you already own your pickup truck, talk to your insurance broker about your plans as you will probably need to upgrade your insurance. Not only will costs increase due to increased mileage, but premiums for commercial vehicles generally cost more than personal vehicles. When your business is registered and all documentation on the sidelines, it's time to start looking for customers. Start with friends, family and neighbors and let them know that your car is now for rent so they can help spread the information. Get business cards and introduce yourself to local businesses that can be a good candidate for your services. Place company information on the door Truck. Finding customers online will save you a lot of legwork. Register a page on Yelp and post your ad on Craigslist offering your services. While you're on Craigslist, take a look at anyone who posts ads for the pulling services they need. Sign up for goshare if it's available in your city. It's an app service similar to Uber, but for people who need transportation services. If you're willing to work in bad weather, you'll probably find it to you customers quickly and earn tons of referrals. Make sure your car is in good repair so that a mechanical failure does not stop the established goodwill. If you just want to earn extra money from a pickup truck, weekdays and weekends can be all you need. If your goal is to grow your business full-time, you will need a business plan. The main part of your business plan will be to ensure that your income exceeds your costs. Most of the costs are fixed and can be summed up and then averaged to monthly payments such as: Vehicle Payments Licenses and Next Fuel Insurance Registrations, determine how much you want to earn each month and add this to your fixed costs. Then divide the sum by the number of hours you will work each month. Add the average cost of fuel per hour to determine how much you need to charge per hour. When you own a truck, every hour sitting idle in the driveway is a missed revenue opportunity. That's why business owners often work with someone, especially when they have other jobs, to make sure they get as much investment income as possible. Alternatively, you might consider hiring someone part-time to do a pull for you when you're busy. This will, of course, mean additional costs, such as additional insurance premiums, wages and compensation insurance for workers. You also need to register in your state and the IRS for payroll taxes. Investing in a second truck is always something to be pursued, but it will also be a very dangerous moment for your business if you can't keep both vehicles busy. Before doubling the cost, consider hiring someone who already has their own truck and pay them a premium for using it. Another good option is to negotiate a contract with the truck rental company to use its vehicles if necessary until you are sure that buying another vehicle is a wise investment. Investment.

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