

## Ankita Nikalje

From: Mumbai, India

Studies: Ph.D, Counseling Psychology

### Please briefly describe your research:

My research focuses on the continued psychological impacts of colonization in South Asian populations. I want to understand how historical oppression and current experiences of racism impact mental and physical health. I am also interested in developing culturally-sensitive assessments and measures to help internationalize psychology!

### Name one to three words that best describes your work?

Postcolonial.

### Where do you spend most of your time on campus?

Beering Hall & Marriott Hall.

### If you have free time, how do you spend it?

In my free time I am usually on Skype with my friends from back home.

### Current mobile device/computer:

Nexus 6P; Macbook Pro.

### What apps, software, or tools can't you live without?

WhatsApp: This is how I stay in touch with friends and family back home. Google Calendar/iCal: This is how I (attempt to) keep myself organized. Sleep as Android: It tracks my sleep cycle and tells me when I need to get to bed to get my 7.5 hours! Sleep is non-negotiable for me. Twilight/Flux: It reduces the blue light on my phone/laptop and has significantly reduced eye strain and headaches!

### What's your workspace setup like?

My most productive workplace setup is coffee shop with laptop and headphones specifically because of the easy access to coffee (shoutout to Fuel on Main St.)!

### What's your favorite to-do list manager?

To-do lists are for groceries. I find it effective to mark things off on Google Calendar/iCal rather than have a running list of everything I need to get done.

### Besides your phone and computer, what gadget can't you live without?

Headphones. Discovering and listening to new music is an important part of my self-care!

### What do you listen to while you work? Got a favorite playlist?

For ultimate unbreakable concentration, the "100 Pieces of Classical Music for Your Brain" playlist on Spotify is incredible. Currently, I am listening to the Black Panther Soundtrack album! #Wakanda-Forever.

### What's your best time-saving shortcut or life hack?

Plan your week in advance! This means blocking out all fixed, recurring commitments such as classes or grocery trips, then one-off



appointments such as meetings, and then identify and block-out when you will be working/studying... whatever it is you need to get done that week. Don't forget to block out times you wake up and go to sleep, this gives you a realistic sense of how much time you actually have that week... as a grad student usually not much.

### What are you currently reading, or what is the last thing you read (aside from academic reading)?

Men Without Women by Haruki Murakami.

### How do you recharge physically and/or mentally?

I aim to keep my self-care routine (cooking meals for myself and sleeping) consistent, this helps with baseline physical and mental well-being. Additionally, I recharge myself by doing things that are not part of my usual routine such as going for a one-off yoga-class or watching a play.

### What is (are) your career goal(s)?

My career goal is to work as an Academic and be a practicing Psychologist!

### Where can we find you on Social Media?

[linkedin.com/in/ankita-nikalje](https://www.linkedin.com/in/ankita-nikalje)

Request Information

[www.purdue.edu/grad](http://www.purdue.edu/grad)

E-mail: [gradinfo@purdue.edu](mailto:gradinfo@purdue.edu)

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Questions? Email [gradinfo@purdue.edu](mailto:gradinfo@purdue.edu)

