

Ergonomic resources that are useful for grad students

Ergonomic Keyboards:

Some useful keyboards include the Kinesis Advantage keyboard (<https://www.kinesis-ergo.com/shop/advantage2/>) and the more affordable Kinesis wireless keyboard.

Ergonomic Mouse:

I don't have preference for one in particular but it does make a difference in easing hand tension.

Ergonomic Chair:

I have found Herman Miller Mirra or Aeron chairs for \$200 on Craigslist.

Monitor Stand:

You can find these on Amazon for anywhere between \$20-40.

Book Stand Holder:

Book stands range from \$10-30.

Computer Monitor:

Before buying one new, check out your university's surplus store. The UCSC surplus stores sells used monitors for \$25.00 (see <https://www.receiving.ucsc.edu/surplus-store/index.html>). Thrift stores are also useful places to look for used monitors. They are very useful to avoid eye drainage and to make sure that our eyes are at computer eye-level.

Dictation or Transcription Software:

I obtained Dragon Naturally speaking software from the DRC office. Meanwhile, transcription software is important for grad students who transcribe interviews for research purposes.

Wireless Headphones:

I like my Bose headphones, but any wireless headphone helps.

Preventing Eye Strain:

Obtaining a blue light filter for your glasses is important to avoid tired eyes. However, blue light filters are an additional expense that may not be covered by your insurance and this cost can range from \$40-100. There are also blue light filters that one can purchase for one's computer. Another way of preventing eye strain is by making sure to look away from the computer every hour, and making sure you do non-computer related work for a few hours a day. An electronic digital notepad (such as Sony DPT-RP1) is incredibly useful to have as it does not have a blue light filter, feels like an easy electronic device to read PDFs, and enables one to make digital notes that get transferred to one's computer.

Acupuncture, yoga, and chiropractic services:

Prices vary but many insurances cover acupuncture and chiropractic services

Neck wrap:

My neurologist recommended me this neck wrap for my neck pain: <https://sunny-bay.com/collections/heated-neck-wraps-and-pads/products/extra-long-microwave-neck-heating-pad-sky-blue-5x26-neck-shoulder-back-moist-heat-for-neck-pain-relief-bean-bag-moist-heat-pad>

Resources that UCSC provides that has ergonomic and preventative care purposes (I only learned about this as a DRC student):

Sensus Access:

This website can transform any PDF into an mp3, ebook and a Word Document. The turn around time is pretty quick to convert PDF files into any of the formats above.

<https://its.ucsc.edu/accessibility/content-creation-tools/sensusaccess/tool.html>

Adobe Acrobat Pro OCR feature:

When starting graduate school, I was surprised that UCSC did not offer the Adobe Acrobat Pro version to its grad students. I was told that this software was only available for grad students to use in their offices. Yet, Adobe Acrobat Pro is useful for so many reasons including being able to edit and scan through documents efficiently. One of the features of Adobe Acrobat Pro is the OCR function, which enables one to copy and paste text from basically any document. Had I had this feature on my computer, it would have saved me a lot of time in doing simple tasks such as typing up quotes from articles/books and organizing material more quickly.