

## Temporal dynamics in *C. Elegans* Development and stress response

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# Propositions

accompanying the dissertation

## TEMPORAL DYNAMICS IN *C. elegans* DEVELOPMENT AND STRESS RESPONSE

by

**Olga FILINA**

1. The timing of individual developmental events in *C. elegans* adjusts to changes in environmental conditions through temporal scaling (this thesis, Chapter 3).
2. Complex pulsatile dynamics of the DAF-16/FOXO transcription factor provides a way to discriminate physiological stresses (this thesis, Chapter 4).
3. Education systems based on grades are counter-productive.
4. Dealing with a global crisis, such as the COVID-19 pandemic or climate change, requires a world-wide coordinated response, as opposed to national policies.
5. The strict division of higher education programs into exact sciences and humanities raises narrowly specialized individuals who often lack the bigger picture of the world and fail to address world's challenges.
6. Short maternity leave contributes to stress in mothers and babies and generates the feeling of parental guilt.
7. Institute policies should actively discourage PhD students and postdocs from working overtime.
8. The more experiments a researcher attempts in parallel, the lower the probability that any of them succeeds.

These propositions are regarded as opposable and defensible, and have been approved as such by the promoters prof. dr. G. H. Koenderink and Dr. J. S. van Zon.