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If there's a single vitamin you need to know more about, it's vitamin K 2. The first reason is you're probably not getting enough. The second is that it doesn't get the attention it deserves, and it's really hard to find reliable and easy-to-use information about it. A career in I/O psychology requires a Master's degree or PhD, so transitioning can be tricky. Here are some tips for managing a career change. Welcome to my food blog, The Spiffy Cookie! My name is Erin. I am 33, am a PhD researcher in Microbiology, and a lover of food. I cook/bake almost every day and love trying out new recipes, to the point where I rarely make the exact same thing twice (much to people's dismay). I'll be writing a full post on this at some point, but here is some advice based on your question. First, frame your decision as "which faculty" rather than "which program" or "which school."