Gerardo García Naumis at the Institute of Physics of UNAM, did the following checklist intended to speed up the flow of written work, submitting process and to give exams, presentations. (All airplane pilots use checklists before Landing, Approximation or Take off! Use them!). By following these simple guidelines, your work will be more efficient (mine also) and correct. This will be the first step to a career success.

Put X for not done, "palomita" for verified, N, not applies

3) If data contain errors, I plotted error bars ____.

A) DOING A PAPER

TEXT
1) All symbols used in equations and figures were defined (if not sure, do a list of symbols and go through it)
2) All acronims are defined BEFORE use
3) Fonts are consistent everywhere, i.e., vectors are always in bold or arrows, etc
4) I did not use the same symbol for different things
5) I check in English: Subject=SINGULAR (who is doing the action??), VERB=add "S"
CONCLUSIONS
1) I did not conclude something that is not discussed in the main text
2) Conclusions are written in PAST TENSE
ABSTRACT
 The abstract is written in PASSIVE voice ("We", "I" forbidden) Everything is consistent with the work presented
BIBLIOGRAPHY
1) When many references are used in one entry, i.e., [1,2,3] etc, are cited from OLD to NEW
FIGURES
1) ALL axis are labeled including units (if possible)
2) Fonts, labels, tics are of excellent good size, allowed to be seen even if reduction is applied

4) My figure is useful, clear (beautiful if possible!) (Good figures are the key to success!)
5) My figure, when printed in Black and White, still can be understood (Written journals publish in printed balck and white format. Colors are very expensive.)
6) Symbols and lines are easy to see
7) READ figure requirements for the intended journal, for example, PRB or PRE recommends to use panels using different rows instead of wide (two column size figures)
8) My figure files are in the format required by journal
9) If a color code is used, I included the color code bar
10) ALL figures are referred in the text
11) Figures are in the order the are referred in the main text
FIGURE CAPTIONS
1) ALL symbols and lines of figures are explained
2) If equations used in the text are used to plot something, I specified which number of equation
3) All panels of a figure are explained
DATA AND EQUATIONS
1) If I made a fit, I included the parameters and errors associated2) Emprical or numerically found equations are always stated as empirical or numerical!
B) SUBMITTING
1) The article compiles in the journal system 2) Bilbliography is fine 3) Letter to editor goes ONLY for editor 4) I solved all TEX errors!
C) GIVING PRESENTATIONS, EXAMINATIONS, TUTORIALS
I START WITH: -Give IMPORTANCE of PROJECTState of the art

-Open Questions	
-How I will solve or try to solve the Open Questions	
CLOSE WITH:	
-What was MY CONTRIBUTION	
-Perspectives and remaining questions	
PLOTS AND SLIDES	
-I will always explain what is in each axis of the plot before anything else	
-Plots axis labels are of good size to be seen	
-I practiced taking the time	
-Avoid too much technical details but have extra slides to show them if required	
-I think the presentation taking into account who will listen	

Advices for further consideration

- -Try to polish way of speaking, for example, avoid fillers ("muletillas") if possible
- -Read literature, magazines other than physics in english
- -Read physics directly from the masters
- -Take any article in Nature and see figures. Try to be on the same level.
 -Try to think on papers as a novel or tale by deciding the structure before writing