

#### Tuesday 21 June

TIME	TITLE	SPEAKER	VENUE	LIVESTREAM LINK
8.30 – 9	Registration and networking			
9 – 9.30	Welcome and opening address	Dr Franca Jones Director of Graduate Research School of Molecular and Life Sciences Faculty of Science & Engineering	403.101 Ken Hall Lecture Theatre	https://curtin.webex.com/curtin/j.php?MTID=mab206e90e7349739ae8198ae895eb66e  Join by meeting number Meeting number (access code): 2650 007 3989 Meeting password: Thesisfest22
9.30 – 10.30	Building effective research networks and communities (especially in the time of COVID) during your PhD.  Good networks in academia generally lead to more research collaborations, more career opportunities, and better profile for your work. But what happens when none of the traditional ways of networking appeal to you? In fact, what if those modes actively put you off getting out there and doing any networking at all? What if COVID has shut down many face to face events where you would have met people? This talk contrasts 'networking' with 'community building'. It provides sound advice on how you can build a supportive community around you. It's ideal for those of you who hear the word 'networking' and cringe.	Jonathan O'Donnell The Research Whisperer University of Melbourne	403.101 Ken Hall Lecture Theatre	https://curtin.webex.com/curtin/j.php?MTID=mab206e90e7349739ae8198ae895eb66e  Join by meeting number Meeting number (access code): 2650 007 3989 Meeting password: Thesisfest22
10.30 - 11	Morning tea break.			



TIME	TITLE	SPEAKER	VENUE	LIVESTREAM LINK
11 - 12	Getting the best from your supervisor relationship A healthy relationship with your supervisor can mean your time as a HDR student is productive and rewarding, but a negative experience can lead to delays, discouragement, and stress. This session will explore the challenges and opportunities of working with your supervisor and how to make the most from the relationship.	Dr Andrew Cameron Student Assist Officer Curtin University	407.208	https://echo360.net.au/section/26796dd8- 36d6-4208-af22-bc9ed958edaa/public
12 - 1	Lunch			
1-2	Make your Writing Flow Like Water  You're sitting in front of your computer, you know something's wrong with your writing, but you don't know how to fix it. Sound familiar? Come to this 60-minute training with Prof. Amanda Salis and learn how to recognize writing that doesn't flow, explain how to fix it, and write in a way that flows from the outset, using five writing techniques that promote flow. Bring something that you have written and that you would like to improve.	Professor Amanda Salis Senior Research Fellow National Health and Medical Research Council	403.101 Ken Hall Lecture Theatre	https://curtin.webex.com/curtin/j.php?MTID=mab206e90e7349739ae8198ae895eb66e  Join by meeting number Meeting number (access code): 2650 007 3989 Meeting password: Thesisfest22
2 – 2.30	Afternoon tea break			
2.30 – 3	The pastoral role of the Thesis Chair	Professor Christopher Reid Dean, Graduate Studies Curtin University	407.208	https://echo360.net.au/section/370243c2- 752c-42b9-bb47-47e8842c3b6b/public
3 – 4	Ask the Professor Anything Join us as two Professors from Curtin University open the floor up for questions from HDR students.	Professor(s) from Curtin University	407.208	https://echo360.net.au/section/370243c2- 752c-42b9-bb47-47e8842c3b6b/public
4 – 4.30	Reflective session and close			



#### Wednesday 22 June

TIME	TITLE	SPEAKER	VENUE	LIVESTREAM LINK
9 –	Registration and networking			
9.30				
9.30 -	Welcome and opening address	Hannah Allan,	403.101	https://curtin.webex.com/curtin/j.php?MTID=
10		Director, Research Services and	Ken Hall	mab206e90e7349739ae8198ae895eb66e
		Systems	Lecture Theatre	
		Systems	Theatre	Join by meeting number
				Meeting number (access code): 2650 007 3989
				Meeting password: Thesisfest22
10 -	Wellbeing and self-care during your PhD	Associate Professor	403.101	https://curtin.webex.com/curtin/j.php?MTID=
11		Narelle Lemon	Ken Hall	mab206e90e7349739ae8198ae895eb66e
	Self-care is about proactive action to support your wellbeing. Self-care	The Wellbeing	Lecture	
	is often described as a process, an ability, and often as engagement	Whisperer	Theatre	Join by meeting number
	with behaviours that have one engaging with different wellbeing	Swinburne		Meeting number (access code): 2650 007 3989
	science that promotes subjective wellbeing. Self-care also requires	University of		Meeting password: Thesisfest22
	personal and professional negotiations. We place constant pressure	Technology		Weeting password. Thesistest22
	on ourselves to navigate the expectations that is placed on us during undertaking a PhD. Finding a sense of belonging and valuing the pace			
	of care and caring is forever being negotiated. In this presentation I'll			
	focus on how self-care is not a selfish act, and that it should not be a			
	hidden part of who we are as PhD students, scholars, and academics.			
	I'll share my 5 dimensions of self-care framework and unlock the			
	potential in all of us to grow, maintain and protect our wellbeing with			
	some tools that can assist us all to flourish.			
11 –	Morning tea break			
11.30				



TIME	TITLE	SPEAKER	VENUE	LIVESTREAM LINK
11.30 - 12.30	The Hero's Journey Drawing on Joseph Campbell's Hero's Adventure metaphor and her own experience as a HDR student, supervisor and examiner Julia will discuss answering the 'call', confronting your own resistance, connecting with guardians and magical friends, making a commitment, engaging with deep change, changing identities and new beginnings. Metaphors are a powerful tool to explore the psychological challenges of undertaking and completing the HDR journey. The Hero's Adventure metaphor is a powerful framework, inviting you to reflect on your own thought processes and capacity to learn and adjust to a different way of thinking/being.	Professor Julia Richardson Head of School School of Management & Marketing Curtin University	407.208	https://echo360.net.au/section/2681734c- 0d00-44d3-9520-0b6d3fbfd054/public
12.30-1	Lunch			
1-2	Deliver your research in 3 minutes  When you only have a short amount of time in which to talk about your research, whether for an elevator pitch, a three-minute thesis competition, or a conference presentation, this 60-minute training will help you make every word count. Topics covered include but are not limited to: how to show the importance of your research in such a short timeframe; how to make your presentation stand out from others; how to make your research understandable to non-specialists. The expected outcome is that you will feel confident about planning and delivering your research in short presentations.	Professor Amanda Salis Senior Research Fellow National Health and Medical Research Council	403.101 Ken Hall Lecture Theatre	https://curtin.webex.com/curtin/j.php?MTID= mab206e90e7349739ae8198ae895eb66e  Join by meeting number  Meeting number (access code): 2650 007 3989  Meeting password: Thesisfest22
2-2.30	Afternoon tea break	_	_	
2.30 – 3.30	Stories from the valley of despair (HDR panel) Listen to a panel of recently completed PhD students as they discuss motivation, staying on-track and how to stay well during the course of your research.	Panel of recent HDR graduates	407.208	https://echo360.net.au/section/ea240781- 7702-4dfd-821f-ddeca24e0df1/public
3.30-4	Reflective session and close			