

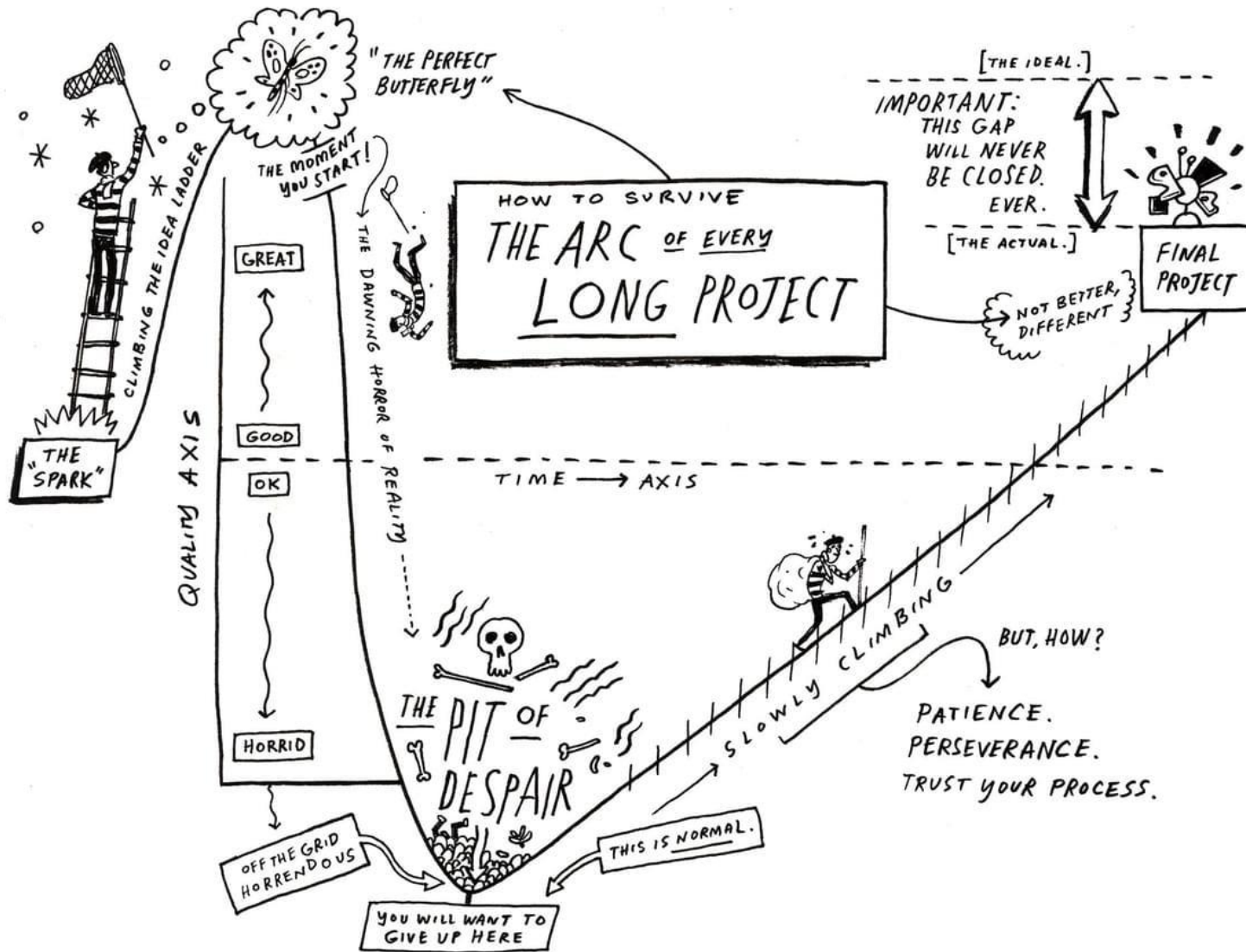
Your PhD Journey

Franca Jones

Why a PhD? What is the long term plan?

- You are doing this for a reason!
 - Exciting project?
 - Become an independent researcher?
 - Expand your Job opportunities/level?
 - Become an academic?

Issues in my first year



-JOHN HENDRIX-

www.rharwick.com

- My main experiment wasn't working
- Everything I tried to fix it didn't have any impact
- I was despondent, others seemed to be travelling okay
- 'Pit of despair'
- Impostor syndrome

Reflection. What is that?



Report – *What happened?*

Relate – *How did you feel about it? Can you compare what has happened to you to literature or something someone else has done?*

Reason – *Analyse why this happened in the way it did? Do you know or do you think you know?*

Reconstruct – *What will you do with this learning?*

What else was my PhD about?

- **Fully characterise my starting material**
- **Measure the potency of my additive –**
Make sure it didn't degrade with ageing
- **Design and build equipment for high temp experiments**
- **Measure residual amounts of my additive**

(And many other things)

****** I looked for other 'wins'*

Sports/Hobbies/Exercise



- **Your PhD is not your entire life!**
 - *Stay mentally healthy and make some time for you*



- *I enjoyed hitting a hockey ball as hard as I could! Helped me de-stress*
- *I also like arts and crafts*



Other PhD students and Family support

Giving PhD students the space they need to succeed

we need to look beyond “desk utilisation” as a measure of how engaged they are

by SAMANTHA HALL

I'm looking forward to a return to the office as it'll give more structure and ease of flitting between reading/writing and lab work, and I'm really craving those daily interactions with others going through the same experience.” (PhD student)

Campus Morning Mail is an independent newsletter written and published by Stephen Matchett,

- **Fellow PhDs are your first networking opportunity!**
 - *Still in contact with some of my fellow PhDs*
 - *Supported each other with listening, suggestions, help*
- *I didn't have my family in Perth, other supports were important*

Writing the thesis!!!

Me doing anything other than the thing I need to do



- **Write often, begin writing early!**
 - *Doesn't matter how much*
 - *Writing for your thesis might be quite different to other forms – practise doing it*
 - *Imagine you are explaining your work to someone who knows nothing about it*

How did my plan end up? Transferrable skills

- Critical thinking
- Problem solving
- Resilience
- Determination
- Project planning
- Written and other communication skills
- Data analysis and research skills, assessing other's work
- Time management
- Collaborating

Where to find help:



Supervisor

Chairperson

Director of Graduate
Research

Counselling and Wellbeing

The role of DGR

- Support supervisors and students
- Training or other sessions that are useful for staff and students
- Administration
- Answer questions regarding processes/options
- Manage student progression overall

Do you have some ideas?

Don't be afraid to let your DGR know if you have some ideas on how to make your HDR experience better, training sessions you'd like to see, etc.

Can you help others?

Maybe you would like to mentor younger students? Again let your DGR know.



Wrap up



- Reflect
- Look after yourself
- Get a support network around you
- Get small 'wins' (writing or otherwise) that can build up to the big picture
- Don't worry if things don't go to plan – a PhD is more than just the project