

# HDR STUDIES AT CURTIN: SHARED STUDENT TIPS

Find your people. Share your experiences with others.

Sign up for a [Graduate Research Advanced Skills \(GRASP\) workshop](#) or for Thesis Boot Camp.

Use a citation manager.

Learning is an achievement!

Find the right place to be productive. Study and write in different locations (to keep things fresh). Try writing amongst others on campus. Attend [Shut Up and Write sessions](#).

Read other papers outside your research topic. Get ideas for presentation, results, analysis, data collection etc.

Set achievable goals and targets and celebrate achieving them!

Don't work on weekends if you can avoid it.

Avoid comparing self to others.

Challenges and obstacles are also findings.

There is generally someone who can help with your problem – email your [Faculty librarian](#), or the Guild, your Supervisor or DGR. If they can't help you, they will know who to refer you to.

Seek inspiration around you – be open to it from the most unexpected of spaces.

Be proactive about your mental health – be aware of services available. Did you know you can call [Curtin Wellbeing](#) and speak to a real person who will assist?

Tell someone when you're not feeling great.

Get a hobby or other interest outside of your PhD.

Be kind to yourself – practice self-compassion.

Be conscious of your mindset and beware of judgements which might impact your own self esteem.

Grow your network (personal and professional)

Audio record meetings, set an agenda, take minutes and document everything.

Block out time in your schedule for study and research.