

Getting started in research

Tricks of the trade seminar series April 1st
Associate Professor Jude McCulloch

Getting started – an overview

- ◆ PhD as a major project
- ◆ Taking advantage of experience and knowledge
- ◆ Creating a sustainable process
- ◆ Building a foundation for success
- ◆ Skills for life

Building a firm foundation

- ◆ Establish supervisory relationship
- ◆ Establish a conducive space/s to work
- ◆ Identify necessary resources
- ◆ Create a filing system
- ◆ Plan to keep your work safe
- ◆ Make a plan/establish a timeline

Sustainable and productive routines

- ◆ Identify and abandon bad habits
- ◆ Identify and create productive and sustainable routines
- ◆ A good process paves the way for good outcomes

Successful processes

- ◆ Divide large projects into smaller tasks
- ◆ Identify milestones
- ◆ Establish a routine

Successful routines

- ◆ Regular
- ◆ Avoid bingeing
- ◆ Balance work and play

'Start before your ready, stop before your done' (Boice, R)

- ◆ Avoid perfectionism
- ◆ Stop before exhaustion sets in

Ten positive habits to cultivate – adapted from Robert Boice

- ◆ 1 Wait
- ◆ 2 Begin before your ready
- ◆ 3 Work in brief regular sessions
- ◆ 4 Stop
- ◆ 5 Balance writing/reading fieldwork with preparation, rest and socialising
- ◆ 6 Moderate negative thoughts
- ◆ 7 Moderate emotions
- ◆ 8 Moderate attachment
- ◆ 9 Let others do some of the work
- ◆ 10 Limit wasted effort

Challenges

- ◆ Part of the process
- ◆ It won't all go smoothly
- ◆ It won't all go to plan
- ◆ Challenges can be productive
- ◆ Problems can be overcome

Reading resources

- ◆ Boice, R (2000) *Advice for New Faculty Members* Allyn and Bacon
- ◆ Booth, W, Colomb, G and Williams, J (1995) *The Craft of Research*, The University of Chicago Press

Final comments

- ◆ Worthwhile process
- ◆ Valuable outcome
