

Getting Started in Research

Tricks of the Trade Seminar

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My experiences

- Get to know the people in your department
 - Supervisor(s)
 - Other academics
 - Administrative persons
 - PhD co-ordinator(s)

The Other Postgraduates

- Get to know the other postgraduate students (in your department/school and beyond)
- Talk to them about their experiences
- Ask them for help and advice
- Believe it or not, they will have insecurities about their work and progress too!

DON'T COMPARE OR COMPETE

- Everyone's experience is different
- Start writing immediately vs. read and then write
- Monday – Sunday 9-6pm?
- Monday – Friday 9-5pm?
- Monday – Friday 12-3pm?
- Trust yourself and your supervisor

Set goals

- Set goals for yourself
- Write a list – daily, weekly, monthly
- Ask your supervisor to set goals/deadlines
- Measure your own progress
- If something isn't working – change!
- The PhD as a job?

Reward yourself

- Avoid becoming too caught up in the 'what I have left to achieve' syndrome
- Focus on the 'what I have achieved' side of things
- Give yourself rewards – little and big
- Take time off
- It is ok to stop!
- Your work will not always be perfect (but that is ok!!)

Other advice?

- Keep a working journal to help contextualise your thought processes
- Get involved in your Department, School and Faculty at Monash
- Get involved in your field beyond Monash
- Separate work and living spaces

Final advice

- Separate your life and the PhD
- Take time off – even to gain perspective
- Avoid becoming complacent in not doing work
- Ask for help
- Don't be embarrassed to ask for help
- Have faith in your ability – there is a good reason why you are undertaking this journey!

Questions?

Thanks for listening!