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University

Office of HDR Training and Partnerships

August 2020

A message from our Pro Vice-Chancellor, Higher Degree Research Training & Partnerships

It is almost exactly 25 years since I completed my PhD at Cardiff University in the UK. I still vividly remember my viva voce exam – a verbal defence of my thesis to two discipline experts. At the time it seemed that everything I had sweated over during the previous four years; the late nights, the mental challenges, the self-doubt and extreme hard work had all led to this one moment. Over three hours, I was to be judged on my contribution, my capability, my judgment, my intelligence and my potential and it was all down to me to persuade my examiners that I was worthy!

Of course, in hindsight I came to realise that I had over-estimated the importance of the moment. I later learnt that the decision had been made prior to the viva and my examiners were just keen to give me an opportunity to talk about my work. Despite my trepidation, I really enjoyed the experience! Having the opportunity to talk to people about your research, whether it is other experts, fellow HDR candidates, colleagues, friends, potential funders or the public can be an extremely rewarding experience. Building a common understanding of things that excite us, motivate us and give us purpose is deeply satisfying and the ability to communicate our research to different audiences in an engaging and effective way is a critically important skill.

The HDR Support and Development team are committed to supporting our HDR cohort in developing their communication skills. The team recently organised a research communications panel comprising current and recent PhD's who have had experience in the 3MT, FameLab or TEDx (the recording is available on the HDR

Learning Skills iLearn & the HDR Professional Development iLearn sites). We hope you were able to get involved, but if not do keep your eyes open for similar events and opportunities to learn some tips from your peers on successfully communicating your own research. Whilst the prospect is often daunting, the experience can be extremely rewarding and a lot of fun!

Stay safe and stay well.

Professor Simon Handley, Pro Vice-Chancellor, Higher Degree Research Training and Partnerships

COVID-19 FAQs for HDR (Coronavirus (COVID-19) infection: latest information – Information for Students – Changes to Session 1 – HDR Students

HDR Workshops

All workshops can be found on the [MyRDC](#).

Mon 3 August	Daily Writing Practice (Zoom) Register here →	Tue 04 August	EndNote for PC (Zoom) Register here →
Tue 04 August	Webinar - Professional Staff with a PhD: Dr. Belinda Tiffen Register here →	Wed 05 August	Reference management with Mendeley (Zoom) Register now →
Thu 06 August	HDR Mentors: Meet & Mingle (Zoom) Register here →	Thu 06 August	EndNote for Mac (Zoom) Register now →
Tue 11 August	The Mindful Researcher Course (Zoom 5 week course) Register here →	Mon 17 August	NVivo for PC – Level One (Zoom) Register here →

*Tue 18
August*

**Science Writing for
Publication
Workshop Series.
Workshop 2: the
Results section
(Zoom)**

[Register here](#) →

*Wed 19
August*

**Thesis Formatting for
Mac (Zoom)**

[Register here](#) →

HDR Announcements



HDR Mentors: Meet & Mingle

Are you a HDR student? Feeling lonely during this isolation? Sick of formal Zoom meetings? Want to meet other HDR students? If this is you then come join HDR Mentors for monthly informal Meet and Mingle sessions via Zoom! Feel free to relax and connect with fellow HDR students all in the comfort of your own home. You are also welcome to have lunch!

Details

Day: First Thursday of every month

Time: 12 noon - 1pm

[Zoom link](#)

Daily Writing Practice

Even at the best of times, establishing a regular writing practice can be challenging. Right now, with all that is going on around us, routines may be the first thing to disappear. But showing up and making time each day to sit down and write can help us stay grounded in the present and focused on embracing the ordinary. Especially when so little feels normal or predictable, maintaining a daily routine can be precious, and enlivening.

Since the beginning of April, a group of us have been gathering every morning, from 9am to 10am, Monday to Friday, to

write. There's something so simple yet powerful about coming together to work on our individual projects. I thank everyone who has joined me and invite anyone else who is seeking momentum in their writing practice to join us.

For more detail visit the [myRDC](#).

To join the daily writing sessions [via zoom](#)

Further questions:

florence.chiew@mq.edu.au

LabArchives Electronic Notebook Webinar Series in August

LabArchives provides an electronic notebook facility that works on multiple platforms and devices, allowing researchers to store any type of data and streamline their research workflows. LabArchives is free of charge for all Macquarie users with unlimited storage, automated backup and data protection.

The Data Science and eResearch team is running a five-part webinar series beginning on 12 August, to cover LabArchives basics, integrations, widget creation and more advanced topics such as user management and notebook templates.

Researchers are invited to attend the webinars. For details and registration links, check the team's [Events and Training wiki page](#) or email swc@mq.edu.au.

Peer Writing Assistance sessions are available via zoom

Are you a HDR student? Do you need help with your writing? Are you confused about the HDR journey? If you answered 'yes' to any of these questions, then the Peer Writing Assistance program is here to help. Peer Writing Assistants (PWAs) are current Macquarie PhD and post doctorate students who can assist in helping you gain new perspectives on your research ideas and writing.

Please visit the [PWA website](#) and register your interest for a 45-minute consultation. Due to the current social distancing practises, all PWA consultations will occur remotely via Zoom. Those of you who are unfamiliar with Zoom, please [visit the link here](#).

HDR Mentors: Wellbeing Workshop – Overcoming Procrastination

When: 14 August 2020

Time: 1.30-2.30pm

Registration Required [RSVP Here](#)

Are you the master of your procrastination or does it dictate your schedule? Can you identify your type of procrastination? Want to learn the strategies to overcome procrastination?

If the answer to any of the above questions was yes, then the upcoming Overcoming Procrastination Workshop is ideal for you.

HDR Mentors is once again collaborating with Student Wellbeing to address an issue close to a HDR candidate's heart: Overcoming Procrastination!

This Zoom workshop will be led by Ashwin Singh (Psychologist, Student Wellbeing).

Please note that Zoom access links will be shared the day prior to the workshop only with those who have registered.

EndNote and Mendeley Training with the Library!

In Session 2 the Library will be offering EndNote and Mendeley workshops via Zoom. Registration is through myRDC, with each workshop limited to 10 attendees. Please see workshop section of the newsletter for dates.

EndNote is the most commonly used bibliographic management software to help manage your references as you research and write.

Mendeley is a program which enables managing and sharing research papers, discovering research, and collaboration. It combines Mendeley Desktop, a reference management application, with Mendeley Web, an online social network for researchers.

The workshops cover the basics of the application and how it can facilitate your work by storing your references, attaching PDFs, and allowing you to cite and create bibliographies with ease.

EndNote and Mendeley Consultations with a Research Librarian

Research librarians can provide individual advice and assistance with EndNote and Mendeley. [Find your research librarian here](#)



HDR Research End-User Engagement Survey 1 January – 30 June 2020

The Australian Government Department of Education and Training mandates all universities to collect information on engagement activities which higher degree research candidates have been involved in, with or for the benefit of a **research end-user** during their candidature.

A **research end-user** is defined as an individual, community or organisation external to academia that will directly use or directly benefit from the output, outcome or results of the research.

Examples of end-users includes businesses, governments, non-governmental organisations, communities and community organisations.

Please note research end-users **do not include**:

- Other higher education providers
- Organisations that are affiliates, controlled entities or subsidiaries (such as Medical Research Institutes) of a higher education provider
- Equivalents (international or domestic) of the above exclusions

HDR candidates enrolled from the period 1 January – 30 June 2020 are required to self-report on their end user engagement activities via a unique Qualtrics link which will be sent by email on **Monday August 3rd**. The deadline to complete the survey is **Sunday August 17th**.

Details on what the survey will look like will be available on [iLearn HDR Professional Development page](#).

Catherine Ennis, HDR Industry Engagement and Placements Manager

(image) (Cropped) Photo by Lukas Blazek on Unsplash

HDR Stories



Adam Johnston - The travels of a permanent student

Adam Johnston is a PhD candidate, within the Macquarie University Law School. Adam was recently featured in the NSW State Library's blog.

It's extraordinary to think that given his long involvement with scholarship and obvious appetite for history and understanding, Adam Johnston's February visit to the Mitchell Library Reading Room was his first.

He visited once or twice a week through early autumn, settling in Special Collections to look through charitable sector reports, royal commission papers and the Library's disability ephemera collection — brochures, letters and leaflets advertising services and soliciting support.

Adam is undertaking a PhD examining the Federal Government's National Disability Insurance Scheme. He is exploring whether its service structure, which outsources support services for disabled citizens to non-government and private sector groups, is a case of history repeating. Adam describes the Mitchell Library Reading Room as 'a statement of NSW history, architecture and so much more'. He says it's the first time in his life that he has come into a library with aisles and aisles of books. He can feel the historical patterns they contain. 'For the first time in my life I feel like a real researcher.'

Original text: Mathilde de Hauteclocque, Photos: Anne Tong © NSW State Library

Access the full story [here](#)

(Image) Adam Johnston in the State Library



Macquarie University Three Minute Thesis (3MT) Competition

Macquarie University's Three Minute Thesis (3MT) Competition will be occurring throughout August. As detailed last newsletter, the format for competing has changed to video, but that is not all...

People's Choice Winner: The winners from each Faculty will have provided their 3MT video, and we need YOUR help to determine People's Choice! Videos will be uploaded to the MQ 3MT iLearn - information on how to access this will be made available on the [MQ 3MT Website](#) later in August. Viewers will have access to every video, and then can enter their vote for their favourite. Voting will be open from August 26-30.

Prizes: In addition to the research prizes, the 12 finalists will be receiving a Media Communications Masterclass from [Anton Enus](#), with the winner also receiving a one hour 1:1 session to get their entry to Asia-Pac competition ready.

Timeline

August 26-30: MQ People's Choice Voting

August 31: MQ Winner announced

September 14 - October 1: 2020 Virtual Asia-Pacific 3MT Competition. More information on how to support our winner at Asia-Pac will feature in the September newsletter.

Best of luck to all of those competing in the upcoming Faculty Heats, and Macquarie University 3MT Final!

Rhianne Hoffman, HDR Support & Development

(Image 4) Gillian Smith, Faculty of Arts, representing MQ at the 2019 3MT Asia-Pacific Final



Failing Allowed Podcast: On navigating research, mental health, and invisible disabilities

In this episode of *[Failing Allowed](#)*, I interview Antoinette Pavithra (Pavi), a PhD candidate and Research Assistant at Macquarie University's Centre for Health Systems and Safety Research at the Australian Institute of Health Innovation (AIHI).

I first met Pavi teaching on a Masters unit back in 2015. Since then, we have become great friends and colleagues. With tenacity, good humour, and compassion, Pavi reflects on her tumultuous journey as an international student and research candidate, and where she finds courage and resilience in challenging times. She also shares her on-the-ground initiatives to set up support networks for fellow candidates with mental health issues and invisible disabilities.

Pavi's current [research](#) explores the theoretical and practical factors that influence the efficacy of culture change interventions within healthcare systems. She has previously worked on such diverse topics as mapping far-right extremism within Australia, clinical and surgical communication between healthcare professionals and patients, mental health wearable device deployment and use, and the construction of Aboriginal identity through commercial state-driven and community-run tourism initiatives in Australia.

Florence Chiew, HDR Learning Advisor (Social Science)

(Image) Antoinette Pavithra (Pavi), PhD candidate and research assistant at Macquarie University's Centre for Health Systems and Safety Research at the Australian Institute of Health Innovation (AIHI)



HDR Learning Skills: Supportive working conditions

For many of us, the COVID pandemic has provided an opportunity to reflect on our working conditions. We've become more aware of the routines, practices, environments and social interactions that structure our working day, and the role these play in preserving a healthy boundary between our professional and personal lives.

The disruption of these familiar patterns has also highlighted the conditions of our internal environment – the mind. Our changed circumstances confront us more directly with our own mental conditioning. How do you react to having to work from home, homeschool your children, or experience less social contact? How do you respond to change, stress or uncertainty?

Right now we're experiencing a unique moment in which we can either speed up and go through the motions, or slow down and observe our working conditions, both inside and out. Take a moment to pause and reflect: What are your supportive conditions?

Dr Michelle Jamieson, HDR Learning Advisor, Humanities

Michelle is convenor of The Mindful Researcher, a five-week course for HDR candidates interested in working with greater emotional intelligence and building healthy, sustainable work practices (August-September 2020)

(Image)



Wellbeing: Celebrate your resilience

Resilience is a much needed aspect of ourselves that we develop to get through hard times. A major point from the HDR Wellbeing Workshop on June 30 was the importance of recognising progress to resilience.

It seems that even when completing a task as significant as getting something published, the tendency can be to move onto the next stressful task.

Acknowledgement, celebration and even rest after a stressful task, even smaller ones, helps because we reflect on our development and gain confidence from our achievement. At a physiological level, this acknowledgement allows our body to know that the stressful task has been completed and so it can recover, which is what resilience is all about.

You can access the Macquarie University Wellbeing app via the [Wellbeing website](#)

Ashwin Singh, Psychologist, Student Wellbeing

(Image 7)



HydGene Renewables CSIRO ON journey

Despite the challenges of Covid19 in the first half of 2020, HydGene Renewables, a research team from the Dept of Molecular Science, have been busy completing CSIRO ON Accelerate 6. Working on their business and financial models, impact story-telling and engaging with stakeholders, potential partners and investors – all online - have been the prime tasks for the team. At the core of all these activities lies a promising novel technology developed by HydGene Renewables that converts plant material to hydrogen-powered electricity on site and on demand, providing a clean alternative to the 100,000 diesel generators sold in Australia each year.

The ON Accelerate team consisted of two PhD candidates Jocelyn Johns and Samuel King, two postdocs Dr Kerstin Petroll and Dr Tony Jerkovic and two senior academics, A/Prof Louise Brown and Prof Robert Willows. The ON Accelerate journey was much more than a commercialisation workshop. During ON Accelerate, the team had to sustain a learner's mindset, adjust quickly, operate effectively as a large team and build resilience, which are values similarly gained from HDR programs. This also highlights the invaluable experience HDR students can gain from industry-aligned projects. Beyond the ON Accelerate team, HydGene Renewables is much larger and includes additional HDR students, i.e. a MRs student Ari Edmonds and one undergraduate Josip Mujic (commencing his MRs soon). HydGene Renewables has gained huge traction from the program and Kerstin was awarded a prestigious \$30,000 scholarship to attend a Stanford Graduate School of Business entrepreneurship program. [Watch the team's final pitch here](#)

Information provided by Dr. Kerstin Petroll

(Image) HydGene Renewables team



ResourcefulHDR podcast: Dr. Alison Rice, CSIRO

My guest on the [ResourcefulHDR podcast](#) this month is Dr. Alison Rice, Deputy Director of the Synthetic Biology Future Science Platform at CSIRO. I met Alison through the magic of Twitter and she kindly agreed to share her story.

After completing a Bachelor of Science with Honours from the University of Adelaide, Alison worked as a Research Assistant ... at this stage, Alison said she could not have imagined doing a PhD. Alison went to the UK and Europe as part of a fact-finding mission and only decided to undertake a PhD when she received encouragement from several people. Alison completed her PhD in Biological Sciences in French and English at the University of Bordeaux II in France.

When Alison returned to Australia her career led her into roles working as a Senior Research Scientist leading research groups. Alison's work focused on new therapeutic options for the complications of haematopoietic stem cell transplantation in Medical Research Institutes in Sydney and Brisbane respectively.

In 2012, Alison made the successful transition to a career in Research Development, incorporating research policy, research management and business development at Griffith University. In 2018, Alison took up a role as a Principal Policy Officer in Queensland Health focusing on bringing content specific knowledge about research to Government to enhance import and export opportunities for Queensland's health and medical research sector. In 2019, Alison was appointed as the Deputy Director of the Synthetic Biology Future Science Platform at CSIRO. This strategic position aims to help build a vibrant synthetic biology research and development community to drive the bio-based industries of the future.

The story of how Alison ended up in her current role illustrates the value of networks and that, through good relationships, unexpected opportunities can arise.

Sally Purcell, HDR Professional Skills Program

(Image) Dr. Alison Rice



Webinars: Professional Staff with a PhD at MQ Dr. Louise Dwyer & Dr. Belinda Tiffen

In this webinar series we are focussing on Professional staff members of Macquarie with a PhD. We want to provide real examples of PhD graduates working in Professional roles at Macquarie and showcase the range of Professional roles being done by people with a PhD, as well as the people who do them. We are hoping these webinars will engage PhD candidates and raise their awareness of the possible career opportunities within the higher education sector, following the completion of their PhD. In our next webinar we are delighted to have Dr Belinda Tiffen, Macquarie University Librarian.

Webinar - Professional Staff with a PhD: Dr. Belinda Tiffen, Macquarie University Librarian

Tuesday 04 August 2020 11:00 AM to 12:00 PM

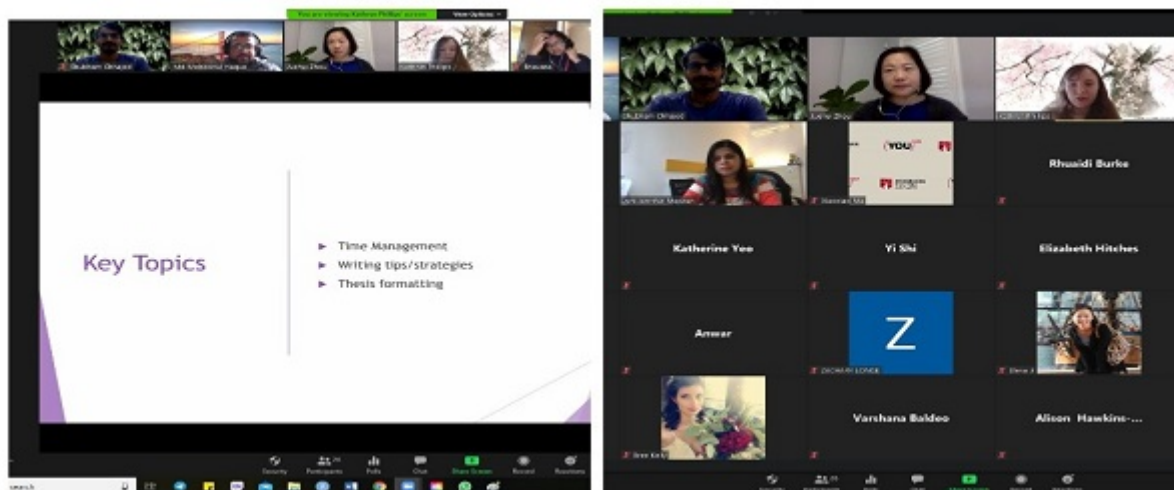
Register for the webinar with this [link](#).

You can see all our previous webinar recordings our [HDR Professional Development iLearn page](#), including our most recent webinar held on July 23rd with **Dr. Louise Dwyer, Deputy Director, Office Higher Degree Research Training and Partnerships**. You will find some videos and the ResourcefulHDR podcast as well as useful links relating to career and employment information.

If you are a Professional staff member with a PhD working at Macquarie University and would be interested in becoming involved, please visit this [link](#).

Catherine Ennis and Sally Purcell, HDR Professional Development

(Image 10) Dr. Belinda Tiffen, Macquarie University Librarian



HDR Mentors: MRes Year 2 Panel Discussion - Thesis Submission Challenges

In July, HDR Mentors organised a Zoom panel discussion forum for the MRes Year 2 candidates who are submitting their thesis in October. This event provided the opportunity for the participants to ask burning questions about their upcoming thesis submission to a panel of former MRes students from various faculties. The panellists shared their personal experiences and challenges that they faced, and offered guidance and moral support to all MRes Year 2 candidates.

The panel discussion was chaired by Kathryn Phillips (Arts), and the panel members were: Juhi Jennifer Macwan (MQBS), Juehui Zhou (MQBS), Bhavana Penmetcha (FSE) and Mo Haque (FSE).

Mo Haque, Project Assistant, HDR Mentors Program

(Image) Screenshot from MRes Year 2 panel discussion

HDR Dynamic Duos



Bichen Guan, PhD Candidate,
Department of Management,
Macquarie Business School

How did you come to know each other?

When I was studying as an exchange student in Master Program of Organisational Psychology at Macquarie University in 2014, I was looking for some research opportunities. My former Chinese academic supervisor from Renmin University of China introduced me to Denise, and I started working with Denise on her aged care workforce research project, which is related to my PhD topic. When I finished my exchange study, I was the teaching assistant for Denise when she taught career at Renmin University. We had known each other for a while before I started my PhD.

What are your shared interests?

Employees' attitudes and workplace interpersonal relationships, especially in the aged care sector. I was impressed when I knew Denise has conducted some research on the well-being of aged care employees. We both agree that not

Associate Professor Denise Jespen,
Department of Management,
Macquarie Business School

How did you come to know each other?

Bichen's former Chinese academic supervisor is a colleague and friend who advised Bichen to do a research placement with me in 2014 when she was on exchange in the Masters of Organisational Psychology degree. Later, she was my translator when I was a speaker at an Austrade event on the aged care sector in Beijing. Then in 2015 she was my teaching assistant when I taught careers at a summer school at Renmin University in Beijing. So we knew each other quite well, in Australia and China, before she became my PhD student.

What are your shared interests?

Research and workplace relationships, especially in the aged care sector. Bichen gets excited about research and how our findings can impact on the workplace, and we like to speculate about her research findings. Bichen

everyone can work as aged care workers in such a physically and emotionally demanding job. Investigating emotions and well-being of aged care employees is valuable for keeping the workforce and delivering high-quality service for the elderly.

What do you each bring to the professional relationship?

Denise brings her valuable experience and expertise in research and careers. She helps me develop the skill set required for an academic career. I bring my curiosity, perseverance, resilience, and learning motivation, especially a strong motivation to learn new statistic analyses.

What do you appreciate most about Denise?

I appreciate Denise's guidance, care, patience, support, and strategic career planning. She has world-class expertise in supervising PhD students. She has invested countless hours and provides me resources and opportunities to help me complete my PhD and achieve each milestone in this journey. I couldn't grow so much without her guidance and support. The side project that I have been working with her on validating psychometric assessments in recruiting aged care workers actually helped me gain my current job as a postdoc researcher at UTS.

coined the phrase "superheros" that I now use to refer to aged care workers when she saw the work they do is meaningful and difficult.

What do you each bring to the professional relationship?

Bichen brings a brightness, a future, a curiosity, an enthusiastic list of things yet to do. I bring a steadying hand, long term and strategic planning and careers advice.

What do you appreciate most about Bichen?

I appreciate Bichen's dedication, perseverance, diplomacy and loyalty. She is smart, a deep thinker, able to unpack complex ideas, a quick learner who takes feedback well and maintains a calm demeanour. She can overcome any obstacle even if she doesn't think so at first. Watching Bichen grow both personally and professionally has been a real highlight. I am so proud of her and her work.

(Image) A/Prof Denise Jepsen and Bichen Guan

We are always keen to receive contributions to the HDR Dynamic Duos section of

this newsletter. The people featured might be... HDR candidate & supervisor, HDR Mentor & HDR Mentee, HDR Candidate and Industry placement supervisor. If this is of interest to you, please head to our [website](#) for further information on how to contribute.

Remember to listen to the [ResourcefulHDR podcast](#) and if you are interested in being a guest please email sally.purcell@mq.edu.au



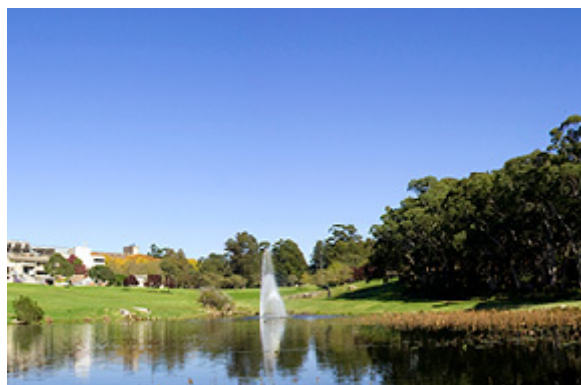
Cotutelle and International Opportunities



Higher Degree Research Scholarships



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