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University

HDR Matters

DECEMBER 2019 EDITION

The period around the end of the Gregorian calendar year and the beginning of the next is associated with many celebrations (e.g. Christmas, Chanukah, Diwali and Thanksgiving) with roots in cultural and religious traditions.

Let's use the break to also celebrate our successes, be it in finishing that chapter, creative piece or experiment, planning the next stage of the research project, thinking through a thorny problem, or probably more importantly, the employability skills acquired in critical thinking, problem solving and communication. We know the research that HDR candidates do is integral to the well-being of current and future generations, so let's reflect on and celebrate our achievements of 2019.

As I write this, a more sobering event is taking place with a bushfire emergency in many parts of Australia. It's possible that, like me, you have friends or family who have lost their homes, and the destruction to the environment is unfathomable. If you are experiencing psychological distress with regard to the fires or other situations, Campus Wellbeing has a 24-hour help line 1800 CARE MQ (1800 2273 67).

Please stay safe over the holiday season.

Judi Homewood, PhD, Interim Pro Vice-Chancellor, Higher Degree Research Training and Partnerships, Honorary Associate Professor, Department of Psychology



HDR Learning Skills: Self-care in the university

There are two experiences that are all too familiar to researchers: pressure and uncertainty. Whether a student or staff member, we all face the pressures of producing written research and working at an increasingly fast pace. We also experience the added pressure of living with uncertainty - be it uncertainty about the direction of our ideas or the outcomes of our endeavours, or concerns about the security and structure of our employment.

These periods of groundlessness test our resilience. As we meet our edge, it is easy to slip into habitual patterns of reactivity – to overwork and to forget to look after ourselves. However you are weathering the currents of the university environment, take some time to check in with yourself. Notice how you're feeling and what you need. And go gently.

For support and self-care options on campus during December, please see the links below:

[Mindful relaxation practice \(1-2pm, 2 December\)](#)

[WellbeingWISE](#)

[Student Wellbeing](#)

[Sport and Aquatic Centre](#)

Dr Michelle Jamieson, HDR Learning Advisor Faculty of Arts,

Blog: www.themindfulresearcher.com



“Reaping the Benefits of Research” - HDR industry event

On Tuesday October 15th, MQ Office of HDR Training and Partnerships (OHD RTP) warmly welcomed over 60 industry, staff and student guests to our inaugural HDR Industry Engagement Showcase event “Reaping the Benefits of Research”.

The event celebrated the various industry engagement opportunities open to MQ HDR candidates, including APR.Intern, IMNIS and MRes internship unit, MRES7001 (formerly MRES701). We were grateful to have inspiring panel discussions with Dr. Bradford Heap, Senior Data Scientist, CBA, Peiyao Li, former intern at CBA, and PhD candidate, and Assoc. Professor Dr. Tracy Rushmer, Assoc. Dean HDR FSE discussing the APR.Intern program. A second panel discussion with Dr. Brad Walsh, CEO, Minomic International Ltd., IMNIS Mentor and Shivani Sachdev, PhD candidate and IMNIS mentee, highlighted the far-ranging benefits stemming from their mentoring relationship through the IMNIS program. Dr. Juliet Lum also presented on the opportunities for industry and students through the Master of Research PACE Internship, MRES7001. Post-event feedback was overwhelmingly positive, and we hope to stage this event again in 2020.

If you are interested in the engagement opportunities highlighted at the event please contact Catherine Ennis, HDR Industry Engagement and Placements Manager, catherine.ennis@mq.edu.au

Catherine Ennis, HDR Industry Engagement and Partnerships Manager, OHD RTP

L. to R. Peiyao Li, former intern at CBA, and PhD candidate, Assoc. Professor Dr. Tracy Rushmer, Assoc. Dean HDR FSE, Dr. Bradford Heap, Senior Data Scientist, CBA, Catherine Ennis, HDR Industry Engagement and Partnerships Manager, OHD RTP



HDR Mentors Potluck Dinner 2019: An evening to share and celebrate our differences and similarities

HDR Mentors held their fourth annual Potluck Dinner on 15 November 2019, which was open to all HDR candidates and their family members. The main purpose of this event is to celebrate our rich HDR cultural diversity and thus to make our bonding and community stronger.

The event started with the Acknowledgement of Country, followed by a traditional musical performance, a short presentation on HDR Mentors activities, fun games and, finally with a range of delicious traditional foods!

HDR Mentors would like to give a special thanks to the organising committee, including Samiya, Shubham, Ehsan, Juhi, Saba and Rhianne, for helping to make a memorable evening for the HDR community of Macquarie University.

Dr Mo Haque, HDR Mentors

Guests and HDR Mentors at the 2019 Potluck Dinner



Walanga Muru: Aboriginal and Torres Strait Islander HDR Student Spotlight

Isaac Roberts is a Murri man who has just completed Year 1 of the Master of Research Program in the Faculty of Arts, Department of Indigenous Studies. Isaac's work is centralised in Aboriginal and Torres Strait Islander Archaeology. Isaac's thesis project is titled "Yapapuwan karul/Rocks With Art: Archaeology and Indigenous Identity in Ngiyampaa Country, NSW".

Recently, Isaac presented on his PACE project "The Macquarie University Indigenous Heritage Project" at the National Archaeology Student Conference at Flinders University, Adelaide. Isaac's presentation was awarded the Flinders Archaeology Society Award for most promising research. Isaac is an Education Officer for the Australian History Museum and Museum of Ancient Cultures on campus. Isaac is also a casual academic for the Walanga Muru Tutoring Program, which offers academic tutoring and mentoring to current Aboriginal and Torres Strait Islander students studying at Macquarie University.

Tamika Worrell, Aboriginal Academic Engagement Coordinator – Postgraduate Students, Walanga Muru

Isaac Roberts, Master of Research Student in the Faculty of Arts



IPrepWA (PhD intern program) visit to Macquarie

The iPREP WA Research Team recently visited Macquarie to gather information on our programs for their research project titled "Towards a national model: Investigating the efficacy of industry engagement programs for changing industry perceptions and enhancing PhD employment prospects". We were able to share our different experiences and perspectives on PhD industry internships.

As part of their visit to Macquarie University, Narelle Jones, iPrepWA Coordinator, and Mayyada Mhanna, Senior Research Assistant, Edith Cowan University generously delivered a presentation to a small group of staff members on their PhD group industry internship model, [iPREP WA](#). iPREP WA is a unique collaboration between the five WA universities and has been established for PhD candidates who may not have had previous industry experience. The program involves interdisciplinary teams, working on a six week project (with scholarship) for an industry partner during their thesis examination period. Industry partners range from start-up's and SME's through to large corporations and government departments and their projects focus on solving authentic workplace problems.

Slides from the presentation are available on request.

Catherine Ennis, HDR Industry Engagement & Partnerships Manager, OHD RTP



Software and Data Carpentry Workshops in December

The Data Science and eResearch team has scheduled the last [Software](#) and [Data Carpentry](#) workshops for 2019. The courses will run on 3-4 December (Software Carpentry in Python) and 11-12 December (Data Carpentry with R). These beginner workshops provide a friendly environment to learn foundational data and coding skills suitable for postgraduate students and researchers. Registration fee is \$25 per workshop with catering included.

To register, please refer to the team's [Events and Training wiki page](#).

Data Science & eResearch Team



Introducing the FMHS HDR Mentoring Program

HDR students will have an opportunity to receive their own personal mentor with the FMHS HDR mentoring program. The program will connect HDR candidates with early career researchers and professional staff to support students in achieving their career aspirations and help them with academic challenges. Mentors will serve as an advisor and supporter, who is happy to share her/his experience and knowledge, help with problem solving and give an emotional and moral encouragement.

HDR candidates will be able to select their mentor from an online list of Mentor profiles. The best mentor may be someone with desirable experience and expertise, or simply someone compatible. Mentoring relationships will be flexible, determined by the agreement between mentor and mentee. However, students are obliged to drive meetings and articulate their needs.

We hope that the FMHS HDR mentoring program will stimulate development, provide a joy of cooperation and give a greater satisfaction in work for all involved.

Any questions regarding the FMHS HDR Mentoring Program can be directed to Anna Konopka (anna.konopka@mq.edu.au).

Anna Konopka, Postdoctoral Research Fellow, Faculty of Medicine & Health Sciences

Photo (cropped) by [Kobu Agency](#) on [Unsplash](#)



FameLab Applications Now Open!

Competed in the 3MT?

Do you have a burning passion to share your science story with the world?

Did you love 3MT? Want to continue to develop your skills as a science communicator? And share your research with the world?

We want to hear from you!

Armed only with their wits, a few props and just three minutes, contestants from around Australia will take part in FameLab 2020 – the global science communication competition out to discover leading early career researchers.

FameLab is a global science communication competition for early career researchers in STEM. We are inviting scientists, mathematicians and engineers across Australia to take part in the world's longest running science competition.

Applications close 25 February 2020, COB.

[Click here for information about the application process and dates.](#)

Dr Vanessa Pirotta, winner of FameLab Australia 2018



"Pitch it Clever" Seeking submissions - PhDs & ECRs

As part of the Universities Australia annual conference, UA runs an annual competition 'Pitch it Clever'. The competition challenges PhD candidates and ECRs to pitch their research, and why it matters, to non-specialist audiences via video.

The competition is now open, and the deadline for submissions is 24 January 2020. PhD candidates and early career researchers (up to five years from conferral) are encouraged to enter. There are prizes!

Follow this [link](#) for details.

IMPORTANT NOTICES



Gillian Smith - ResourcefulHDR podcast

The winner of the 2019 Macquarie University 3MT Gillian Smith, PhD candidate in the department of Ancient



EndNote & new Mac OS Catalina

The new Mac operating system, macOS Catalina, will only work with the newest version of EndNote, which is X9.3. Catalina only supports 64 bit programs

History, is the latest guest on the [ResourcefulHDR podcast](#).

Gillian went on to win the Asia Pacific 3MT Peoples' Choice award and in this episode she talks about how she decided to enter the competition after a 'pep talk' from her Supervisor, [Dr Susanne Binder](#) when she was feeling deflated after being in the 3MT audience as a new PhD candidate – wondering whether her research was worthy.

She speaks about how she decided to become an Egyptologist and her plan to undertake a PhD to achieve this goal, while still at school. In this episode we discuss the value of studying Ancient History and how it provides the capacity to gain perspective, particularly in relation to the constant complexity of societies.

She talks about how the love of the PhD project needs to be there from the beginning because interest needs to be sustained over time and to recognise the privilege of being surrounded by researchers who are deeply focused on their topics.

Listen to Gillian on the [ResourcefulHDR podcast](#).

Also available on Spotify, Google Podcasts, Apple Podcasts and other platforms.

and is incompatible with older 32 bit programs, including EndNote X7, X8 and X9.2.

Advice from the Library is that EndNote users who are nearing the end of a project should consider holding off upgrading to Catalina. This advice is supported by our EndNote service provider, Crandon.

If you do decide to upgrade, it is important that you update your version of EndNote to X9.3 first.

If you are remaining on your current operating system, no action is required. You do not need to update your version of EndNote to X9.3 at this time.

More information is available from the [Library's EndNote for Mac Guide](#).

If you have any questions or require EndNote support, please do not hesitate to contact your [Research Librarians](#).

*Lisa Fittock, Research Librarian,
Macquarie University Library*



Machine Learning /Data Science Consulting Service

The Department of Computing has just introduced a Machine Learning Consulting Service, inspired by the Statistical Consulting Service from the Department of Maths and Stats.

Associate Professor Mark Dras from Macquarie's Department of Computing is happy to talk to researchers at Macquarie, both HDR students and academic staff, about their research and how machine learning might be applied to it. So whether you're just starting to think about this ("What's this decision tree thing I've heard about and how could I use it?") or have been thinking about it for longer ("Should I use an attention-based neural network for this problem or not?"), if you have questions, you're welcome to come and ask.

The Machine Learning Consulting Service is available on Thursdays 10am - 12pm in Room 208, 4 Research Park Drive (at the end of Wally's Walk, near the hospital). Please email Mark (mark.dras@mq.edu.au) to make a booking.



HDR Matters, and your opinions do too!

HDR Matters is seeking feedback from our readers to help shape our 2020 newsletter.

Any feedback is much appreciated, including your opinions on our content, layout, and preferences. You can complete a short survey [here](#) or email your thoughts to us at hdrmatters@mq.edu.au.

We thank you for your support and readership this past year, and look forward to bringing you more stories in 2020.

WORKSHOPS

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



Mindfulness Meditation - Relaxation practice

Monday 2 December 1pm - 2pm

These free sessions are for anyone interested in learning to meditate or practicing regularly with a group. [Register here](#).



Scientific Writing for Publication Workshop Series: Abstracts & Titles – PhD Yr 2+/MRes Y2

Tuesday 3 December, 10am - 5pm

This workshop on research article abstracts and titles forms part of a series of workshops that focus on key topics and skills for writing science research articles. [Register here](#).

HDR Dynamic Duos



From left, Daniel Glassbrook, FMHS and Dr Tim Doyle, FMHS

**Daniel Glassbrook, PhD
candidate, Faculty of
Medicine & Health Sciences**

**How did you come to know each
other?**

**Dr Tim Doyle, Department of
Health Professions, Faculty of
Medicine & Health Sciences**

**How did you come to know each
other?**

I came to know Tim by responding to his advertisement for a PhD position at Macquarie University.

What are your shared interests?

- Rugby
- Motorcycles
- Biomechanics
- Strength and Conditioning

What do you each bring to the professional relationship?

Tim is very well respected in the biomechanics world and brings experience and expertise to our relationship. Our professional relationship is as supervisor – student, and I bring to this relationship an ability to be taught, and to respond to feedback.

From this relationship, what do you think you will take with you into your professional/research future?

Across the duration of my PhD I have gained many skills, which I will take with me into my future. In particular, this relationship has really developed my ability to conduct research, to write effectively, and to teach at a tertiary level.

What have you learnt from each other that has helped you grow?

I think that a real area of growth over the last few years has been in my soft skills. Tim has always led by example and has been able to point out areas which I can improve in, for example time management. Improving in these areas has been valuable to my overall PhD experience.

When I advertised the position I sent it out to my network. Fortunately, a colleague from New Zealand received the ad and passed it on to Dan. Which also helped with getting an honest referee report; obviously it was favourable!

What are your shared interests?

What he said! There is good banter around rugby union matches, particularly the recent World Cup. And not long ago I sold my old motorbike to Dan.

What do you each bring to the professional relationship?

Dan is an excellent people person. Everyone who meets him comments on how personable he is. As such he is a great asset to have working directly at the Rabbitohs, one of my collaborators, as he helps me to maintain and build that relationship.

From this relationship, what do you think you will take with you into your professional/research future?

From a purely pragmatic perspective, Dan has helped me to progress my research into wearables; which is a hot topic in our domain. Being able to have an active research project is a real asset and one which will continue to grow. So, Dan has helped me to get traction in this space.

What have you learnt from each other that has helped you grow?

With each HDR student I supervise, they bring their own uniqueness that I need to be able to adapt to so I can effectively mentor them. Dan is no different, being a very gregarious and vibrant personality,

and I have had to learn strategies for myself to find the best way to mentor him so we both gain benefits from our relationship. I think I have done this with good effect.

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



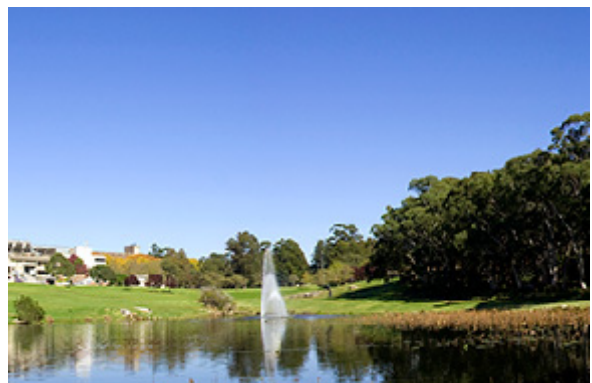
Cotutelle and International Opportunities



Higher Degree Research Scholarships



HDR Support & Development



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