

[View](#) this email in your browser**MACQUARIE**
University

HDR Matters

EDITION 2 | JULY ISSUE



Thank You!

This is my last message for HDR Matters. I go on long service leave on August 1, prior to retiring at the end of the year. I've been nine years in this position, first as the Dean HDR and for the last few months as the Pro Vice-Chancellor HDR Training and Partnerships. It's been a terrific time, even though it has had plenty of challenges. I've worked with a lot of wonderful people, from my colleagues in HDR administration to supervisors, and probably most importantly HDR candidates, who have never ceased to surprise, inspire and excite me. I've dealt with a lot of tricky situations often to do with interpersonal conflict, that have been challenging, but also

rewarding. When difficulties arise, most people want only to find a solution and a way forward and I certainly want to thank everybody who has worked with me on those cases for their good will and empathy, even when things often got confusing and frustrating.

So, I have a lot of people to thank, too many to name; my bosses Sakkie Pretorius and before him, Jim Piper, who both showed so much faith in me; Ren Yi, for his loyalty, support and wisdom as well as sense of fun; all the Associate Deans HDR I've worked with over the years, for their hard work and unfailing goodwill, even in the most trying circumstances.

I'd like to thank all the people I've worked with in HDR administration, both centrally and in the faculties; my colleagues in the DVCR portfolio and all the supervisors I've dealt with, for their commitment to their candidates. I'd especially like to thank my colleagues on the HDR Support and Development team. Working with you to build up our program is one of the things I've been most proud of across my entire career.

Most of all, I'd like to thank all the HDR candidates I've met and worked with. As Ren always said, if you work to support academic research, you will never doubt that what you are doing is worthwhile. The HDR researchers I've dealt with have inspired me by their determination, risk-taking, brilliance, originality and above all their passion for new ideas and new knowledge. I've always said, there is no work anywhere that is more important or more impactful. It's been a privilege to be part of it!

Professor Nick Mansfield Pro Vice-Chancellor, Higher Degree Research Training and Partnerships, Professor of Critical and Cultural Studies.

Image above: HDR Mentors Pot Luck event – Sha Fan, Mo Haque and Yingjie Tian with Nick Mansfield



Cultural Safety Training – Walanga Muru

On Friday 14th June thirty staff from the Office of Higher Degree Research Training and Partnerships participated in the face-to-face component of Manawari, the Macquarie University Aboriginal cultural safety training program lead by Phil Duncan, the Aboriginal Cultural Safety officer in Walanga Muru. All staff had previously completed the online component. The three principles of the training are Respect, Reciprocity and Relationships. The program is designed to empower staff and increase their confidence to communicate in a culturally sensitive way with Aboriginal and Torres Strait Islander students and candidates.

Guided by Phil, participants discussed the concept of cultural safety and reflected on their own cultural heritage, discussed three case studies that were examples of the absence of cultural safety, learnt more about Aboriginal history and the impact of colonisation, and of the success of Walanga Muru in increasing the numbers of Aboriginal and Torres Strait Islander undergraduate and postgraduate students and HDR candidates. One outcome of participation in Manawari is the development of that an Action Plan to ensure OHDRTP is a culturally safe environment.

As we bid Yaluu to Phil, a frequently heard comment was the training program was so interesting, participants wanted it to last longer.

Dr. Judi Homewood, Acting Director, Office of HDR Training and Partnerships

Image above: Phil Duncan receiving heartfelt thanks from Prof. Nick Mansfield and the Office of HDR Training and Partnerships at the Cultural Safety

Training session



New HDR Mentors Training

On June 7th HDR Mentors held its annual training event to recruit the 2019 batch of

Mentors. This year we trialled a new competitive selection process and had 20 successful applicants that were invited to attend the Mentors training day. The purpose of this training is to equip prospective Mentors with the necessary skills and resources to provide support to fellow HDR candidates. This day-long training was facilitated by various leaders from the University, such as Vivian Chordi (Global Leadership Program Advisor), Ashwin Singh (Allied Health Advisor) and Sally Purcell (HDR Professional Skill Program Manager) and by current HDR Mentors. Throughout these interactive workshops, new Mentors learnt about cultural awareness, stress management and the importance of active listening. We are very excited to welcome these new Mentors to the Mentors family and hope to work closely with them!

*Dr. Mo Haque, HDR Mentors Program Assistant and Kim Tan Program Manager
HDR Experience, Engagement and Mentorship - Office of HDR Training and Partnerships*

Image above: Welcoming the new cohort of HDR Mentors



‘CSIRO ON Online’ Workshop

On Tuesday 18th June, Lynne Teo and Emily Chang from the CSIRO ON Program delivered an interesting and interactive workshop which introduced participants to the first two modules of the ON Online program. The MQ Commercialisation & Innovation team were on-hand to outline support available within the university to augment the program. The remainder of the units are online and upon completion, participants will be eligible for an individual consultation with [Lynne Teo](#) or one of the other ON Consultants

To be accepted into the existing ON Accelerator Program, researchers need to apply as a team. ON Online was created in response to the demand for greater industry

engagement by those undertaking their research (PhD, ECR and distinguished researchers) within the academy.

The ON Online option provides training and guidance on how to engage with industry through understanding the different needs and drivers and by knowing how to translate the research story for greater impact - stakeholders looking at ERA, career prospects, promotion and funding independence.

To take advantage of this great opportunity, which is free for researchers, look for future workshop on [MyRDC](#) another is planned in late July/early August.

Sally Purcell and Catherine Ennis, HDR Professional Development, Office of HDR Training and Partnerships

Image above: Lynne Teo and Emily Chang, CSIRO ON Program



Stop, drop, and ... write

In June, at HDR Learning Skills' biannual HDR Writing Retreat, thirty research candidates came together for some serious, undisturbed thesis writing. That's three full days free from meetings, teaching, marking, lab-work, phone calls, email and social media. Sound daunting? Blissful? ... Impossible?!

I caught up with a few of the retreaters on Day 2 to hear how they were finding the experience. Here's what they shared:

Usually my friend and I work in an office, but we're often distracted by Facebook and checking emails and messages, so we can't focus on our writing. This writing retreat has taught me the importance of setting up small and specific writing objectives; for example, 200 words or 500 words. If we set up small tasks

like this, we feel less burdened and when we reach the goal, we feel happy and it has a positive impact on our writing. (Yen, Linguistics)

I like the energy [of this retreat] because everyone is working in the same pace and there's no distractions, and I'm trying not to look at social media at all! Actually, I've finished in two days all the revisions to my paper – something I had been putting off for four months! (Yuni, Accounting)

I come to these retreats because I get a lot of writing done, and it sets me up for the next few months of writing. The retreat really helps me to get started, which is the really hard part, and then it just flows on. (Tash, Psychology)

So, if you need a sure-fire way to stop procrastinating, drop distractions, and get those PhD words on the page, promise yourself a spot on the next HDR Writing Retreat. It'll be in late November/early December with registration via [MyRDC](#); enrol in the HDR Learning Skills [iLearn unit](#) for advance notice.

Dr Juliet Lum Head, HDR Learning Skills, Office of HDR Training and Partnerships

Image above: In the zone at the June HDR Learning Skills biannual HDR Writing Retreat



Nervous Chatter

Public speaking is a vital, but often nerve-wracking, skill for researchers. According to Mark Twain, “There are two types of speakers: those that are nervous and those that are liars.” In other words, even the most seasoned public speakers get nervous though they may not appear nervous. How do they do this? By focussing outwards when they present. By that, I mean they focus on their message and delivery of their speech, rather than inwards on themselves. When we focus on our nervousness, we tend to exacerbate those feelings and become self-conscious, making it difficult to

present with confidence. By turning our focus outwards, we present to the audience the appearance of confidence.

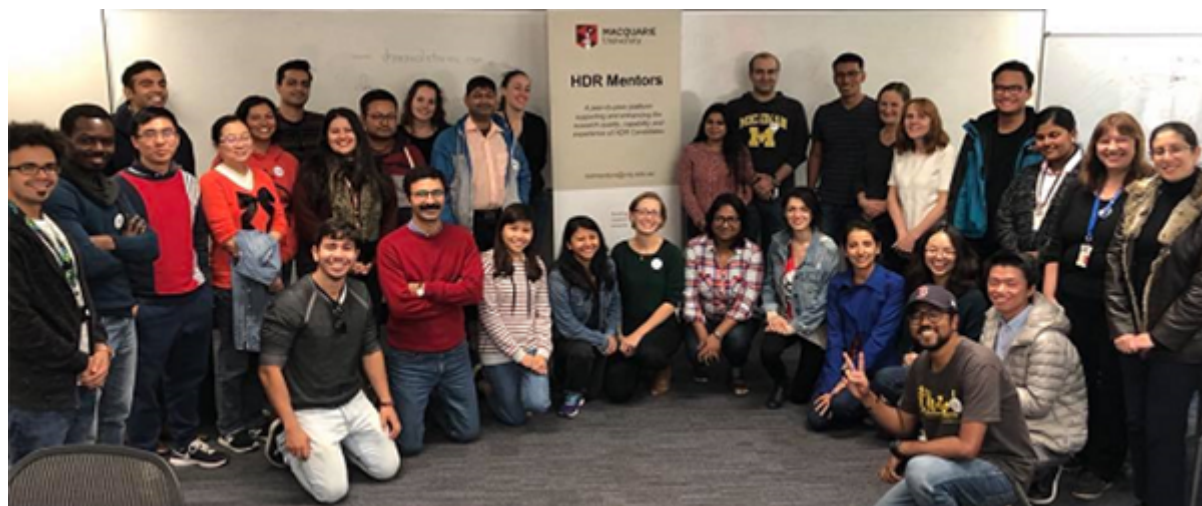
To help you focus on your speech and appear less nervous at your next talk try these tips:

1. Practise, practise, practise: not just the words but your body language, your timing, your tone. Practise by yourself, with an audience, with a camera. And troubleshoot your delivery with every practice.
2. Direct your nervous energy in a positive manner: Tell yourself that you are excited to give a presentation.
3. Breathe: Take deep breaths before you go on to calm yourself. Take a deep breath just before you start to prevent rushing.

Looking for an opportunity to practise your public speaking? Consider entering the 3 Minute Thesis competition. To find out more, come to the “How to Win the 3MT” information session. [Register here](#).

Megan Brewer HDR Learning Adviser, Faculty of Science & Engineering, Office of HDR Training and Partnerships

Image above: (cropped) photo <https://www.flickr.com/photos/tamakisono/14903068219> Creative Commons



Stress Less

When: 18 July 2019

Time: 12.15-2pm

Are you an HDR candidate?

Do you feel isolated? Does research overwhelm you? Do you stress-procrastinate?

Want to learn strategies to de-stress? Interested to hear about how your peer HDR's manage stress? Keen to learn ways to self-care? Want to hear tips from an expert? Want to control stress than feeling controlled by stress?

If the answer to any of the above questions was yes, then the upcoming Stress Management Workshop is ideal for you!

After the success of our 2018 Stress Management workshop, HDR Mentors is once again ready to collaborate with Campus Wellbeing to address an issue closest to an HDR candidate's heart: Stress management.

The workshop will be led by Ashwin Singh (Allied Health Advisor, Campus Wellbeing) who will help HDR's reflect on the stressors they have encountered during their HDR journeys and introduce effective tips to de-stress and help you stay on track!

Keep an eye out for details, you don't want to miss out an opportunity to stress- less!

Vani Kakar, HDR Mentor and PhD Candidate Faculty of Human Sciences

Image above: 2018 HDR Mentors Stress Less workshop



OHDRTP Launch of MRes Nomination of Examiners function

The Office of Higher Degree Research Training and Partnerships (OHDRTP) is pleased to advise that the new MRES Nomination of Examiners (NoE) function will be available in the HDR Thesis Examination Portal on **Thursday 4 July 2019**. This function will replace the current paper based NoE process.

To assist with the transition to the new system, we will be running the following information sessions in late July.

Faculty of Human Sciences

Date: Thursday 4 July

Time: 10:00 – 11:00

Location: 17WW Collaborative Forum

Faculty of Arts

Date: Thursday 4 July

Time: 14:00-15:00

Location: 17WW Collaborative Forum

Faculty of Business and Economics/Faculty of Medicine and Health Sciences

Date: Friday, 5 July

Time: 10:00 – 11:00

Location: 17WW Collaborative Forum

Faculty of Science and Engineering

Date: Friday, 5 July

Time: 14:00-15:00

Location: 17WW Collaborative Forum

If you are unable to attend your Faculty's information session, please feel free to drop in on another session.

If you have any specific questions about how this change will impact on your candidate's Nomination of Examiners, please do not hesitate to contact our office: hdrexam@mq.edu.au.

Office of HDR Training and Partnerships

Image above: (cropped) Photo by [Marvin Meyer](#) on Unsplash



The 2020 International Scholarship Round is OPEN

Programs available PhD, MPhil, MRes Y2 + PhD Bundle

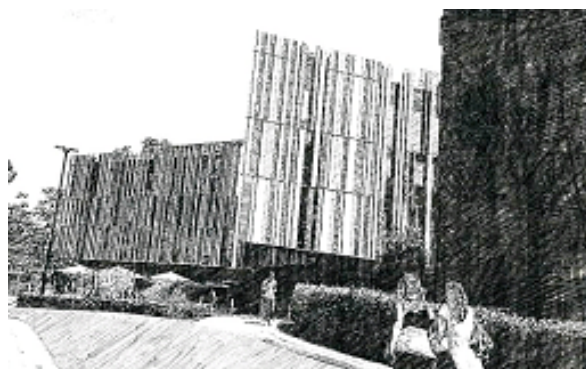
The [2020 International Research Training Program \(IRTP\) and International Macquarie Research Excellence Scholarship Program](#) is the main scholarship round for international candidates. Scholarship applicants for commencement in Session 1 2020 are currently and will close on 31 July 2019. 11:59PM (AEST).

The International Research Training program is the Australian Commonwealth Government Scholarship scheme for supporting higher degree research candidates. International applicants will also be automatically considered for the University funded International Macquarie Research Excellence Scholarship (iMQRES).

Applicants should select International HDR Main Scholarship Round as the Scholarship type in their application. All applicants must read the important [additional information for applicants](#).

Image above: (cropped) Photo by [Kaung Myat Min](#) on Unsplash

IMPORTANT NOTICES



New episode - ResourcefulHDR podcast

I was very lucky to have the inimitable Claire Jackson as a guest on the most recent episode of the ResourcefulHDR podcast.

I first met Claire via Skype in 2015 when I started in my role as HDR Professional Skills Program Manager at Macquarie University. My colleagues recommended that I make contact with Claire because of the ground breaking work she was

Invitations to the Pro-Vice-Chancellor's Welcome – Semester Two 2019

Invitations for the 2019 Semester Two Pro-Vice Chancellor's HDR Welcome have now been issued to all new Bachelor of Philosophy, Master of Research, and PhD candidates via their student emails.

The PVC's HDR Welcome is for new HDR candidates to Macquarie and is an

doing with her team at Strathclyde University, Glasgow.

I was able to meet Claire in person in 2016 when she came to present at Macquarie and then at the [QPR conference](#) in Adelaide. Claire is now located at the University of South Australia.

opportunity to learn about the HDR environment, MQ community, and the resources and opportunities available throughout your time here. Meet the HDR Support & Development team, and network with both peers and HDR university staff.

The Semester Two PVC's HDR Welcome is to be held on Monday 15 July, and **registrations are essential**. If you are a new HDR candidate at Macquarie, and have not received your invitation, please contact hdr.induction@mq.edu.au.



How to Create/ Update your ORCID and Scopus Profile

An [ORCID \(Open Researcher and Contribution ID\)](#) provides a persistent digital identifier that distinguishes you from every other researcher and, through integration in key research workflows such as manuscript and grant submission, supports automated linkages between you and your professional activities ensuring that your work is recognized.

It distinguishes you from every other researcher with a similar name, ensures all of your publications are permanently



HDR Statistical Consultancy Service

Just a reminder that you can access advice on all things statistic from the HDR Statistical Consultancy Service!

Associate Professor Peter Petocz from Macquarie's Department of Statistics is happy to have a look at your data and analyses and to discuss with you what the numbers seem to be saying. The HDR Statistical Consulting Service is available on Wednesdays 10am - 1pm in Room 609, 12 Wally's Walk. Bookings are preferred (email Peter), or you can just turn up and wait to be seen.

attributed to you, and it makes it easier for others (such as grant funders or other researchers) to find your research output. [Learn more about ORCID here.](#)

If you don't already have an [ORCID](#), [register for one](#) now. Be sure to complete your personal information and **record your institution as Macquarie University.**

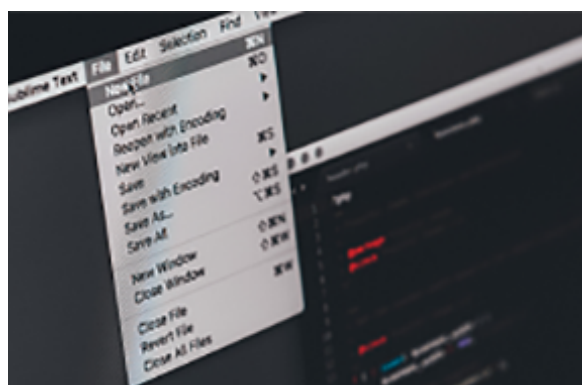
If you already have an ORCID, please [login](#) and **update your institution to Macquarie University.** Next, [login to Scopus](#) and click "Add to ORCID" to link your Scopus profile to your ORCID. Click [here](#) to see how.

Email A/Prof Peter Petocz or call him on Wednesdays on 9850 9174.



TEDx MQ

If you believe in the power of ideas and want to be part of the team behind bringing TEDx to life at Macquarie University on September 21st 2019 then register as a volunteer on our [website](#).



Position Open

The PVC Programs and Pathways Office are looking for a casual editor to do some editing, and writing / text entry for the new Curriculum Management system. The position will be paid at the casual rate of a HEW 5 level. For more information E: stuart.upton@mq.edu.au.

WORKSHOPS



Peer Writing Assistant Program (PWA)

Flexible dates throughout July.

Click [here](#) to register

**The Mindful Researcher - workshop series**

Tuesdays 2-23 July, 11:30am -1:00pm

This unique four-part workshop series offers practical strategies for how to train your attention, develop good working habits and find balance in a competitive, high-pressure working environment. Click [here](#) to register.

**How to Win the 3MT**

Thursday 4 July 2019 2:00pm-3:30pm

Come and find out what the Three Minute Thesis (3MT) competition is all about, how to prepare & present an engaging presentation, what makes a winning entry, and why it's worth your while entering (whether you win or not!). Click [here](#) to register.

**Mindfulness Meditation Sessions**

Tuesdays, 9 and 23 July 2019, 2-3pm

These free drop-in sessions are for anyone interested in learning to meditate or practicing regularly with a group. We will explore a number of practices including sitting meditation, moving meditation and body scanning. Click [here](#) to register.

**Thesis Formatting for PC (HDR Candidates)**

Wednesday 24 July 2019, 9:15am to 4:00pm.

This course will give you the right tools to handle large, multi-page documents, such as your thesis and will be used during all stages of your thesis documentation. Click [here](#) to register.

HDR Dynamic Duos



Agnes Bosanquet

How did you come to know each other?

How Nick taught me as an undergraduate student in Cultural Studies. I'm surprised to say that was over twenty years ago! He was an inspiring teacher, bringing complex theory to life in relatable ways – so much so I made Cultural Studies my major.

What was a particular hurdle you worked through, together?

In 2006, Nick became my third PhD supervisor. I had previously tutored on his units, but I think he was the Head of Department who took on the troublesome students. I had a sick baby and had gone AWOL from my thesis. Nick saved my thesis from what Inger Mewburn, the thesis whisperer, calls the valley of shit.

What do you appreciate most about Nick?

I had not realised supervision could be so engaging, generous, thoughtful, reliable and compassionate. My greatest obstacle to completion was my daughter's illness. My thesis focussed



Nick Mansfield

How did you come to know each other?

I remembered Agnes from her undergraduate years and when she as a Tutor so when she approached me to be her Supervisor, I felt that I knew her quite well already.

I had already worked with a number of candidates who, through no fault of their own, had multiple supervisors and Agnes had the additional issue of an interrupted candidature because of her child's illness. My first impressions of Agnes as a PhD candidate were that she was witty, reflective and a sophisticated thinker.

What was a particular hurdle you worked through, together?

There were a couple of hurdles that Agnes and I worked through together. Agnes had already done a significant amount of work when I became her Supervisor and her project was a very original take on a prominent and influential philosopher which was intellectually risky because it challenged the orthodox thinking. Additionally, Agnes also had to cope with her

on the philosophy of Luce Irigaray, and I wrote my experiences into the thesis. It became a way of testing the weight and resonance of feminist philosophies on motherhood, which I found wanting. I know the approach of my thesis was challenging at times – in fact, Nick annotated ‘This makes me very nervous!’ in the margin. We had wonderful conversations.

You have known each other for many years now. What have you learnt from Nick?

I have learned a lot from Nick. I submitted in 2009, and graduated in 2010 with my partner, daughter and parents in the audience. Nick wrote a reference for my first academic role, in the Learning and Teaching Centre at Macquarie. My manager at the time said it was one of the most well-written references he’d read. Many people told me I was committing career suicide by taking on a part-time, teaching-focussed academic role; Nick was positive and focussed on the possibilities.

I’m still at Macquarie, now Associate Dean (Curriculum) in the Faculty of Human Sciences. My daughter is now a teenager, and Nick has also trodden that ground before me. He told me of the many things he enjoyed about parenting teenagers, and some days I need to remind myself of these. Nick has been a role model for how I supervise my MRes and PhD students. In a way, the skill is similar to parenting teenagers – getting the balance right between providing support and encouraging independence.

daughter’s serious and unpredictable illness. Agnes attended a conference led by the philosopher and raised views that were considered unorthodox. I was impressed with Agnes’ courage to pursue new ideas in the face of resistance.

What do you appreciate most about Agnes?

Her courage and her strength. I admired her perseverance to continue with her project when there were so many personal challenges. Agnes’ determination never faltered in pursuing her creative and inventive approach to her PhD project. The personal and intellectual excitement for her thesis meant that our discussions were buoyant, engaging and we were both passionate about her ideas.

You have known each other for many years now. What have you learnt from Agnes?

How to maintain composure in very trying circumstance. Often our meetings followed a period where Agnes had been at the hospital with her daughter and had meetings with Doctors and I was always impressed with Agnes’ capacity to reflect on the experiences and share anecdotes in an almost light-hearted way. I observed how Agnes continued to maintain her commitment to her PhD which is a difficult undertaking even when there are not additional challenges. The word resilience can be over-used and yet it describes Agnes well.

My slow PhD has been a useful learning experience to support others.

Agnes' has a mature attitude and has a great life-force. There is a lot to learn from Agnes' natural wisdom and I enjoy her wit and openness.

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 <https://anchor.fm/resourcefulhdr> and if you are interested in being a guest please email sally.purcell@mq.edu.au.

YOU to the power of us



MACQUARIE
University



Macquarie University NSW 2109 Australia

T: +61 02 9850 7111 | [Ask a question](#)

Disclaimer: Information given is correct at the time of distribution but is subject to change without notice. The University has the right to alter the content or impose terms and conditions at any time.

Macquarie University | ABN 90 952 801 237 | CRICOS Provider 00002J | ALL 608 | [Unsubscribe](#)