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University

## HDR MATTERS

OFFICE OF HDR TRAINING & PARTNERSHIPS | JULY ISSUE

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

I imagine many of you, like me, are enjoying the rediscovery of old found freedoms, as we emerge from the constraints of the lockdown in Australia. We are enormously lucky to be gradually transitioning back to our normal lives, without the spectre of ongoing large-scale transmission of COVID-19 within our community, a reflection of timely decision making combined with collective action and broad engagement. Unfortunately, as we have seen in recent weeks the situation is much more challenging in many other countries across the world and it is important that we remain vigilant and continue to take sensible precautions to avoid the potential impact of a second wave of infections that is beginning to emerge elsewhere.

Whilst the past three months have been enormously disruptive for all of us, I have been astounded by the degree of resilience, adaptiveness and flexibility shown by colleagues and the broader University community. My own HDR candidates have continued to actively engage in their research, giving online presentations, drafting journal articles and shifting their program of work to allow for online research with human participants. Whilst many of you will have been able to modify your research plans to minimise disruption, I know that this has not been possible for all candidates. For this reason, we have recently launched a 'COVID-19 scholarship

extension' scheme for candidates who have experienced extreme disruption as a result of the pandemic. The scheme offers a 3 months tuition fee and stipend extension and is available on application for any candidate who is within 6 months of their EWS date and current stipend expiry. Full details of the scheme are available from [hdrcurrent@mq.edu.au](mailto:hdrcurrent@mq.edu.au).

We are currently living through exceptional times marked by a once in a generation pandemic together with a worldwide movement for change articulated through the Black Lives Matters movement. This is a pivotal point in human history, where we have an opportunity to build a more equitable, fair and compassionate society. I just hope that we are able to grasp this opportunity.

Stay safe and stay well.

*Professor Simon Handley, Pro Vice-Chancellor, Higher Degree Research Training and Partnerships Professor, Department of Psychology*

**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](#).

Thu 02 July	<b>HDR Mentors: Meet &amp; Mingle (Zoom)</b>  <a href="#">Register here</a> →	Fri 10 July	<b>How to win the 3MT (Zoom)</b>  <a href="#">Register here</a> →
Tue 14 July	<b>Looking beyond the company website: developing your business research skills (Zoom)</b>  <a href="#">Register here</a> →	Tue 14 July	<b>HDR Research Communication – Presenting your Research</b>  <a href="#">Register here</a> →
Fri 17 July	<b>Inger Mewburn 'Thesis Whisperer'</b>	Fri 17 July	<b>PGRF Grant Writing Workshop (Zoom)</b>

## The PhD Employment Landscape

[Register here](#) →

[Register here](#) →

*Fri 17  
July*

### Thesis Formatting (for PC) (Zoom)

[Register here](#) →

*Tue 21-23  
July*

### HDR Winter Writing Retreat (Zoom)

[Register here](#) →

*Wed 22  
July*

### How to Prepare for an Early Career Research Fellowship: Track Record Building During your PhD

[Register here](#) →

*Tue 28  
July*

### Build your professional online profile: tips, tricks and essentials

[Register here](#) →

## HDR Announcements



### 3MT is going online this year

Macquarie University's research community is excited to announce that we will be participating in the upcoming [2020 Virtual Asia-Pacific 3MT Competition](#).

### Daily Writing Sessions

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

This year, 3MT is going virtual! The format and requirements are different, and the way we approach the competition will need to follow suit. However, the spirit and core aspirations of 3MT remain clear and strong. In whatever format it takes, the 3MT competition:

- *cultivates students' academic, presentation, and research communication skills. Presenting in a 3MT competition increases their capacity to effectively explain their research in three minutes, in a language appropriate to a non-specialist audience.*

Key Dates for the [MQ 3MT Competition](#) are as follows:

## July

HDR Learning Skills will offer training, presentation support, and assistance with video production, in line with this year's competition.

## August

Faculty and Departmental heats.

23 August: Faculty finalists' entries submitted to the MQ 3MT Competition

Late August: Judges deliberations and People's Choice vote.

## September and October

Early September: MQ 3MT Winners announced.

11 September: MQ winning entry submitted to 2020 Virtual Asia-Pacific 3MT

1 October 202: 2020 Virtual Asia-Pacific 3MT Competition

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](mailto:florence.chiew@mq.edu.au)

## MRes Y2 Panel Discussion: Thesis Submission Challenges

HDR Mentors will be holding their annual Year 2 MRes Panel discussion on Thesis Submission Challenges. This informal event allows you to ask any burning questions, and to hear from former MRes students on how they survived the final months before thesis submission.

The panellists will share their personal experiences and challenges, offer guidance, and answer any questions you may have.

This peer-to-peer support panel will take place via Zoom on **16th July 2020**. For details, please check your mq email.

## 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](#)

## Peer Writing Assistance sessions are back for 2020!

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](#).

## Mandatory Update Training for HDR Supervisors

The HDR Supervision Policy mandates that all HDR Supervisors must update their training every four years. This means that if your HR Online records show that your last training was in 2016, you must complete update training during 2020. There are no exemptions.

You will not be eligible for appointed as an HDR Supervisor in 2021 if you have not updated your training since 2016.

Update training is provided via this

[iLearn site](#)

For further information, please contact [hdr.supervision@mq.edu.au](mailto:hdr.supervision@mq.edu.au)



## Expression of Interest: Training for HDR candidates

The Data Science and eResearch team in the DVCR's Office is planning several training events for the second half of 2020 into early 2021. Topic areas include Python, R, SQL, Matlab, LimeSurvey and LabArchives. To help determine demand for the sessions, Higher Degree Research students are invited to fill in a [short questionnaire](#).

Software and Data Carpentry workshops have been popular with HDR students at Macquarie so those who have not attended one are particularly encouraged to participate. Please note the EOI, which has been running for a few weeks, has had a tremendous response from students and staff. The team will prioritise high-demand workshops; nonetheless there will be waiting lists. Anyone with questions about the training or the survey can reach out to the team by email at [swc@mq.edu.au](mailto:swc@mq.edu.au).

## MQ Casual Collective – HDRs invited

Quite a few HDR candidates are also employed at MQ on a casual basis. MQ Casual Collective is a group organised to help fellow casually employed staff support each other and share helpful information. Our group includes casuals (both academic and professional) who see the benefit in creating networks across the university to socialise and also to identify areas that we might help each other. We have both a mailing list as well as a Facebook group where we can discuss ways we can bring about positive change together as well as support those among those of us who are less experienced.

### [Mailing list](#)

Link to [Facebook](#) group

Casual staff are an increasingly large part of the university community, but despite this we are quite fragmented. The MQ Casual Collective is one step towards helping us come together to share experiences, ideas and provide support for one another.

## HDR Stories



## #BlackLivesMatter

Below is the cultural meaning of the Wullamai from the Wattamattagal Clan of the Darug Nation. The interpretation present a couple of synergies that connect us in our respective roles here at MQU when supporting one another and particularly, our student cohort.

“The Wullamai (local totem) is a shy but clever fish, who uses the shadows and patterns created by the mangroves to protect the younger fish. The mangroves are their nursery, their school and their home. The mangroves represent life - the obstacles and tangles that we need to navigate. Once we learn the right path to take, we are safe in that knowledge and in our lives. At Walanga Muru, we seek to assist our students to navigate the obstacles and tangles of life, to emerge as strong, resilient leaders for the future.”

*The Black Snapper Totem artwork & story were given to Walanga Muru by Auntie Kerrie Kenton.*

*Phil Duncan, Aboriginal Cultural Training Coordinator, Walanga Muru*

*(Image above) Wullamai Black Snapper Fish, gifted to the MQ HDR Support & Development team from Phil Duncan, the Aboriginal Cultural Training Co-ordinator, Walanga Muru.*



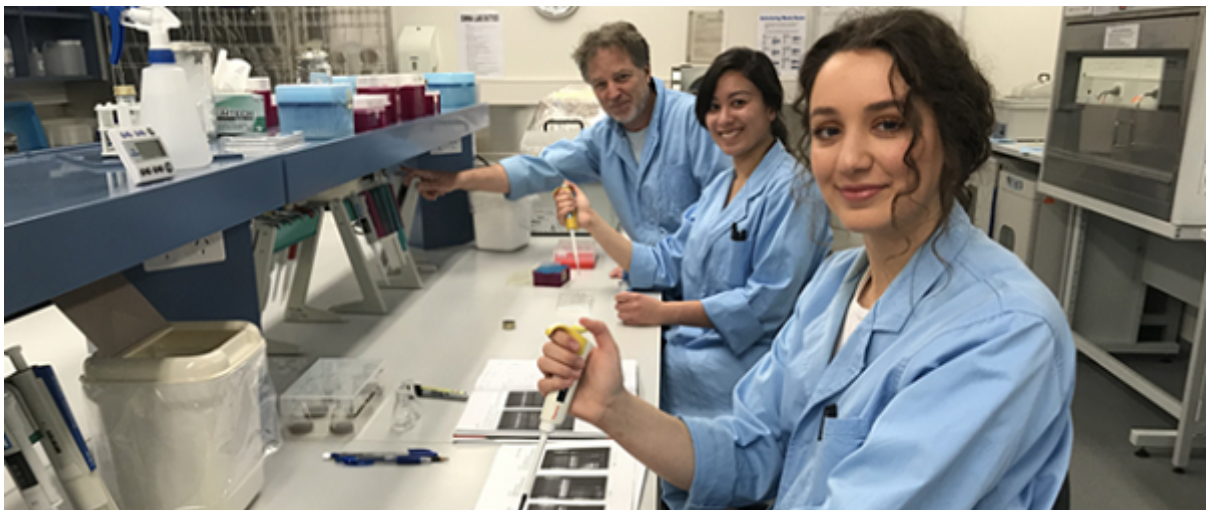
## Walanga Muru Celebrates National Reconciliation Week

National Reconciliation Week (NRW) takes place every year between the 27th of May to the 3rd of June and the theme this year was “In this together”. The Walanga Muru community celebrated through a collaborative community video (check it out [here!](#)) which brought together staff and students to share what Country they are on during NRW.

We also hosted a virtual bake off for students, centred around the NRW theme. Students were sent a \$20 gift card to buy their baking ingredients and given the task to represent National Reconciliation week. With 13 entries, the judging panel had their hands full to pick a winner! See some of the entries above!

*Tamika Worrell, Aboriginal Academic Engagement Coordinator Walanga Muru*

*(Image) Walanga Muru community Bakeoff entries)*



## MRes Year 1 Internships: Last call for Session 2!



Want to get some authentic hands-on research experience, supervised by a professional researcher in academia or industry? This is your your last chance to take an internship – for credit – before you start your own research project next year!

MRes Year 1s are eligible to take an internship unit in S2: [MRES7001 PACE for Research](#) (or FOAR7004 for Arts students). 100 hours of practical experience, 5 online classes, 4 assessment activities – and a huge boost to your confidence, career development and network.

You need to secure your internship by mid-July. Contact [Juliet Lum](#) [juliet.lum@mq.edu.au](mailto:juliet.lum@mq.edu.au) or [Catherine Ennis](#) [catherine.ennis@mq.edu.au](mailto:catherine.ennis@mq.edu.au) to find out which internship opportunities are still available and how to enrol into the unit. (Arts students should contact [Linda Evans](#) [linda.evans@mq.edu.au](mailto:linda.evans@mq.edu.au))

*Juliet Lum, Head, MRES7001 Convenor & Head, HDR Learning Skills & Catherine Ennis, HDR Industry Engagement & Placements Manager HDR Support & Development*

*(Image) Natalie Abedi on her 2019 MRes internship with Prof Michael Gillings*



## Prey to Publish ... and Perish: Beware the Predatory Journal

Predatory journals are scam entities who exploit the academic publishing business model – typically by charging publication fees without checking articles for quality and legitimacy and without providing the other editorial and peer review services that legitimate academic journals provide. They frequently garner interest by extending flattering, but often poorly worded, “invitations” to publish (or present at conferences) and particularly target early career researchers and HDR candidates, as the push to “publish or perish” early in one’s research career is prevalent.

**But if it means we get our work published, why should we be weary of predatory journals?** Well, first, many of these “journals” are not recognised by trusted or respected literature search engines and so your publication may be missed by the research community. But most importantly, the lack of peer review undermines the credibility and integrity of any research published in these journals, and this can damage your reputation as a researcher.

So to help you avoid predatory journals (and ultimately find the best journal for your research) consult the University’s [resources on strategic publishing](#), talk to your supervisors, and reach out to your faculty [Research Librarians](#) for further help with [assessing the credentials of a journal or publisher](#).

Taking the time to do your due diligence when preparing to publish your research not only ensures the best chance of publication success but also prevents you from potentially damaging your research career.

*Megan Brewer, HDR Learning Advisor (Science)*

*(Image) (cropped) mathew-schwartz-D1NVJHAat4Q-unsplash*



## **Zeyad Mahmoud: COVID-19 and the PhD in two countries Australian Institute of Health Innovation**

Imagine being three days away from completing years of study and then COVID-19 shuts the world down and the opportunity is put on hold for the foreseeable future.

In December 2019, I submitted my PhD and three months later my thesis was unanimously recognised by its examiners for being among the top 10% of doctoral research projects and commended for its outstanding contribution to my field of research. I was awarded my PhD from Macquarie University in April 2020.

To complete the French component of my journey I am required to undertake a defence of my thesis. A tradition begun in the middle ages, this requires the

candidate to present their thesis in front of a panel of reviews and answer questions. Due to COVID-19 restrictions the date for this event has been postponed three times already. Hopefully by the time you read this, I will have completed all requirements for France .... but you never know these days.

In 2018, I moved to Sydney from Nantes, France, to continue my doctoral research after being awarded a prestigious [Cotutelle International Research Excellence Scholarship from Macquarie University](#).

Beyond providing research related support, my team of supervisors, headed by Professor Jeffrey Braithwaite, and my colleagues at AIHI were with me every step of the way as I simultaneously navigated the additional complexities of different administrative systems, ethics and regulatory bodies as well as cultural and social contexts.

Today, I am honoured to be continuing my research as a Postdoctoral Fellow at AIHI working with world-renowned experts on finding innovative solutions to the “wicked problems” faced by health systems in Australia and the internationally.

Zeyad Mahmoud, former MQ PhD candidate, now Postdoctoral Fellow with AIHI

*– Provided by Chrissy Clay, Research Outreach Coordinator, Australian Institute of Health Innovation*

*(Image above) Zeyad Mahmoud, former PhD candidate now Postdoctoral Fellow with AIHI*



## **APR.Intern Aliya Gul - reflections on industry experience**

Aliya Gul tells us about her internship experience at [Apiam Animal Health](#) through the [APR.Intern](#) programme.



I was introduced to APR.Intern through an industry partnership workshop on campus. As I did not have local industry experience, the internship provided me a smooth transition from academia to industry. After submitting my PhD thesis I identified an internship opportunity in vet epidemiology on the APR.Intern Available Internships page. My academic mentor Dr Hassan Doosti strongly encouraged me to apply and agreed to provide me with academic support. The internship provided me with insights into new areas such as epidemiological literature and disease risk modelling. The skills that I acquired could open doors into a career in animal or human health. I encourage students to apply for internships as they challenge you and broaden your skills. Importantly you will gain industry insights and develop your professional network. My advice to any student considering an internship is to treat them as a golden opportunity and apply yourself rigorously, as they are truly a rewarding experience.

*Catherine Ennis, HDR Industry Engagement & Placements Manager & Aliya Gul, PhD candidate and APR.Intern*

*(image above) Aliya Gul, PhD candidate and APR Intern*



## ResourcefulHDR podcast: Dr. Rebecca Gelding

[My guest on the ResourcefulHDR podcast](#) this month is Dr. Rebecca Gelding. Rebecca recently started a new job as Project Officer (ARC Centre of Excellence for Children and Families over the Life Course)

Rebecca speaks about her research, her career choices and how important it is to stay true to herself.

Rebecca's award-winning PhD thesis investigated what is going on in the brain as people imagine musical pitch and rhythm. Her research has featured on ABC's [All in the Mind Podcast](#), ABC Classic and ABC Science, and in 2019 she presented at the sold-out [TEDx Macquarie University](#) and had the audience on their feet singing.



Earlier this year she even played Chopsticks on the Steinway & Sons piano in City Recital Hall in front of a live lunchtime audience all in the name of science communication.

I began following Rebecca when she was still doing her PhD and as a result saw that she was going to be a guest on the ABC Radio Sydney and so I tuned in to hear about her fascinating research. I was then lucky enough to be in the audience for her talk at TEDx Macquarie University in September last year. Rebecca's TEDx talk has now had over 540000 views!

You can also read Rebecca's [Music on the Mind](#) blog created during her PhD and listen to the [Pioneering Minds podcast](#)

*Sally Purcell, HDR Professional Skills Program*

*(Image above) Rebecca Gelding*



## Winter HDR Writing Retreat: 21 – 23 July 2020

The HDR Writing Retreat has had a makeover for Winter 2020! Whether or not COVID-19 restrictions on gatherings will have lifted by late July, we will be offering this retreat online via ZOOM. So, whether you're in Turramurra, Temora, Toorak or Tokyo: you can join us!

This 3-day online writing retreat provides a structured program to help you progress your thesis and your writing skills. Each day timetables large chunks of writing time so you can get on with your own thesis writing, but we'll also provide facilitated writing-focused activities, daily workshops, and access to 1:1 consultations with HDR Learning Advisors.

This is the perfect opportunity to break from usual activities to focus solely on

writing, so please make arrangements to participate from 8:45am until 4:30pm on all three days. We suggest you take leave from any paid work and plan childcare on these three days.

Places are strictly limited, and registrations close on 30 June! Note that you need to submit an Expression of Interest document to apply (details on [the registration page](#)).

*Dr Juliet Lum, Head, HDR Learning Skills*

*(Image) Photo by Rafael Leão on Unsplash*



## **June Webinars: Professional Staff with a PhD at MQ Dr. Gorjana Mitic & Dr. Brenton Hamdorf**

In June we hosted our first two webinars featuring members of the MQ Professional staff with a PhD with Dr. Gorjana Mitic and Dr. Brenton Hamdorf.

Gorjana is the Commercialisation and Innovation Manager (Life Sciences) in the Commercialisation and Innovation team at Macquarie and Brenton is the Director, Academic & Research Partnerships within the Faculty of Medicine, Health and Human Sciences.

Gorjana and Brenton shared their career stories and described what led them to their current roles and how their PhDs have added value to the work that they do at Macquarie university. You can access the recordings of the webinars via the links below ...

- [Webinar](#) - Dr. Gorjana Mitic, Commercialisation and Innovation Manager (Life Sciences), Deputy Vice-Chancellor (Research) - Office

- [Webinar](#) - Dr. Brenton Hamdorf, Director, Academic and Research Partnerships, FMHHS Admin & Operation

In this webinar series we are focussing on Macquarie University members of the Professional staff with a PhD. Later, we will seek to run a series of webinars featuring PhD graduates working in other sectors.

For more PhD Career Stories visit the [HDR Professional Development iLearn site](#) where 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, HDR Industry Engagement and Placements Manager and Sally Purcell, HDR Professional Skills Program Manager*

*(Image above) Dr. Gorjana Mitic, Commercialisation and Innovation Manager (Life Sciences), Deputy Vice-Chancellor (Research) - Office & Dr. Brenton Hamdorf, Director, Academic and Research Partnerships, FMHHS Admin & Operation*



## HDR Mentors: MRes Y2 Panel Discussion - Thesis Submission Challenges

[HDR Mentors](#) will be holding their annual Year 2 MRes Panel discussion on Thesis Submission Challenges. This informal event allows you to ask any burning questions, and to hear from former MRes students on how they survived the final months before thesis submission.

The panellists will share their personal experiences and challenges, offer guidance, and answer any questions you may have.



This peer-to-peer support panel will take place via Zoom on **16th July 2020**. For details, please check your mq email.

*Mo Haque, Project Assistant, HDR Mentors Program*



## Business research skills and business databases: how they will help you

Whether you are planning on pursuing a career in academia or in another sector, it is useful to develop business research skills.

As a researcher, you may need to identify potential collaborators in industry, or identify companies and their key people to survey or interview for your research. As a job seeker in a competitive job market, you will need to learn as much as you can about the company so that you are well-prepared for a job interview. You might also want to conduct research to ensure that the company aligns with your values.

Searching the internet, company website or reading the annual report will help you learn more about a company, but as a researcher at Macquarie University, you have access to commercial databases (outlined in this [library guide](#) which will allow you to do more in-depth research about the company, the industries it operates in and its key people.

For those interested in learning more about these resources and developing your business research skills, you can register for the following session:

***Looking beyond the company website: developing your business research skills*** July 14th at 2:30pm.

Register for this session on [MyRDC](#).

The library is also running another session, first mentioned in the [April newsletter](#).



**Build your professional online profile: tips, tricks and essentials** – July 28th at 10:30am

Register for this session on [MyRDC](#).

Lisa Fittock, Research Librarian



## You wouldn't run a marathon without training for it, would you?

Although not a runner, if I ever commit to running a marathon, I will train for it. Like me, I'm sure you wouldn't expect to complete (survive!) this huge endeavour without preparation. Marathon running can be likened to thesis (or journal article) writing. Unlike marathon running, many think they can easily write these without training. Training for writing is setting aside time and writing regularly. Ideally this means daily. Don't expect (at least initially) to feel motivated. If unsure what to write, try [freewriting](#) (writing about anything) or writing to prompts like "What I'm interested in finding out is ...". The produced text might not be suitable for publication but will develop your thinking and help develop the habit of writing often. By writing often you are training (practicing) and building your confidence and skills so that you can complete that bigger writing task without getting so fatigued and out of breath.

Need more help getting into the habit of writing regularly, join Florence's [daily writing practice](#) via zoom or book an appointment with your friendly HDR learning advisor at [HDRLearningSkills@mq.edu.au](mailto:HDRLearningSkills@mq.edu.au).

*Adele Thomas, HDR Learning Advisor (Science)*

*(Image) Image by David Mark from Pixabay*

## Scholarships & Grants



### 2021 International Round Opening Announcement

The 2021 International Research Training Program Scholarship (iRTP) and International Macquarie University Research Excellence Scholarship (iMQRES) round is now open. These scholarships are highly competitive and are awarded to only the highest-ranked candidates.

The selection processes for candidates commencing in 2021 will predominantly be based on candidate ratings but will also include considerations of the Research Environment. This may include an evaluation of the alignment of the candidate's project with Macquarie University's research strategy and research priorities, the quality of the supervisory team and the international standing of the research area. Supervisors are encouraged to engage co-supervisors bringing complementary expertise.

If supervisors are in contact with the potential applicant(s), please inform them to submit their application as soon as possible and to take into consideration the due date for meeting the English language requirements by 31 July 2020. Conditional applications on English will not be considered and will be withdrawn if the English language requirement is not met by 31 July 2020.

**Please note:** all applicants must provide evidence of communication with the relevant Department/Centre/Faculty prior to application.

**Relevant information on the 2021 international round for Faculties and applicants can be found on the [MQ website](#).** Any questions regarding the round can be directed to [hdschol@mq.edu.au](mailto:hdschol@mq.edu.au).

*(Image) neil-thomas-SIU1Glk6v5k-unsplash (cropped)*

## Australian Wildlife Society University Research Grants

The Australian Wildlife Society University Research Grants are scholarships offered to honours or postgraduate students at Australian universities. Each year, ten \$1,500 grants are awarded. **Applicants must be a member of the Society, [student membership](#) is free.**

Grants are available for research projects of direct relevance to the conservation of Australian wildlife - plant or animal. Grants may be used for the purchase of equipment and consumables, travel expenses related to field research, or attendance at conferences at which you are presenting your work. The grant is paid directly to the student. Applications should be a maximum of 3-4 pages (12 point font), including a brief CV and should be set out under the headings below (a reference list is not required)."

## HDR Dynamic Duos



**Leanne Ruggero**

*PhD candidate, Department Cognitive Science, Faculty of Medicine, Health and Human Sciences*

How did you come to know each other?



**Professor Lyndsey Nickels**

*Department Cognitive Science, Faculty of Medicine, Health and Human Sciences*

How did you come to know each other?



I approached my now second PhD supervisor Karen for some RA work, back in 2010/11. I didn't know what was available, I just knew I was interested in her work on psycholinguistics.

I serendipitously ended up on a project where I met Lyndsey and had my first taste of working with the rare population I now work with for my PhD. After a year on that project I spent 4 years overseas during my husband's post-doc. Because I knew I enjoyed working with the team, I waited to pursue further research until I was back home in Australia. I think knowing your potential supervisor at least a little is really important.

### **What do you each bring to the professional relationship?**

Lyndsey brings a wealth of experience designing single-case experiments which is something really valuable in the speech pathology world but that I hadn't learnt much about previously. I've really enjoyed learning about that since joining her group.

I've been really lucky and grateful that she also has a wide range of interests and flexibility as my project has definitely branched outside of her normal research areas at some points!

What I enjoy bringing to the relationship is recent clinical experiences, I'm really keen on making sure that research in our field is relevant in some way to patients and clinicians on the ground. And Lyndsey is great at knowing how to help me balance that with the type of rigour needed in communication

I met Leanne when she started work as a research assistant on a small collaborative grant I was working on. My colleague (Karen Croot) knew Leanne from her undergraduate psychology days at University of Sydney and highly recommended her. She was fabulous! ....All you could every want in a research assistant - organised, efficient, proactive - as well of course as being a nice, fun person to work with!

I was honoured when Leanne approached me on a trip back to Australia from the UK about the possibility of doing a PhD - there was no doubt in my mind that she was someone I would be very pleased to be able to collaborate with as a PhD supervisor.

### **What do you each bring to the professional relationship?**

In addition to the 'standard' academic and research skills that are desirable for PhD candidates, Leanne brings a wealth of clinical experience that grounds her research and gives it a focus. This ensures that we keep on track and also brings a translational dimension to the project.

I'm also a speech pathologist, but these days much of my research does not have a clinical focus. Consequently, I really appreciate having the opportunity that Leanne's research brings to think about the impact of language disorders on people's lives. The examples of lived experiences are so important and the insights gained incredibly valuable.

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



science.  
research.

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

I think it's really easy to look at research from the outside and as a junior researcher and think that everyone's study works the first time, or that everyone is very productive all the time!

The pace and type of resilience required is also completely different to other things I'd done before, such as a coursework Masters or busy inpatient clinical work.

Working with Lyndsey has helped me to understand not to sweat the day to day challenges so much and that stopping to celebrate successes and embracing a long-term-style to enthusiasm is a healthy way to be prepared for a career in research which will inevitably come with ups and downs

**What do you appreciate most about Lyndsey?**

Lyndsey is very approachable and down to earth. I know she is ridiculously busy, but as her students when we meet with her or approach her she's completely in the moment and finds plenty of time to offer empathy and support.

I hear a lot of stories (especially more widely on Twitter) about people having difficulties with their supervisors or not having much feedback from them. I'm really grateful that hasn't been my experience.

Every PhD student teaches you something new, I love to observe the differences between them and reflect on what I need to change so that my supervision style fits optimally to their needs.

I think that Leanne has reinforced to me the extent to which PhDs require incredible personal resilience, and even those who, like Leanne, have all the necessary skills to succeed may still have PhD journeys that test them beyond the anticipated intellectual challenge. I have learned, once again, not to underestimate the need for supervision to go beyond the academic requirements of the PhD.

In addition, as Leanne's PhD focuses on an area of speech pathology that isn't one where I have worked directly before and also uses methodologies that are new to me, I have also acquired lots of new academic skills!

**What do you appreciate most about Leanne?**

Leanne is fabulously organised and clear in her communication - this is invaluable for a busy supervisor with a poor memory. She has perfected her supervisor management skills, which makes my life much easier!

She is also a wonderful person to have as part of our research team - thoughtful, kind and a great baker which is a highly valued skill!

(Image above) Leanne Ruggero and Professor Lindsey Nichols

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](mailto:sally.purcell@mq.edu.au)



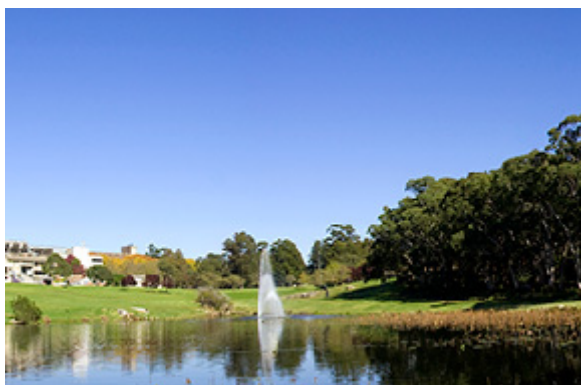
### Cotutelle and International Opportunities



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