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Office of HDR Training and Partnerships

September 2020

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

I recently gave a welcome address to the new cohort of HDR candidates at Macquarie University which gave me cause to reflect that it had been 30 years since I started my PhD at Cardiff University in the UK. My PhD research was on human reasoning and it began my fascination with the cognitive processes that underpin rational judgment.

The question of human rationality has occupied the thoughts of some of the world's greatest thinkers for more than 2000 years. Aristotle considered that rationality was a fundamental characteristic of human thinking and for much of the 20th century economists assumed that decision making is underpinned by a kind of universal rationality reflecting the maximisation of personal expected utility.

My own research and that of numerous psychologists over the past 50 years or so has shown that instead we regularly deviate from the norms for good thinking. We fail to make logical inferences and instead are often guided in our judgments by personal beliefs. Sometimes, we might be motivated to think more deeply about a problem, but such engagement ordinarily arises only because we are seeking to disprove a conclusion that is incongruous with our own views about the world. Such a level of deliberation is absent when a conclusion confirms what we already believe because such conclusions just feel right!

Of course, it is difficult to consider arguments independent of our beliefs or perspectives and to judge their veracity based only upon evidence and critical reflection. It is much easier to evaluate an argument based upon our emotional responses and preconceived views. The polarisation of political debate is one of the clearest illustrations of this in practice, where the life cycle of a news story is a few hours in duration determined by the time sensitive decline in readership and advertising revenue. Its impact is no longer determined by the quality of the journalism, the argument or the evidence but by the extent to which the article is emotive, polemical or contentious.

I am passionate about Higher Degree Research because I genuinely believe that it equips our candidates with much more than just a deep understanding of their subject. The additional skills that you have developed in evaluating evidence, assessing hypotheses and seeking truth are more important now than they have ever been. It gives me enormous pleasure and optimism to know that we are not only training the next generation of researchers, but also developing the thinkers and leaders of tomorrow.

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](#).

September	Peer Writing Assistance (PWA) - Zoom	<i>Thu 03 September</i>	HDR Mentors: Meet & Mingle - Zoom Register here
<i>Tue 08 September</i>	Science MRes Thesis Writing Workshop – Zoom	<i>Thu 15 September</i>	Thesis Formatting Workshop (PC) – Zoom Register now
	Register here		

*Thu 17
September*

**Uncertain times –
practical steps to
increase employment
opportunities**

[Register here](#)

*Thu 17
September*

**Science Writing for
Publication Workshop
Series. Workshop 3:
Introduction & Methods**

[Register now](#)

*Tue 22
September*

**How to embrace
Imposter Syndrome**

[Register here](#)

*Thu 24
September*

**Webinar - Professional
Staff with a PhD: Dr.
Ross Hill**

[Register here](#)

HDR Announcements

Annual Progress Report

The Annual Progress Report round for PhD and MPhil candidates opens this month, with reports to be completed by candidates by the first week of October.

This is an extremely timely and useful opportunity for you to reflect on what has been achieved in the last year, and document in detail the impact of the global pandemic on your research.

The Annual Progress Report provides supervisors the opportunity to give feedback and work with candidates to map out a detailed plan for the coming year.

The system will open in mid-September, the OHDRTP will be in touch directly with candidates regarding access to the system.'

eForms – Online Candidature Variations

The OHDRTP has begun the process of moving the paper-based candidature variation forms online and is pleased to announce that the following 4 forms are now available for MRes Y2 and PhD/MPhil candidates to use online in eStudent logging in with their OneID:

- a) Application for Extension of EWS Date;
- b) Application for Change in Thesis Title;
- c) Application for Change in Supervisor;
- d) Withdrawal from Program.

For more information on the forms please refer to the [Changes to Candidature website](#).

German Research Exchange

Daily Writing Sessions

Scholarships–Grants for Doctoral Candidates

For excellently qualified doctoral candidates and young academics and scientists who have completed a Master's degree.

The grant is for a research project or course of continuing scientific education at a state or state-recognised institution of higher education in Germany or a non-university research institute, which is being carried out in coordination with an academic adviser in Germany.

Funding duration is usually 7 to 12 months; the length of the grant is decided by a selection committee.

Value varies depending on academic level, monthly payments of euros 861 (for graduates) to euros 1,200 (for doctoral candidates).

[Learn more](#)

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:

<https://macquarie.zoom.us/j/171886921>

Further

questions: florence.chiew@mq.edu.au

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

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

home. You are also welcome to have lunch!

Details

Day: First Thursday of every month

Time: 12 noon - 1pm

Zoom link:

<https://macquarie.zoom.us/j/96425933250>

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.

HDR Stories



Expressions of Interest, HDRs - MQ Researchers Impact Program

The [Incubator's student programs](#) are a unique part of the Macquarie University experience. The Incubator has offered students the chance to participate in Design Thinking Programs, Social Impact Pre-Accelerator Programs and Pitch Competitions. Now, for the first time, the Incubator in collaboration with the Office of Innovation & Commercialisation, is offering HDR students the chance to participate in the [Researchers Impact Program](#) - a blended program designed to provide a supportive pathway for assessment of commercialisation. Applications due: 27 September, Course starts: 12 October. For more information and to express interest please see the below weblink. Program runs from 12 October - 26 November. [Register your interest](#)

Melissa Ryan, Director of Incubation and Entrepreneurship & Ainslee Harvey, Incubator Manager



HDR Learning Skills: Writing apart together

Over three days in July, HDR Learning Skills ran its first ever *online* writing retreat.

Successful writing retreats usually depend on a shared physical space: the presence of other writers is a strong motivator to stay engaged with your own writing. For this *online* writing retreat, we recreated the sense of shared space by amplifying the social dimension of togetherness. Videos on, Retreat Packs with snacks and pens, “Lucky Zoor Prizes” drawn at random, breakout groups for goal accountability, a spelling Kahoot, coffee break chats, and other shared experiences were used to overcome our apartness. Other retreat staples included on-demand writing consultations, writing warm-ups, post-lunch writing workshops, a mindfulness practice session, and of course lots of quiet writing time.

Thank you to the PhD and MRes candidates who actively engaged in the retreat from start to finish. It was especially good to include interstate and overseas HDRs this time. We hope you’ve kept up the writing momentum-- including those regular hydration, stretching and outdoor breaks!

If you missed the retreat this time, fear not! We are already planning our next online writing retreat for later this year. Join the [HDR Learning Skills ilearn unit](#) for advance notice!

Dr Juliet Lum, Head, HDR Learning Skills



Macquarie University Three Minute Thesis (3MT) Competition: Updates and Supporting Our Winner at the Asia-Pacific Final

The 2020 Macquarie University Three Minute Thesis (3MT) Competition is now complete! An email will be issued today from the Pro Vice-Chancellor Higher Degree Research Training & Partnerships announcing our winners. Our congratulations to our competitors, winners, faculties, and all staff involved. And thanks to all who voted in our People's Choice ballot!

All finalists will be receiving a Media Communications Masterclass with [Anton Enus](#) this week – we hope you gain a lot from the experience and can share some tips with your HDR colleagues. Additionally, our winner will be receiving a one hour 1:1 session with Anton, followed by videography support from Macquarie University's Marketing team to get their entry to the 3MT Asia-Pacific Final.

What is next? Our winner will compete against the best from numerous universities across the Asia-Pacific region – and they need your support! Later this month, you'll be able to view [all the Asia-Pacific 3MT finalists here](#), and we encourage you to cast your vote in the People's Choice! The timeline for the 2020 Virtual 3MT Asia-Pacific Competition is as detailed below:

- 14-20 September - Asia-Pacific 3MT Semi-Final (Online Showcase / Judging)
- 21-27 September - Asia-Pacific 3MT Final (Online Showcase / People's Choice Voting / Judging)
- 1 October - Virtual Asia-Pacific 3MT Final
- 1 October - Meet the Finalist Q&A / Announcement of Winners (Zoom Webinar)

Rhianne Hoffman, HDR Support & Development

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



MQ Social Theory Reading Group

The MQ Social Theory Reading Group is a space for research candidates and staff to come together to explore ways that theory—both classical and contemporary—can be used to generate and engage in critically informed research practices.

This reading group is interested in understanding some of the most important and still very relevant theoretical perspectives in the rich interdisciplinary tradition of the human/social sciences, including, but not limited to: sociologist Max Weber's analysis of ideology and institutions, the significance of feminism and critical race theory to forms of social and cultural inquiry, and the place of language and meaning in sociological explanation. We begin our 2020 sessions with Weber.

Meetings will occur 4th Thursday of the month 2-4pm (AEST). Contact Florence Chiew for more information (Florence.chiew@mq.edu.au)

Florence Chiew, HDR Learning Advisor (Social Sciences)

(image) [Hitoshi Suzuki](#) on Unsplash (cropped)



Opening up research internship opportunities with APR.Intern and Electrotechnik

We are delighted to present this case study on successful research internships featuring PhD candidates from our School of Engineering, Khushboo Singh and Edstan Fernandes. The case study highlights the benefits and outcomes of an internship collaboration with Macquarie, APR.Intern (Australian Postgraduate Research Intern) and Electrotechnik. During their internships, Edstan and Khushboo were supported and guided by their principal supervisors Associate Professor Jahangir Hossain and Professor Karu Esselle respectively. Both candidates have also continued to work at Electrotechnik since finishing their internships, a testament to this great opportunity for all stakeholders. You can read the full case study on our [webpage](#).

Catherine Ennis, HDR Industry Engagement & Placements Manager

(image) Khushboo Singh, PhD candidate, Jayson Patrick, Technical Director, Electrotechnik, Edstan Fernandes, PhD candidate



ResourcefulHDR podcast: Dr. Melanie Zeppel

My guest on the [ResourcefulHDR podcast](#) this month is Dr Melanie Zeppel.

Melanie is a Data Scientist and Researcher. Her multi-disciplinary research spans experimental design and modelling impacts of customer user experience, climate change, as well as genomic medicine, including childhood cancer and other conditions.

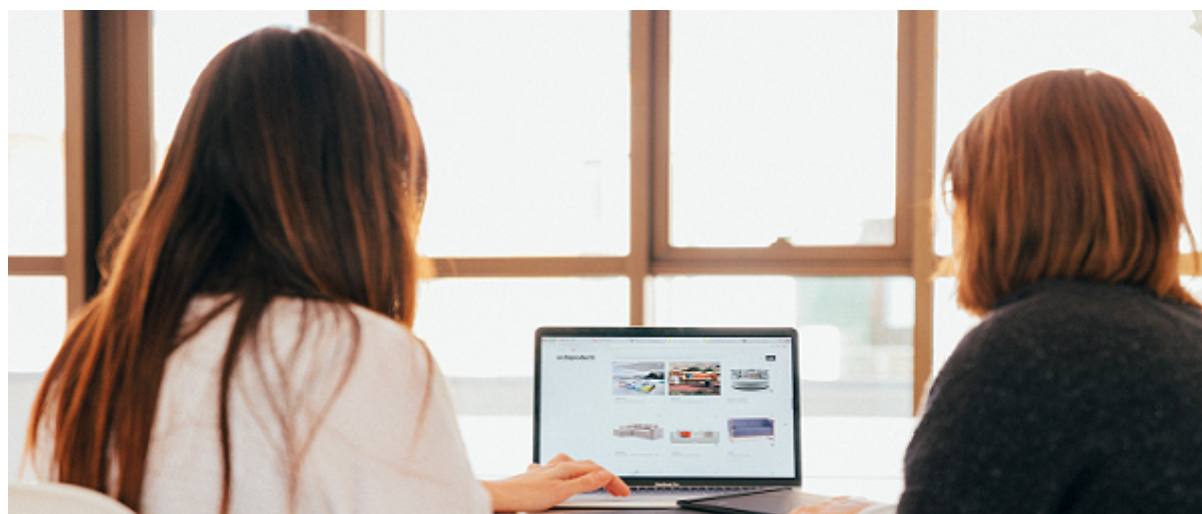
She was awarded 2019 Scopus Researcher of the year, in sustainability. She has also been awarded over \$1.9 million in competitive funding, including ARC DECRA and ARC Discovery grants, and has over 55 peer-reviewed publications.

Melanie's experience over the previous 15 years includes measuring and modelling impacts of drought, elevated CO₂ and heat waves on plant physiology, at [National and Global scales](#).

Recently, Melanie has made the transition from an academic role to one as a Statistical Analyst in the corporate sector. In this episode, Melanie speaks about her career and her work in Research and Professional roles at Macquarie University, about the transition to the commercial sector and how that move came about.

Sally Purcell, HDR Professional Skills Program

(Image) Dr. Melanie Zeppel



FMHHS HDR Mentoring Program

HDR students have an opportunity to receive their personal mentor within FMHHS HDR mentoring program. The program is available for all HDR students enrolled within FMHHS.

The program connects HDR students with early career researches and professional staffs to support students in achieving their career aspirations and help them with academic challenges. The mentor serves as an adviser and supporter, who is happy to share her/his experience and knowledge, help with problem solving and give emotional and moral encouragement.

Details about the program and instructions on how to join the program can be found on the FMHHS HDR mentoring [program webpage](#).

If you have any questions, please feel free to contact us at O365-Group-fmhshdrmentoringprogram@mq.edu.au or anna.konopka@mq.edu.au.

Anna Konopka, FMHS HDR mentoring program organiser,
anna.konopka@mq.edu.au.

(Image)



Webinars: Professional Staff with a PhD at MQ Dr. Ross Hill

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 Ross Hill, Research Development Manager, Research Services

Webinar - Professional Staff with a PhD: Dr. Dr. Ross Hill, Research Development Manager, Research Services Thursday 24 September 2020 12:00 PM to 1:00 PM

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

Since 2014, [Dr Ross Hill](#) has been a Research Development Manager in Research Services at Macquarie University. He works closely with researchers across all disciplines to develop high-quality, competitive research applications for submission to external funding agencies. He concentrates on Australian Research Council (ARC) funding schemes, providing strategic advice to researchers at all levels, from early career researchers to established researchers. Ross is also responsible for the identification, development and implementation of programs and initiatives aimed at increasing researcher effectiveness in research funding endeavours. Prior to his

career in research management, Ross was a researcher in biological sciences for 10 years at UTS and UNSW, having held two highly competitive postdoctoral fellowships and receiving funding from the ARC and other agencies. His postgraduate and postdoctoral experience have been critical in his success as a Research Development Manager.

You can see all our previous webinar recordings our [HDR Professional Development iLearn page](#). You will also 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) Dr. Ross Hill, Research Development Manager, Research Services pictured in Antarctica as a PostDoc



HDR Mentors: Wellbeing Workshop on overcoming procrastination and our Meet & Mingle Recap

HDR Mentors conducted an 'Overcoming Procrastination' workshop on August 14. This was the second unit in the Wellbeing series led by Ashwin Singh (Allied Health Advisor, Student Wellbeing).

The workshop saw huge participation and active engagement from HDR candidates. It delved into the reasons for procrastination, which helped us identify it as a symptom rather than the problem. This was followed by a discussion on how to tackle these problems, with the workshop host and participants sharing their strategies. Significantly, that it is important to avoid comparisons with others and exit the shame and guilt cycle associated with procrastination. It is also essential that everyone

practices self-care, especially as the pandemic still surrounds us. This can help us tackle the fundamental basis of procrastination and boost productivity. The workshop concluded with Dr. Mo Haque (HDR Mentor) answering questions from the attendees and sharing his experience dealing with the issue of the hour.

HDR Mentors would like to thank everyone involved with the workshop. We plan to keep HDR candidates connected with more virtual events and normalise the experience for all. HDR candidates are encouraged to contact us anytime with their queries or suggestions for future events.

Shubham Chhajed, HDR Mentors

On the first Thursday of every month, HDR Mentors holds a virtual Meet and Mingle for HDR students from all over the university to keep connected. In light of these challenging times, we believe it has been more important than ever for HDR Mentors to continue supporting the HDR community.

During the August Meet and Mingle, we met a lot of new students, either working from home or back in the office. Rather than spending time talking about our research we instead chose to focus on the positives we have gained whilst being in isolation. Responses included having more quality time with family, being more adventurous in the kitchen and discovering new hobbies. We even had a musical performance from one of the Mentors!

If you would like to join us for the next Meet and Mingle, information is provided in the announcements section of this newsletter.

Dr Mo Haque, HDR Mentors.

(Image)



HDR Learning Skills: Context

Sometimes HDR candidates get caught up in the nitty-gritty detail when conducting or writing about their research. I often have to remind them that “research doesn’t happen in a vacuum”. What I mean by this is that research questions don’t just arise out of nowhere; there is always a backstory (aka the introduction/literature review chapter) that influences the questions an MRES or PhD thesis aims to address.

Similarly, sometimes HDR candidates get caught up in the nitty-gritty detail of conducting or writing up their research. And I often have to remind them that they as researchers “don’t happen in a vacuum”. Definitely there are days, weeks, months even when it may feel like you work in a thesis vacuum. But you don’t actually conduct research in a physical and timeless void; there is always a backstory that influences an MRES or PhD experience. Not only are you undertaking your HDR candidature at a specific period in time – not just anyone can say they have had to start/continue/complete an HDR thesis during a global pandemic – but you also bring to the research degree your own unique contexts such as previous experiences, former and current interests, and current responsibilities.

Learning how to frame your research and your researcher self into their respective contexts is an important skill to develop as it provides insight and perspective into the driving motivation of both and helps identify any blockages to that motivation. So if you ever find yourself getting caught up in the detail and no longer seeing the “wood for the trees” take a step back and look for the context. Hopefully that will help you find your motivation and see the “light at the end of the thesis tunnel”.

Dr Megan Brewer, HDR Learning Advisor (Science)

(Image) Photo by [Annie Spratt](#) on [Unsplash](#)



Connect with the HDR Support & Development Team

Did you know that the HDR Learning Skills and HDR Professional Development teams each have their own iLearn unit? Or that HDR Mentors have a [Facebook page](#)?

By enrolling in these units you will receive announcements concerning new workshops/training opportunities and will have access to a rich array of resources, such as career development planning, wellbeing, and tips on how to win the 3MT – just to name a few! These resources and workshops are designed to assist you throughout your candidature here at MQ.

You do need to self-enrol in the iLearn units, and their direct links are below.

- [HDR Learning Skills](#)
- [HDR Professional Development](#)

Rhianne Hoffman, HDR Support & Development

(Image) Image credit to Samantha Borges on Unsplash

Scholarships

2021 Domestic Research Training Program Scholarship (RTP) and Domestic Macquarie University Research Excellence Scholarship (MQRES)

The 2021 Domestic Research Training Program Scholarship (RTP) and Domestic Macquarie University Research Excellence Scholarship (MQRES) 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 and will include considerations of the Research Environment. Supervisors are encouraged to engage co-supervisors bringing complementary expertise. All applicants must provide evidence of communication with the relevant Department/Centre/Faculty prior to application.

More information on the 2021 domestic round is on the [MQ website](#).

Any questions please email hdrschol@mq.edu.au.

HDR Dynamic Duos



Dr. Dimitri Douchin,
*Cultural Astronomy Research at
Cultural Astronomy*

How did you come to know each other?

I had applied at one of Melbourne's university from France going through the administrative procedure and my application was rejected because my grades were not on their standard. I decided that instead of going through an administrative procedure, I would be better off making contacts who could support me in my application. I emailed researchers in Australia whose profiles seemed interesting, and a few of them replied, including Orsola. Orsola presented me the work that was being done in the department by herself and her colleagues and told me I could seek collaboration with any party. I found that very open minded and loved Orsola's project's boldness and methodology, so I asked her if I could work by her side, which she accepted!

What are your shared interests?

Professor Orsola De Marco
Department of Physics and Astronomy

How did you come to know each other?

Dimitri applied to do a PhD with me. He was keen on working in cotutelle with France and already had the name of the person he wanted to work with there. He must have discovered that Macquarie has this type of programme... The first contact was by e-mail and then I followed it up from there. Dimitri was my third MQ PhD student and my first in cotutelle.

What are your shared interests?

I think both Dimitri and I are wondering souls. But we are both rooted in Europe. If you live in Europe all your life you may not realise that the French, the Italians or the Germans are all the same people. They are very different, even speak different languages. But once two Europeans leave Europe, they feel they have much more in common with one another. I for one feel that France and Italy are very close, cousins, really....

I think Orsola and I share a lot of the European culture. We value education, talking loud around a table on Sunday lunch, open-heartedness and raw and passionate conversations. Our personal connection was/is equally as meaningful as our professional relationship.

What do you each bring to the professional relationship?

I would say Orsola offered me a lot of her expertise in the field, in particular as I was exploring the hypothesis she emitted in regards to planetary nebulae being a binary phenomenon. I've definitely benefited from her demonstration of leadership too, being committed to a broad selection of educational, departmental, university-wide projects, until she eventually reached professorship and was at the head of the department. Orsola has also showed me how to be caring in an environment where competition or expectations can be a source of stress and disagreements.

I am hoping I brought enthusiasm into defending Orsola's hypothesis, after having myself checked that I was aligned with that choice. I hope I have also provided good-will and the possibility of compromise when there was a need for compromise. I hope I offered support and a good listening partner. And I do not deal well with a lack of alignment, so I hope I brought some demonstration of integrity and respect of my values, especially independence, even if to the cost of openly confronting conversations.

What do you each bring to the professional relationship?

As a supervisor I have brought in the field knowledge and the approach to science and research. I hope I have also brought in a good deal of enthusiasm and energy and that this has been a positive influence on Dimitri.

What do you appreciate most about Dimitri?

Dimitri is not one to ever be disheartened. He has had his fair share of difficulties in life both during his PhD, before, and since. But he always has a positive plan of attack. Few people are like this. More should be.

What have you gained through your collaboration?

Over my life I have had many great friendships. But only a few are those have resulted in a "voice in my head". By that I mean recalling wise words of a friend, or their face, or a sensation they have transmitted to you at times of difficulty, or at times when a complex choice needs to be made. Dimitri is one of those people for me. In difficult moments in life I think about him because he taught me that there is no time to feel sad or angry, there is time to solve problems with enjoyment of every moment doing it.

What was a particular hurdle you worked through, together?

I recall once during Dimitri's PhD I started feeling some pressure. International students like Dimitri have a hard deadline and for some reason, I was feeling Dimitri needed to pick up the pace. Although it is

What do you appreciate most about Orsola?

Even though Orsola is not my supervisor anymore, we are friends. I really appreciate Orsola's creative and determined personality. I appreciate her human values, her desire to gather people as best as possible, her ability to care. I am grateful for Orsola's sincerity and open-heartedness in times of turmoil and in times of serenity. I see in Orsola a strong female role-model and I am proud to have been one of her PhD students. Her emotional intelligence is a great asset of hers.

What have you gained through your collaboration?

Orsola has been the one who found a good French supervisor for the Cotutelle part of my PhD. I feel like I have gained a life-long friend :) I also feel like I have gained a PhD: without the human connection she offered, I am not sure I would have been that comfortable finishing my PhD the way I did. Looking back, the whole process of becoming a doctor feels it was pretty easy, and her confidence and great ability to manage students has a lot to do with that feeling, as I see it.

What was a particular hurdle you worked through, together?

At some stage I remember there was a legitimate imperative for results, with which I agreed, however I felt that we were on two opposite of the spectrum: I felt that Orsola needed small wins and confirmation everything was going well when I just needed a goal and a deadline without having to report on

not my style to crank down I must have. Dimitri immediately put me in my place. He told me he did not do well with pressure and my annoyance. I had to ensure that with him I kept everything in a positive light, organising our time to meet deadlines and milestones, perhaps, but with a great deal of good humour.

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

I know for a fact that when I become overwhelmed with worry about a grant, about a student, about a piece of research, I immediately hear Dimitri's voice in my ears about keeping my cool and more importantly keeping my happiness. With that, I think I have actually been more effective in solving the problem.

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

Dimitri is a man of great integrity. He is true to others because he is true to himself. I often forget that to be effective and helpful to my students, to my family and to my friends I need to know and believe in my self worth. Dimitri taught me that to help others you do not just need to survive yourself, you need to thrive.

small progresses but only the difficulties I was facing and questions I had. Eventually we had a conversation and as I remember it, we were able to find a good compromise in communication, accountability and goal setting.

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

I am projecting myself into a shift towards cultural astronomy, and I'm hoping Orsola's vast network will be of help in my endeavours. Orsola has already supported me down that path right after I graduated recently, and I am grateful for her unconditional support.

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

I feel like working with Orsola has helped me understand that I am the master of my own ship, that initiative can be met with admiration or opposition and that we can't know what is going to happen until we do it. I've learned that boundaries for friendship and scientific collaboration are different, that they can be expressed safely for mutual benefit. Orsola has often given me credit for what she had learned from me, and I feel grateful for that and valued and understood in that. All in all, Orsola has showed me what it is to be a scientist with high standards while being a colleague with a big heart and a human being with a great determination. I am deeply grateful for the learning and sharing experience I've had with Orsola and I think we had a very positive influence on each other. I can only

recommend working under her supervision.

(Image) Dr. Dimitri Douchin & Professor Orsola De Marco

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

My Research Program

Macquarie University NSW 2109 Australia

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

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