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University

Office of HDR Training and Partnerships

December 2020

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

As I write this, I'm watching the final, nail biting moments of the US election as we wait to see how the American people will judge Donald Trump's presidency. As a British Citizen living in Australia, I have been surprised by how strongly I have felt about the outcome of an election in a country in which I have never been a resident. Perhaps it is because the outcome will have world-wide consequences, setting the tone for geo-political relations and having global influence on issues such as climate change, human rights and equality. Whilst I think this is part of the reason, it goes beyond this. My emotional engagement stems from something much more basic, a powerful misalignment of my own values with those of the current incumbent.

My whole career has been spent as a researcher on human reasoning, committed to the principles of discovery and the value of objective evidence in the assessment of hypotheses to support a search for the truth. Trump's rejection of reason, of science, evidence and truth in favour of conjecture, beliefs and dogma is such a regressive step that it endangers the substantial progress that we continue to make in improving the human condition, improvements that have continued unabated for over 250 years.

As Steven Pinker has argued widely, it was the adoption of reason, the commitment to providing answers that are justified, considered and true, that led to the gradual rejection of authority, faith, mysticism, gut instinct or charisma as mechanisms for

building an accurate understanding of our world.

The shift from dogma to reason also underpinned discovery and technological advances that have improved and continue to improve the lives of billions of people across the world. We are healthier and live longer than at any point in human history irrespective of the country in which we are born. The past 100 years has seen an 8-fold reduction in the proportion of people living in extreme poverty and the vast majority of us now have access to clean water and sufficient food to meet our calorific requirements. These developments did not occur by accident. They arose instead as a result of science, technological development and a broad commitment to evidence-based discovery as the foundations for human progress.

A former US President reflected that if you were to choose a moment in time to be born and you didn't know ahead of time who you would be (which country you would be born in, what gender you would be or whether you would be poor or wealthy) then you would choose now. Although, there is still much work to be done and progress to be made, there has never been a better time to be alive and our present circumstances owe everything to the march of science and discovery over the past 250 years. In your own commitment to reason you are each making a contribution to a globally transformational mission that will change people's lives. Let's hope that our politicians continue to listen.

Stay safe and stay well.

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

[COVID-19 FAQs for HDR](#)

## HDR Workshops

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

December	<b>Peer Writing Assistance (PWA) - Zoom</b>	<i>Mon 07 December</i>	<b>Freewriting for academics</b>
	<a href="#">Register here</a> →		<a href="#">Register here</a> →

## HDR Announcements



### Deep Work Morning Sessions

Are you keen to carve out some (or more) focused time to work on your project? The computer scientist and bestselling author Cal Newport describes [deep work](#) as cultivating the ability to concentrate without distraction on a cognitively challenging task. Whether this is writing, reading, thinking, or planning, the ability to go deep matters for how well we work, and how connected we feel to the work.

There are now **two lots of deep work sessions throughout the week** to help you jump start your motivation or keep your momentum going. If you've been looking for ways to find focus in your work, these sessions are for you. All are welcome! No need to register, just show up when you can, as often as you can or would like to.

Details:

Mondays to Fridays, 9am-10am: [Zoom Link](#)

Host/contact:

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

### Editors' Note: Thank you and farewell

As the year's wrapping up and we are seeing so many changes occurring – both at MQ and the wider world, one thing you can count on is the arrival of HDR Matters in your inbox each month.

Since 2018, Sally Purcell and Rhianne Hoffman have been the editors of this newsletter. Sally and Rhianne have both accepted a voluntary redundancy (VR) and would like to thank everybody for the stories and support...

*It can be a mad scramble sometimes to get all the content to you, but thanks to our amazing contributors and the CRM team we have managed to deliver an interesting and informative read each month. Our aim was to create a sense of the HDR Community here at MQ, and we have really enjoyed sharing the stories and successes of this community.*

HDR Matters will continue to be issued in 2021, being managed by the wider OHD RTP team, under the fabulous

Mondays to Wednesdays, 10am-12pm:

[Zoom Link](#)

Password: 607014

Host/contact: [huong-](#)

[ly.tong@students.mq.edu.au](#)

management of Jen Cornish, Academic Director HDR. Contributions can be sent through to [hdrmatters@mq.edu.au](mailto:hdrmatters@mq.edu.au). The HDR Dynamic Duo will also continue to feature in the newsletter. To view past newsletters and the template for HDR Dynamic Duos please visit the [newsletter website](#).

## 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: [here](#)

## Peer Writing Assistance sessions are still available 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](#).

## HDR Stories





## Congratulations to Crichton Smith – Wiley Publication Prize

Congratulations to Crichton Smith, HDR candidate from the Department of Management, and his supervisors Nick Parr and Salut Muhidin, on being awarded the Wiley Prize for the Best Paper in Geographical Research! This prize recognizes their paper entitled 'Mapping schools' NAPLAN results: a spatial inequality of school outcomes in Australia'. Geographical Research commented "A stellar contribution. Very high Altmetric score, link to paper in The Conversation. High societal value and impact, and a classic geography of place, space, and inequalities". This is a fantastic achievement and access to this stellar paper can be found [here](#). Well done!

*Professor Jen Cornish, Academic Director, Higher Degree Research, Office of Deputy Vice Chancellor, Research*

*(Image above) Crichton Smith, HDR candidate and supervisors Nick Parr and Salut Muhidin*



## HDR Learning Skills: Write On!

I'm sure you don't need to hear yet again how challenging 2020 has been. As if a research degree doesn't have enough uncertainty and isolation as it is. Throw in a life-threatening global pandemic, close the borders, and send the kids home from school: now try to critique that journal article and make sense of those numbers! Very tempting to hit the metaphorical ESC key and give up.

But no! Like the octopus (yes, I've just watched that film on Netflix!), you adapted, flexed, grew new ~~limbs~~ strategies, and kept writing. All great transferable skills!

It's been great to meet more of you this year as we've offered all our workshops and courses online for the first time. Many of these we'll continue offering online next year and beyond.

Zooming into and from offices and homes around the globe, you learnt the tricks of Thesis Formatting, NVivo, SPSS and grant writing; you reviewed & discussed each other's drafts; you rehearsed & delivered your 3 Minute Theses, conference papers, and other oral presentations; you interned with senior researchers and external organisations; you shared your struggles and frustrations at research plans going awry and discovered ways ahead; and you developed healthy, effective and productive research writing practices!

Thank you for accessing HDR Learning Skills courses and resources in this extraordinary year. It's been exciting finding ways to continue supporting you and your research. If you missed any of our offerings and want to avoid that in future, enrol yourself into the [HDR Learning Skills ilearn](#) unit today. We look forward to what we can achieve together in 2021!

*Dr Juliet Lum, Head HDR Learning Skills*

(Image above) [Joshua Tsu](#) on [Unsplash](#)



**Reminder: Responsible Authorship and Peer**

# Review

**Authorship can be complicated** – we know! and conventions in authorship order can differ across disciplines. But clearly conveying the people who have contributed to research in publications is an essential element of research integrity.

Researchers are expected to **assign authorship based on significant intellectual or scholarly contribution**. The newly released [\*Macquarie University Authorship Standard\*](#) outlines these expectations and your responsibility to attribute authorship fairly and honestly. This is essential reading for students, supervisors and all other researchers.

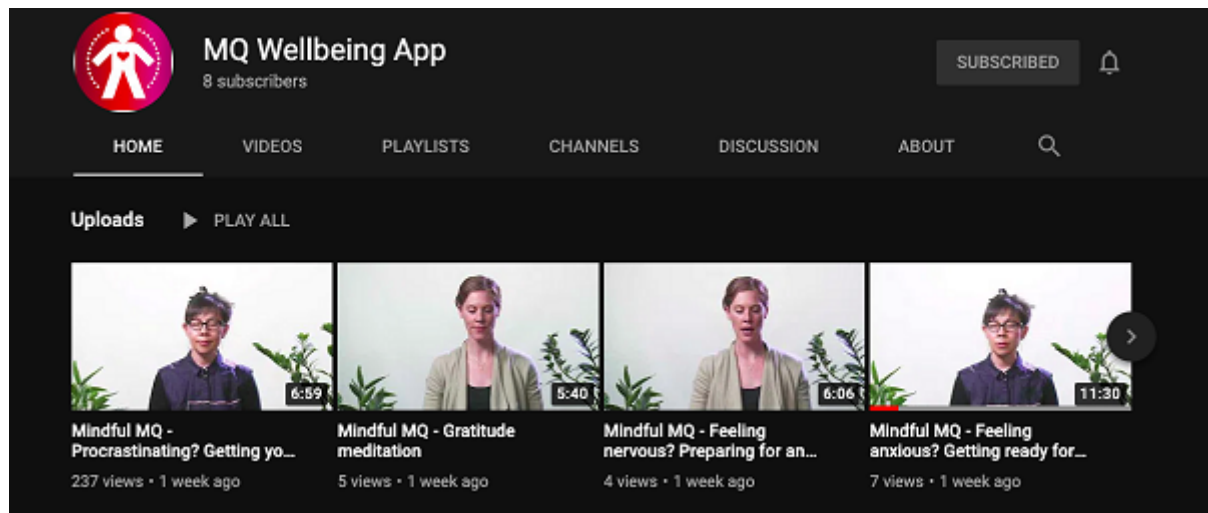
Planning early and often is one way to help avoid issues or misunderstandings when it comes to authorship. The planning form accompanying the *Authorship Standard* can help guide you in this task.

Also recently released is the [\*Peer Review Standard\*](#), providing direction for how to **participate in peer review in a way that is fair, rigorous and timely** whilst maintaining the confidentiality of the content. Peer Review is a lynchpin of research publishing so upholding these principles helps to increase confidence in research by increasing its veracity and reproducibility.

**As a Higher Degree Research Student, you are expected to become familiar with the Macquarie Research Code and its supporting procedures and standards, be aware of your responsibilities and apply the principles to your research.**

Contact [research.integrity@mq.edu.au](mailto:research.integrity@mq.edu.au) or a [Research Integrity Advisor](#) with questions or concerns about research conduct.

*Dr. Shannon Smith, Research Integrity Officer*



## Reminder: Mindful MQ – New digital guided meditation series

Mindful MQ is a Student Wellbeing initiative that brings the benefits of meditation and mindfulness to the broader university community here at Macquarie. On the [MQ Wellbeing app](#) and [YouTube channel](#), you can find a range of practices guided by Gemma Perry (PhD candidate, Psychology) and myself that will introduce you to meditation and different types of practice. We've recorded a variety of traditional meditations including breath awareness, walking practice and sound meditation, as well as a special series of short practices tailored to challenging moments during study, work and life, like preparing for an exam or interview. We're also running a series of master classes to give you an opportunity to try the practices in a group and ask questions. We hope you enjoy this resource.

*Dr Michelle Jamieson, HDR Learning Advisor, Humanities*

*(Image above) Screenshot of Michelle Jamieson and Gemma Perry – MQ Wellbeing app*



## ResourcefulHDR podcast: Dr Catherine Fargher, Dr Egg Adventures



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

Dr. Catherine Fargher is an AWGIE award-winning scriptwriter, leader and creative focused on combining storyworlds, and characters with interactivity.

Catherine is passionate about harnessing the power of storytelling to deliver educational content, including STEM, English, and more, through innovative methodologies and interactive media.

Catherine founded Dr Egg Adventures in February 2012. The Dr. Egg Adventures Laboratory creates engaging Education Technology (EduTech) products and content to solve problems faced by primary school teachers and educators in STEM and AI driven futures.

Working with teachers, students and their parents to engage in Science and STEM learning, to assist the teachers who struggle to teach in areas of science, digital technology and machine-based learning. This is how The Dr. Egg Adventures came to exist.

Catherine works closely with advisory board members and the Macquarie University Incubator to re-invent the world of the Dr. Egg Adventures brand and business into what it is today.

Email: [info@dreggadventures.com](mailto:info@dreggadventures.com)

Website: <https://www.dreggadventures.com/>

CV: <https://mq.academia.edu/CatherineFargher/CurriculumVitae>

Twitter: [@DrEggAdventures](#) | Facebook: [@dreggadventures](#) | Instagram: [@dreggadventures](#)

*Sally Purcell, HDR Professional Skills Program*

*(Image above) Catherine Fargher*



## HDR Mentors: HDR Mentors Appreciation Evening

The year 2020 has been a tough one with the pandemic meaning peer support was needed more than ever for HDR candidates. HDR Mentors introduced a range of online based social/networking, wellbeing, and academic events in 2020, to make sure our HDR candidates are provided with the best peer support during this pandemic.

To acknowledge and celebrate the contribution and unconditional support of our Mentors in 2020, we organised a special event "Mentors Appreciation Day" on 12 November 2020. Our special guests, Professor Simon Hadley (PVC, HDRTP) and Professor Jennifer Cornish (Academic Director, HDRO-DVCR) handed over the acknowledgement certificates to our HDR Mentors. The event was chaired by Kim Tan –Head of HDR Mentoring Program.

*Mo Haque (PhD), Project Assistant, HDR Mentors Program*

Kim Tan, Program Manager, HDR Student Experience, Engagement and Mentorship has the following words: "Our HDR Mentors family came together and met with each other face-to-face for the first time in this challenging year. We were also joined by our mentors in India, Pakistan, China (Wuhan) and Melbourne via Zoom! Although the mentors have carried out many successful online projects which provided the opportunity to see each other, the online events cannot create the same level of utmost joy, relief, awe, love and pride, together with a bucket full of positive emotion and energy. This easily was one of the best things that happened to me this year - it also brings me hope and anticipation for when we do this again in the near future. To Prof Simon Handley and the Support and Development team, all our collaborators especially Student Wellbeing, thank you so much for your tremendous support towards the HDR candidates. To the HDR Mentors, you are champions."

*Kim Tan, Program Manager, HDR Student Experience, Engagement and Mentorship*

(Image above) HDR Mentors and Special Guests



## Australian Institute of Health Innovation: Five new domestic PhD scholarships

The Australian Institute of Health Innovation (AIHI) is pleased to announce the release of five new domestic PhD scholarships, focussing on research into Covid-19 and health system crisis planning.

With a track record of delivering internationally significant research, AIHI leads in understanding responses to the pandemic along with preparing for future health crises. The directors, Professors Jeffrey Braithwaite, Johanna Westbrook and Enrico Coiera, are seeking suitably qualified candidates with pioneering ideas for research in this field.

Further information is provided at this [link](#).

*Chrissy Clay*

(Image above) L-R Enrico Coiera, Johanna Westbrook, Jeffrey Braithwaite

## Scholarships



## HDR Scholarship Banking Details Update

The Office of Higher Degree Research Training and Partnership is constantly looking for ways to improve our service delivery to our valued students. As part of efforts to align our scholarship management with the university wide student management system, we are enabling candidates to update their banking details via **eStudent**. This move will not only align all student access through the same platform, but afford increased security including the removal of physical forms.

Due to this, all currently enrolled candidates and scholarship recipients are requested to **update their banking details** in **eStudent**.

By doing so you will be able to:

- ensure the continuity of your scholarship stipend payments; and
- ensure your personal and private banking details are provided into the central student system in a safe and secure manner.

Should you have any questions, please feel free to get in touch with us at **[hdschol@mq.edu.au](mailto:hdschol@mq.edu.au)**.

## HDR Dynamic Duos





**Gemma Perry, PhD candidate,**  
*Department of Psychology,*  
*Faculty of Arts*

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

I did a workshop with campus health and wellbeing and asked them about meditation on campus. They put me in touch with Michelle for which I will be forever grateful!

**What are your shared interests?**

Meditation, mindfulness, art, nature, reading, writing, nut butter.

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

Michelle brings her extensive knowledge of mindfulness meditation and teaching. Also, her ability to reach out and connect with the right people to get things done!

I bring my meditation and yoga teaching experience as well as knowledge of the



**Dr Michelle Jamieson**  
*HDR Learning Skills Adviser, HDR*  
*Learning Advisor, Faculty of Arts*  
*Office of HDR Training and*  
*Partnerships*

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

In 2018, I started weaving my mindfulness practice into my work as a HDR Learning Advisor, offering regular meditation sessions on campus and a mindfulness-based wellbeing and research training course for HDR students. A colleague from Student Wellbeing who was aware of my work in this space put me in touch with Gemma, as a fellow meditation enthusiast and researcher.

**What are your shared interests?**

Meditation, mindfulness, bringing greater awareness and slowness to the university, embodiment, health and wellbeing, and nature.

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



scientific literature.

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

I appreciate Michelle's sense of humour, humility and professionalism. Even though she is more experienced than me in the academic world and I am still a PhD student, she has always treated me as her equal and included me in all meetings and processes. Michelle is always looking to uplift her co-workers rather than compete with them and this is so rare!

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

An ability and enthusiasm to create! Just because something does not exist already, it does not mean that it is not needed. Seeing space for growth and opportunity within communities/industry.

I hope to take into the future the structure, professionalism, and humility that I witness in Michelle. Her ability to maintain professional boundaries while being warm and friendly.

[Gemma Perry Research](#)

Gemma brings her expertise in yoga and mantra meditation, and an ability to connect to the expectations of the university audience.

I bring my knowledge and experience of mindfulness practice, my background as a mind-body researcher, and my lived experience of the wellbeing challenges that doctoral students and academic staff face.

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

I appreciate Gemma's positivity, practicality and enthusiasm for contemplative practice. It's clear that Gemma believes deeply in the value of the work, which is important in moments of pressure or when a hurdle arises. I also appreciate her openness to different ideas and willingness to experiment with different approaches.

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

I've learnt more about how to foster strong collaborative relationships. And I have a fuller appreciation of the value of collaborating with research students in particular.

I hope this relationship reminds me to stay open to possibilities and approaches that take me outside my professional comfort zone.

(Image above) Gemma Perry and Dr Michelle Jamieson

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.



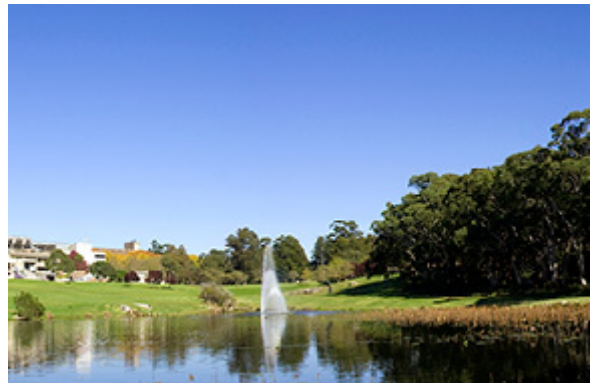
### Cotutelle and International Opportunities



### Higher Degree Research Scholarships



### HDR Support & Development



### My Research Program

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