A message from our Pro Vice-Chancellor Graduate Research

As I write this, NSW is emerging from the lockdown and we can begin enjoying some of the freedoms that will enable us to reengage with the world. You will have learnt much over the past few months, not least the ability to be flexible, adaptable and resilient in the face of significant challenge. So, given the experience of such a long period of lockdown, how do we effectively transition back to a more normal way of working?

Often, the real work begins when the immediate threat or difficulty of a situation has subsided. It is normal to feel panic after the storm, a natural response to an extraordinary set of circumstances. As we return to our research and academic work more fully, we need to be patient with ourselves and to set realistic expectations. We should not expect everything to suddenly return to normal. It is common to experience ongoing periods of stress and anxiety and it may not be possible to immediately return to a typical level of productivity straight away.

There are things that we can do to make the transition easier, such as reconnecting with friends and family, building more social time into our calendars, or taking time out to spend with people we care about. You may feel overwhelmed with the amount of work you have to do, but it is okay to give yourself some time to pause and to slow down to allow this. In the longer term this will help you in your studies, building
better focus and effectiveness during periods of work. Do try to find time for physical activity, time to just relax and rest and sufficient time to sleep. All these things will serve you well.

Undoubtedly, there is reason to celebrate as Australia opens up and we enjoy the benefits and privileges accorded by high rates of vaccination. International borders will open, we will once again feel like global citizens in a free, multicultural and welcoming society and economic recovery will follow. But correspondingly, it is a time to be kind to ourselves and to others as we also recognise the importance of our own personal recoveries.

Stay safe and stay well.

Professor Simon Handley, Pro Vice-Chancellor Graduate Research

COVID-19 FAQs for HDR (Coronavirus (COVID-19) infection: latest information – Information for Students – Changes to Session 1 – GR Students

GR Workshops

Workshops that are full are not listed here. All 2021 workshops can be found on the MyRDC website.

<table>
<thead>
<tr>
<th>HDR Statistical Consulting Service</th>
<th>1 &amp; 4 November 2021</th>
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<tbody>
<tr>
<td>16WW (Lincoln Building), Room 1.31 (Level 1)</td>
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<tr>
<td>Appointments recommended: contact A/Prof Peter Petocz</td>
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[Register here](https://myrdc.mq.edu.au/)

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<tr>
<th>Design Thinking for Graduate Researchers</th>
<th>Deep Work Morning Sessions (Online via Zoom)</th>
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<tr>
<td>2 &amp; 5 November 2021</td>
<td>1 - 30 November 2021</td>
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[Register here](https://myrdc.mq.edu.au/)  
[Register now](https://myrdc.mq.edu.au/)
ONLINE Science Writing for Publication Workshop Series. Workshop 8: The Discussion

Register here →

15 November 2021

Thesis Formatting Workshop (For PC) - Zoom

Register now →

16-17 November 2021

NVivo for PC - Level One (Zoom)

Register here →

16 November 2021

ONLINE November mini-writing retreat

Register here →

24 November 2021

ONLINE Science Writing for Publication Workshop Series. Workshop 9: Writing the Abstract and Title

Register here →

18 November 2021

HDR Training Workshops: Applying Critical Thinking in Research

Register here →

30 November 2021

ONLINE Science Writing for Publication Workshop Series. Workshop 10: Responding to Reviewers

Register here →

Stay in the loop!

To receive announcements for GR Workshops please ensure you have enrolled in our iLearn site!

Announcements
Book your COVID-19 vaccination

Both Astra Zeneca and Pfizer vaccines are available at the Macquarie University Clinic. Pfizer bookings can be made via this link for Macquarie staff and students only.

If you do NOT have a Medicare card, please book your vaccination at a GP-led Respiratory Clinic or state vaccination clinic instead. The nearest one to our practice is Ryde Respiratory Clinic.

Alternatively, phone the national vaccine helpline for more information on 1800 020 080.

Understanding and managing your mental health - New iLearn module

Looking after your mental health is an important part of your research candidature. To improve your ability to manage and improve your mental health Macquarie University has recently teamed up with the Black Dog Institute to offer a free mental health and wellbeing eLearning module. The module provides:

- insight and understanding of mental health issues
- understanding of stressors and the signs to look for (for yourself and others)
- understanding of feelings and reactions and the importance of early intervention
- familiarisation with practical, evidence based coping strategies
Graduate Research Conference

On December 2 & 3 the GRA will be hosting a 2-day conference for research candidates and supervisors. We’ll be hosting thought provoking speakers, offering practical workshops to help build skills for research and career planning, and providing opportunities to connect with each other across the Macquarie graduate research community. This is one not to miss!!

More detail will be provided soon - please save the date and we hope to see you there.

Important Dates

31 October - Domestic Scholarship (PhD, MPhil, MRes Y2) round for 2022 closes

November - International Scholarship round outcomes issued

November - International MRes Y1 outcomes all issued for S1 2022 commencement

A full calendar of important dates can be viewed on Graduate Research Important Dates.

News & Information

Incubator
Applications are open! We are looking for our next cohort of start-ups. Connect with an endless supply of invaluable world-leading expertise and research, learn all the essential skills through our education program and our experts in residence but most importantly, you will join an amazing and supportive community of like-minded people! Open the door to new possibilities, apply now! Applications close December 2021.

**PhD scholarship to investigate neuron-glial interactions**

The Centre for Motor Neuron Disease Research has a [fully funded PhD scholarship](https://page.mq.edu.au/index.php/email/email?view=md_id=20985) available for HDR candidates interested in neuroscience, MND/ALS, zebrafish, and/or molecular techniques.

If you are considering doing a PhD in a highly stimulating environment and with lots of support around, look no further.

Enquiries can be directed to Dr Marco Morsch ([marco.morsch@mq.edu.au](mailto:marco.morsch@mq.edu.au)). Information on other opportunities is available upon request.
Congratulations to the highly commended finalists in the Higher Degree Research categories of the 2021 Research Excellence Awards.

Excellence in Higher Degree Research Supervision - Supervisor of the Year

- Professor Anina Rich, Faculty of Medicine, Health and Human Sciences
- Professor Chris Patel, Macquarie Business School

Excellence in Higher Degree Research

STEMM

- Dr Jenny Lee, Faculty of Medicine, Health and Human Sciences
- Dr Ali Lalbakhsh, Faculty of Science and Engineering

HASS

- Dr Jarrod Hore, Faculty of Arts
- Dr Corrine Sullivan, Faculty of Arts
- Dr Anam Bilgrami, Macquarie Business School

Winners and finalists of the Research Excellence Awards and the Vice-Chancellor’s Learning and Teaching Awards will be announced online (via Zoom) at the 2021 Academic Staff Awards Ceremony on Tuesday, 30 November 2021, 3.00pm – 4.15pm.

Please join your fellow Macquarie colleagues and students to celebrate our outstanding researchers and learning and teaching academics at the 2021 Academic Staff Awards Ceremony.

Register Now
While academic writing is generally collaborative, the process of writing still requires us to spend much of our time writing alone by ourselves. Yet, one of the many things COVID-19 has taught us is that we humans are truly social beings, and if you have found the practice of writing alone, well, lonely then perhaps you may want to consider writing in a more social environment.

Social writing spaces, such as writing retreats and “shut up and write” sessions, provide a physical or virtual space where writers can work by themselves but in the presence of others doing similar work. For Nicole Cormier, a PhD candidate from FSE, “during this time of separation, it is easy to feel isolated and distant from the university experience. [Social] writing groups have been a great way to connect with fellow students and it has been easier for me to stay focused and hold myself more accountable to my writing time.” Fellow writing group member and PhD candidate from FMHHS, Miriam Pitre adds, “being in the company of peers is useful even on days when we’re not actively writing but focusing on a complementary task. It is important to me to feel that sense of academic community, so that even in times of physical isolation I am not alone.” So, if you are finding writing alone lonely, then perhaps consider writing alone together with your peers at a social writing event.

The Graduate Research Development Team runs monthly 1-day and biannual (winter and summer) 3-day writing retreats. Please visit myRDC to register for upcoming 1-day writing retreats. Our next 3-day social writing event is an Offsite Research Writing Event to be held February 28 – March 2; keep an eye out for further information. There are also several peer-run, online social writing groups running daily and fortnightly. Please contact gr.development@mq.edu.au if you wish to find out more about these sessions.

Megan Brewer, PhD
Help Your Mental Health, Help a Researcher!

There are 2 research projects currently underway that aim to improve mental health in graduate researchers. The first is from Macquarie student Kyle McIndoe, from the School of Psychological Sciences, who is recruiting PhD candidates to help him understand how exercise during candidature may help your mental health and research studies. If you would like to be involved or learn more about the study please email exercisePhD@mq.edu.au.

The second study is being conducted by researcher and counsellor Louise Farrer’s group from ANU, they are trialling an online mental health program for university students. Their project is testing a brief video-based intervention that can be delivered to students remotely to support your mental health. If you would like to know more about this study please go here. Both studies have been checked for ethics clearance.

Scholarships

**Cotutelle and International Opportunities**

**GR Scholarships**

GR Development & Experience

My Research Program

YOU to the power of us

Macquarie University NSW 2109 Australia  T: +61 02 9850 7111  |  Ask a question

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