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University

HDR Matters

EDITION 2 | JUNE ISSUE

Enough!

One of the things that often comes up with candidates I supervise is comparison with other candidates. Am I as far down the track as they are with my lit review? Lab work? Field work? Project design? Have I written/published/taught as much as they have or been to as many conferences, made as many contacts, networked as many networks? It's too easy to make yourself feel bad by comparing yourself to others, especially when you have incomplete information about exactly what everyone else has done, or how they might feel about your achievements when they compare themselves to you.

As you progress through your career, whether in academia or not, the temptation to always compare never gets any less. What's important then is to learn how to be on your own side. If you've got this far in academia, then you're definitely a high achiever, and high achievers tend to be good at whipping themselves on to do more work and achieve more. You also need the skill of saying enough! however ... that you've read, measured, analysed or written enough for one day or week, and it's time to give yourself a break.

As with so many things, it's all about getting the balance right between underwork and overwork, expecting too little of yourself and expecting too much. There's

healthy and unhealthy comparison. It can be good to benchmark (sometimes), but you need to remember, every project and every researcher is different and one of the skills of researching is working out your own milestones on your own terms.

Professor Nick Mansfield, Pro Vice-Chancellor, Higher Degree Research Training and Partnerships



HDR Mentors' 2019 Graduations!

Congratulations to our Mentors, Amir (MRes, FBE), Samiya (PhD, FSE), Nazia (PhD, FBE) and Mo (PhD, FSE), who graduated last month! Samiya gave a great Graduate Speaker address, and everyone looked marvellous in their robes! HDR Mentors just wanted to let you know how much we have appreciated your contribution to the peer to peer support HDR mentoring program for while conducting your full-time research!

Top image: Dr Samiya Tabassum and Dr Amir Chiti Zadeh, bottom image: Dr. Nazia Adeel and Dr Mo Haque



CSIRO ON Program Creating Impact through Research Industry Partnerships

We are happy to advise that as part of HDR Professional Development that Emily Chang, from the CSIRO ON Program will present a half day workshop on the for HDRs and ECRs to introduce the new ON online program which aims to assist researchers to build skills in industry engagement to build funding independence, research autonomy and a sustainable career pathway. A new program, empowering researchers to confidently engage with industry.

Learn how to:

- Identify and engage with organisations interested in collaborating and supporting your research
- Increase the chance of having real impact by focusing on solving problems external organisations care about
- Develop your own funding independence, research autonomy and a sustainable career pathway

What's involved:

- A half day interactive workshop to develop practical industry engagement skills
- Followed by enrolment into an online learning program to extend your skills and discover established pathways to build industry networks
- 1 on 1 coaching call to unlock your personal learning needs and troubleshoot roadblocks to engaging with industry

When and Where:

18th June 2019, 9am to 1pm (including lunch and networking)

75T Level 3 75 Talavera Road Macquarie University

[RSVP here](#) or via [MyRDC](#) →



HDR Learning Skills: Attention & Education

In doing research, the quality of our attention matters. It affects our ability to focus, our level of productivity and how we experience the process of working. When we're busy or under pressure, it's easy for our attention to scatter. Our self-awareness decreases and we find ourselves slipping into familiar habits of thought and behaviour.

Like any skill, attention requires practice. And in education, the type of attention best suited to learning involves not just concentration, but awareness. When focus is combined with awareness, we're in a much better position to respond to challenges. And we're more likely to have an experience that is genuinely open, curious, engaged and at ease.

The Mindful Researcher workshop series (2-23 July) offers practical strategies for how to train your attention, develop good working habits and find balance in a competitive, time-pressured working environment. Read more about the workshops [here](#), and register [here](#).

Michelle Jamieson, HDR Learning Advisor (Humanities)

Image above: lesly-juarez-307974-unsplash



How to Create/ Update your ORCiD and Scopus Profile

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

It distinguishes you from every other researcher with a similar name, ensures all of your publications are permanently attributed to you, and it makes it easier for others (such as grant funders or other researchers) to find your research output. [Learn more about ORCiD here.](#)

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

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

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Higher Degree Research Supervision Associate Fellow - Dr Emily Don, Centre for Motor Neuron Disease

Tell us a little bit about your background.

I was born in Melbourne, Australia but grew up as an 'expat kid' living and going to school in several different countries. I moved to Sydney and did my undergraduate and PhD at Sydney University. My PhD involved using zebrafish, genetics and transgenesis to further the understanding of the evolution of hindlimbs.

What brought you to MQ?

As I finished my PhD, the Centre for MND research was being established at MQ. I jumped at the opportunity to work in such a collaborative and supportive multidisciplinary team.

Tell us (in lay terms) about your current research and/or your work to support the student learning/research experience?

My current research involves supervising and mentoring HDR students and junior post-doctoral researchers to develop, characterise, and analyse utilise zebrafish to understand the pathological mechanisms and discover potential therapeutics for motor neuron disease.

What made you decide to take part in the MQ HDR Supervision Associate Fellow Program?

As I moved towards more responsibility in supervising students, I realised the importance of being trained in how to be a supervisor instead of trying to 'wing it' or relying solely on my own experience as a student. This program allowed for this, and importantly space to reflect on my experience and training.

What impact has the MQ HDR Supervision Associate Fellow Program had

upon you and your approach to supervision?

It helped me understand and learn from my previous supervision experiences (both positive and negative). This helps to give meaning to some of those not so positive experiences, that I can unpack and learn from them.

What are your future aspirations relating to your contribution to the HDR candidate experience?

I'm excited to have started incorporating regular training sessions into our lab meetings that are outside of presenting our results. For example, last week we held a session on the importance of digital literacies, such as ORCID IDs and MQ PURE profiles.

What is next for you e.g. your top three goals?

1. To get through this current undergraduate teaching session!
2. To become a primary MRes or PhD student supervisor.
3. To continue with these training program to always be a life-long learner.

Image above: Emily Don in her lab

**HDR Supervision Enhancement Program: Eol 3rd cohort Higher Degree Research Supervision Associate Fellowship Program: July – August**

The program is designed for early career researchers/early career academics/early career HDR professional support staff, consisting of up to five 1.5 hour workshops throughout July and August (usually on Tuesdays and Wednesdays), was headlined in a recent edition of **MQ's This Week** – see – ['We can build a better supervisor'](#).

The Macquarie University (MQ) [Higher Degree Research \(HDR\) Supervision Fellowship Framework](#):

1. Supports the initial and continuing professional development of staff engaged in HDR supervision and support.
2. Supports MQ's strategic aspiration to provide HDR students outstanding supervisory expertise and mentoring.
3. Demonstrates to students and other stakeholders the professionalism that MQ staff bring to HDR supervision and support for research training.
4. Recognises the variety and quality of support, training and professional practice which underpins HDR supervision.
5. Facilitates and fosters critically reflective practice in research training.

Things you need to have done before your fellowship 'claim' submission:

- Completed HDR30: HDR Supervision Orientation (2019)
- Obtained: Short email of support to take part in the program from your supervisor/line manager

You may self-enrol on the iLearn site: [Associate Fellowship HDR Supervision - Training Pathway \(Academic\) 2019: Cohort 2](#)

For workshop titles, times and dates:

- **Wednesday 10th July 11:00 – 13:00 (Bill Ashraf)** HDR 50: Overview - HDR Supervision Associate Fellowship Training Program + HDR 55 Build evidence of good practice.
- **Wednesday 17th July 11:00 – 12:30 (Bill Ashraf)** HDR 51: HDR Policy and Procedures
- **Tuesday 30th July 11:00 – 12:30 (Sally Purcell)** HDR 56: Influence and Engagement
- **Wednesday 7th August 11:00 – 12:30 (Bill Ashraf)** HDR 53: Candidature management planning
- **Wednesday 14th August 11:00 – 12:30 (Bill Ashraf)** HDR 52: Supervision and training support in the Digital Age
- **Wednesday 21st August 11:00 – 12:30 (Shannon Smith)** HDR 54: Research Ethics and Integrity

If you have any questions, please do contact me or request a [meeting via Outlook](#).

Places on the program are limited therefore if you wish to join, please email hdr.supervision@mq.edu.au expressing your interest no later than: 12:00pm Friday, 21 June 2019

Bill Ashraf, Director – HDR Supervision Fellowship Program & Convenor –

Supervision Enhancement Program (Continuing Professional Development)

Image above: 2018 Macquarie University Supervision Associate Fellowship Program cohort Dr Joel Fuller, Dr Emily Don & Dr Rae-Anne Hardie



Showcasing the APR.Intern program at Macquarie University

Over 30 staff attended the [APR.Intern](#) Information Session on May 9 hosted by the Office HDR Training and Partnerships to hear the insights from our speakers in attendance about the APR.Intern PhD internship program. Australian Postgraduate Research (APR) Intern is Australia's only all sector—all discipline PhD internship program, transforming Australian businesses through university research collaborations.

Thank you again to our speakers:

- Duncan Veal, Commercialisation & Intellectual Property Manager at Meat Livestock Australia, former APR Intern host supervisor and previously an academic at MQ Biological Sciences between 1998-2008.
- Associate Professor Tracy Rushmer, Associate Dean HDR Faculty of Science and Engineering and Academic Supervisor for 2 APR Intern interns
- Peiyao Li, PhD candidate, Department of Computing and former intern at Commonwealth Bank Australia
- Mark Ovens, Business Development Executive, APR.Intern

The event was also timely given the recent release of the report, '[Advancing Australia's Knowledge Economy: Who are the top PhD employers?](#)' a joint publication of AMSI & CSIRO Data61's Ribit.net. The report highlights the diverse

employment opportunities PhD graduates are now taking and the growing demand within the private and public sectors for their skills.

If you are interested in having a follow up chat to discuss the APR Intern program at Macquarie, please contact Catherine.ennis@mq.edu.au, HDR Industry Engagement and Placements Manager

Image above: Tracey Rushmer, Peiyao Li, Duncan Veal, Mark Ovens

IMPORTANT NOTICES



International Orientation

As part of the Australian Government's Education Services for Overseas Students (ESOS) requirements, the University provides an orientation session to all our new international research candidates to assist them in settling into Australia and their new program.

It is important that you attend the orientation session as we cover issues which are of relevance to international candidates, including visa matters, health cover, candidature information and scholarship issues.

The details of the next orientation session are:

Date: Thursday, 20 June 2019

Time: 9.00am - 11.30am

Location: 7 Wally's Walk, 149 Briefing Room

HDR Mentors Meet & Mingle

Would you like to meet fellow MRes and PhD students from across campus?

The HDR Mentors would like to invite you to our May 'Meet & Mingle' session.

Some Meet & Mingle sessions are networking events, others will have dedicated topics related to your candidature (e.g. Work/Life balance).

Keep an eye on your email, or check out the [HDR Mentors Facebook](#) page for information about the next Meet & Mingle!

Visit the HDR Mentors [website](#)!

Please register your attendance via the registration link under the '[International Orientation](#)' tab on the student portal.



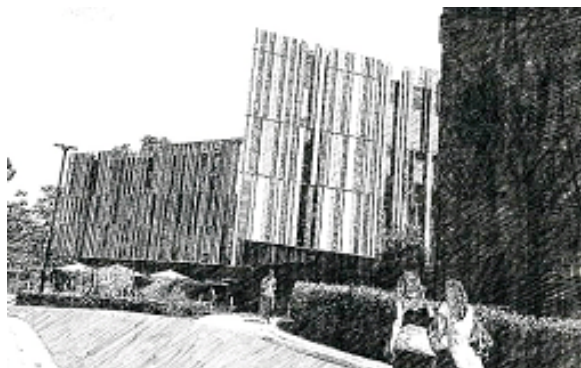
2019 Research Excellence Awards (Now Open)

Macquarie University's researchers address many of the really big, important questions facing the world and do so with enthusiasm and excellence that is recognised nationally and internationally. The Research Excellence Awards are an opportunity for Macquarie to acknowledge and celebrate the diversity and quality of research conducted at our University.

Application process

Applications and nominations for the 2019 Research Excellence Awards are now open. Application guidelines including categories and key dates are available on both [Research impact web page](#) and [Learning and teaching website](#).

Applications close at 11:59 pm on the 30th of June, 2019. Applications received after the closing date will not be considered.



ResourcefulHDR Podcast

The Macquarie University ResourcefulHDR podcast has been created to allow HDR (Master of Research & PhD) candidates to hear different perspectives, learn from insights, steal some strategies and discover different career paths that HDR candidates and graduates have followed. Important aspects of resourcefulness include being able to draw from knowledge and experiences, learn from others, be brave enough to ask for help & generous enough to provide it.

It can be particularly difficult for HDR candidates who are located at distance from Macquarie. Our guest on the latest episode of the ResourcefulHDR is David Evans. David is a PhD candidate within the department of Ancient History and is located in Brisbane. You can listen to David's story on a range of different platforms including Apple Podcasts, Spotify, Google Podcasts and Pocket.

The podcast is also available via

<https://anchor.fm/resourcefulhdr> and on the [HDR Professional Development iLearn](#) site



Thesis Editing Guidelines

The editing process for HDR candidates is governed by the 'Guidelines for Editing Research Theses' as set out by the [Institute of Professional Editors Limited \(IPEd\)](#). All use of professional editors should adhere to these guidelines.

You can search for an editor who offers the services you need and has expertise in the subject you are writing about at ['Find an editor'](#).

You must consult your supervisor before engaging an editor

HDR Statistical Consultancy Service

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

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

Email [A/Prof Peter Petocz](#) or call him on Wednesdays on 9850 9174.

WORKSHOPS



Peer Writing Assistant Program (PWA)

Flexible dates throughout June.

Click [here](#) to register



Tailoring applications to suit the job (Beyond the academy)

Monday 03 June 2019, 2:00pm-4:00pm

Creating effective CVs/resumes and job applications requires focus, preparation and time. This workshop will assist participants to develop an understanding of what is needed in a job application.



Mindfulness Meditation Practice Session

Wednesday 12 June 2019, 2:00pm- 3:00pm

Mindfulness meditation is a practice of focusing the mind on the present moment. This practice helps to regulate attention and emotions whilst cultivating awareness and gentle self-discipline. Click [here](#) to register.



Winter HDR Writing Retreat

Monday 17 June 2019 to Wednesday 19 June 2019, 8:45am – 4:45pm

This 3-day on-campus writing retreat provides a structured program to help you progress your thesis and your writing skills. Click [here](#) to register



The Mindful Researcher - workshop series

Tuesdays 2-23 July 2019, 11:30-1pm

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



CSIRO ON Program Creating Impact through Research Industry Partnerships

Tuesday 18 June 2019, 9am-1pm (including lunch and networking)

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RSVP: [Here](#) or via MyRDC

HDR Dynamic Duos



Tracy Cheung

How did you come to know each other?

We are both members of a research project 'Sustainable Energy Landscapes and Climate Transformation of Urban Systems', which was established in 2015, under the Trilateral Strategic Partnership between Macquarie University, University of Hamburg (Germany) and Fudan University (China).

What are your shared interests?

Both of our research focus on people's impact on and from climate change — Sara works on climate justice and I work on policy and stakeholders' work on climate mitigation.

What do you appreciate most about Sara?

Sara is good at supporting me to implement all the processes and procedures in my PhD journey efficiently — She is always here to help me, breaking down the tasks and planning my timetable (so I don't freak out).

What have you gained through your collaboration?

Effective communication with



Sara Fuller

How did you come to know each other?

I first met Tracy as part of the Macquarie-Hamburg-Fudan institutional trilateral partnership when she was completing her Masters thesis at Hamburg University. It was great that she wanted to continue with PhD studies as our research interests are clearly aligned.

What are your shared interests?

Broadly speaking, we are both interested in climate change and cities – how, why and with what consequences low carbon transitions are taking place in urban areas.

What do you appreciate most about Tracy?

Tracy is an enthusiastic and motivated student which makes my job as a supervisor very rewarding. She always comes to meetings with new ideas and suggestions so it feels like we can develop collaborative solutions to any problems.

What have you gained through your collaboration?

One of Tracy's case studies is Hong

supervisors means not only to tell them what you have achieved, but also what problems you are encountering. They are here to help, not the other way around.

What was a particular hurdle you worked through, together?

As a joint-PhD student, I have two supervisors — Sara at Macquarie and Prof. Juergen Ossenbruegge at University of Hamburg. That means we're facing a challenge of communication at different locations, also fulfilling expectations of two universities. It took some time at the beginning to find out how to manage that. After some trial and error, we're working well now. The key to success is everyone is open-minded to try and start different ways.

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

I've learnt a lot from Sara, not only being her student, but also what I want to be as a teacher (like her) in the future — being approachable and being responsive to students.

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

How to strike a good balance between working hard and rewarding myself.

Kong, a city where I do a lot of my own research. It's great to discuss new theoretical ideas and perspectives regarding a 'familiar' city as this helps to challenge and extend my own thinking and writing.

What was a particular hurdle you worked through, together?

Tracy is a joint PhD student which provides a great opportunity for her to work across two different universities and gain international experience. However, moving between institutions also creates challenges at times and we've had to think creatively and communicate well to keep on top of everything. Tracy works very hard to keep all the plates spinning!

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

I plan to continue doing research in Hong Kong and as Tracy is contemplating a postdoctoral academic career, I hope that we can continue to work together post-PhD.

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

Supervising Tracy has opened up new ways for me to think about HDR supervision — I've learnt a lot from working both with Tracy as well as Prof. Juergen Ossenbruegge, her German supervisor.

We are always keen to receive contributions to the HDR Dynamic Duos section of this newsletter. The people featured might be... HDR candidate & supervisor, HDR Mentor & HDR Mentee, HDR Candidate and Industry placement supervisor.

If this is of interest to you, please head to our [website](#) for further information on how to contribute.

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

YOU to the power of us



Macquarie University NSW 2109 Australia

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

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