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University

## HDR MATTERS

OFFICE OF HDR TRAINING & PARTNERSHIPS | MAY ISSUE

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

We are now over a month into restricted access to the University campus and broader restrictions on travel, social gatherings, and everyday activities. This is an extraordinary time in Australia and globally, and it is impacting all aspects of people's lives. For many of you this will be a personally and professionally challenging period. Whilst I know that some of you will have adapted well to a different way of working, there will inevitably be an impact on your research progress. Your research plans may well have been disrupted and there will be travel and engagement opportunities that you have been unable to take. For others, you may have been unable to collect data as planned and will have concerns over completing your program of work.

On a personal level, many of us have the added challenge of caring for young families, who are unable to attend school or childcare and all of us will have significant anxiety and concerns for relatives and friends at home and abroad who are similarly or more severely impacted by events. Everyday activities that we take for granted, such as a day at the beach to unwind, dinner with friends or an evening at the cinema are currently not possible. We are currently not able to celebrate major life events such as weddings, birthdays or anniversaries that previously served to provide structure and meaning in our lives.

Whilst challenging, I have also observed the significant resilience and spirit that is present within our community and beyond. People are showing care for one another in really meaningful ways through engaging remotely for social as well as work reasons. Friday afternoon drinks on zoom is becoming a regular appointment in my calendar, as is a weekly morning 'Zoffee' with colleagues and friends. I also recently attended a 'zoom wedding' where 25 guests from all over the world shared proceedings from a computer screen. I know that many of you will be engaged in similar creative ways to provide support for friends and fellow students and stay connected.

The good news in Australia is that the curve is flattening and there has now been more than 3 weeks since the last increase in case numbers. In NSW, the government recently announced that Schools will commence a phased return on May 11th and I am optimistic that broader restrictions will be relaxed over coming months that will enable a gradual return to a normal working life. The sacrifices that we have all made in our professional and personal lives have undoubtedly been worthwhile.

Whilst I would hope to welcome you back to campus soon, we are not at that point as of yet. Until then, my team continues to work hard responding to your queries and concerns. Do get in touch if you require any support or advice and we will do everything we can to help you.

*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](#)

<i>Wed 13 May</i>	<b>NVivo for Mac (Zoom)</b>  <a href="#">Register here</a> →	<i>Mon 18 May</i>	<b>Thesis Formatting for PC Users (Online)</b>  <a href="#">Register here</a> →
<i>Mon 21</i>	<b>MQBS HDR</b>	<i>Mon 18</i>	<b>Tailoring Applications</b>

*May*

**academic writing  
workshops: Making  
rigorous description  
and justification of  
methods (Zoom)**

[Register here](#) →

*May*

**to Suit the Job (HDR)  
(Zoom)**

[Register here](#) →

*Wed 27**May*

**Writing for  
Publication  
Workshop Series.  
Workshop 4:  
Discussion section  
(Zoom)**

[Register now](#) →

*Fri 29**May*

**Building networks on  
LinkedIn (Zoom)**

[Register now](#) →

## HDR Announcements



### Weekly mindfulness meditation sessions online

In these uncertain times, there has never been a more important moment to practice mindfulness – to be aware of the behaviour of our own minds, and to relate to ourselves and others with clarity, patience and kindness.

These free online sessions are open to

### User Group Meetings Are Now ONLINE

To continue to provide support to Macquarie's researcher community, the following user groups meetings have gone virtual on Zoom and Slack.

#### **MQ R Users Group and Python Coffee and Code**

Thursdays, 2 - 4 pm

any staff or students interested in meditation (beginners welcome). Over the weeks, I'll be guiding through a series of simple meditation and deep relaxation practices.

Join our community as we weather this storm together.

**When:** Tuesdays 12-1 (5, 12, 19 & 26 May)

**Enquiries:**

michelle.jamieson@mq.edu.au

[Register via the myRDC](#)

**Help Sessions:** Python on 1st Thursdays, R on 2nd Thursdays

**Workshops:** Python on 3rd Thursdays, R on 4th Thursdays

Register via this [link](#) choose date from drop down list. You will then receive a confirmation email with details for joining the meeting.

You may also send a [request to join the Slack channel](#).

**HackyHour@MQBS**

Tuesdays, 3 - 4 pm

To join this new group of technology enthusiasts on data and analytics-oriented research for business and social sciences, simply DM on [Twitter](#) for an invitation to their Slack channel.

## HDR Professional Development – Online!

The HDR Professional Development iLearn site is being updated. The ResourcefulHDR podcast episodes have now all been added to the iLearn site and are also available on a range of public platforms including [Apple Podcasts](#), [Spotify](#), [Anchor](#) and [Google Podcasts](#).

There are a range of workshops being offered via Zoom which can be found via [MyRDC](#). There will also be a limited number of 1:1 consultations available via Zoom with Sally Purcell HDR Professional Skills where you can talk about how to approach career planning in these uncertain times and things that you can do now to improve your opportunities in the future. Email:

## HDR Supervisors: Do you need a Zoom Buddy to practice with?

Not everyone has supervised HDR candidates using an online meeting tool. Dr Marilyn Childs is happy to be your Zoom Buddy the first time you use it!

How?

[Set up your first Zoom meeting](#)

HDR Supervisors: Do you need a Zoom Buddy to practice with?

**HINT:** If you don't know how to do it, then have a look at [these MQ guides](#)

Practice using it with Marilyn! I can be your guinea pig!

Contact Marilyn at [merilyn.childs@mq.edu.au](mailto:merilyn.childs@mq.edu.au) for further

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

For IMNIS and APR. Intern enquiries  
please email Catherine Ennis  
[HDRProfDev@mq.edu.au](mailto:HDRProfDev@mq.edu.au).

details, or just send me a zoom meeting  
invite! I'll do my best to fit in with your  
schedule!

## 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 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)

## 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](#).



## HDR Stories



### FSE PhD candidate Julianna Kadar won audience's choice at NSW FameLab Semi-Final

From the twelve PhD and ECRs that competed in the NSW FameLab Semi-Final in April, Macquarie University is proud to announce that FSE PhD candidate Julianna Kadar won the Audience's Choice.

Along with two other Macquarie University competitors, Julien Lubeek and Dr Lindsay Parker, Julianna had to give a 3-minute, online and live presentation about her research to three judges. Traditionally a live event held at the Powerhouse Museum, all competitors rose to the new challenges of performing in their living room to an unresponsive audience of soft toys. The videos of all competitors were then made available for the public to vote ([and can still be viewed](#)) for their favourite presentation.

We would like to congratulate all three Macquarie University competitors for making it to the NSW semi-finals, and especially to Julianna for winning over the Australian public in the online vote.

The national Fame-lab final was held on the 29th April, with the winners to be announced on the 4th May. Check out the winning video and results [here](#).

*Dr Adele Thomas, HDR Learning Advisor (Science)*

*(image above) Julianna Kadar, Faculty of Science & Engineering & Winner of People's Choice at the 2020 NSW FameLab Semi-Final in her video presentation*



## ResourcefulHDR podcast: Dr Daniel Bateman

The latest guest on the [ResourcefulHDR podcast](#) is Dr. Daniel Bateman. After completing a Bachelor of Arts at the University of Sydney in 1992, Daniel worked in a variety of jobs, including as a storeman, both with David Jones and Grace Bros, before travelling overseas to the USA and Europe and then around Australia. On returning to Sydney, Daniel took up a job with the NSW Department of Sport & Recreation as a Swimming Teacher which led him to undertake a Graduate Diploma of Education (Primary) in 1997 at the University of Wollongong. Following the Grad Dip Ed, Daniel relocated to New Zealand in 1998 to take up a teaching position at Ruapotaka Primary school Auckland where he taught for 12 months before returning to Sydney where he taught at Holy Family Primary School late East Granville from 2000 to 2006 and then at St. Agatha's Primary School at Pennant Hills.

Realising that Primary teaching was not the best fit, Daniel decided to return to University to complete Bachelor of Marine Science at Macquarie University in 2009 followed by a PhD in Biological Sciences in 2011, graduating in 2017. Daniel's PhD thesis was "Direct and indirect impacts of a non-native predator: foraging by *Carcinus maenas* on native bivalves of south-east Australian estuaries" Daniel now works as the Curriculum Co-ordinator at Parramatta Marist High School where he was formerly the Head of Mathematics, Statistics and Data and he couldn't be happier.

[LinkedIn Daniel Bateman](#)

*Sally Purcell, HDR Professional Skills Program*

*(image above) Dr. Daniel Bateman*



## HDR Industry Engagement & Partnerships: Virtual Internships for HDR candidates with InsideSherpa

If you have ever wondered what it is like to work in organisations such as Deloitte, ANZ or NSW Government but don't have the time in your PhD or Masters to do a fulltime internship, completing a virtual internship with host platform InsideSherpa can help provide you with this opportunity in a time savvy way. InsideSherpa is an open access platform designed to unlock exciting careers for candidates by connecting them with their company-endorsed Virtual Work Experience Programs.

[InsideSherpa](#) has designed a landing page specifically for HDR candidates at MQ where you can find virtual internships ready to go. Programs are free in multiple sectors and disciplines, can be done in 5 hours and are open to international and domestic candidates.

You can read about [Yicheng Zhu](#) who enrolled in the Deloitte Technology Consulting Virtual Internship after completing her PhD in Computational Biology. After completing the internship Yicheng was recruited by Deloitte after they had seen her high-level skills in action through the program.

More information on Inside Sherpa can be found here in their [FAQs](#).

*Catherine Ennis, HDR Industry Engagement and Placements Manager*





## Changes to Human Research Ethics Processes

Did you know that if any of your research involves humans then you need Human Research Ethics approval?

Previously, for members of the Faculty of Medical, Health and Human Sciences you were required to download and complete a Human Research Ethics Application (HREA) form available from the National Health and Medical Research Council (NHMRC), then upload it to Macquarie Universities Human Research Ethics Committees (HREC) application portal.

From May 2020 this will be more streamlined. The NHMRC HREA and Macquarie Universities HREC applications will both be available as eForms in the one place, the Macquarie University Research Application System or RAS for short.

So from May 2020 onwards, any new human research ethics application can be completed directly within the [Research Application System \(RAS\)](#).

In the coming weeks we will be creating some how-to guides and an online walkthrough so please stay tuned.

Contact [ethics.secretariat@mq.edu.au](mailto:ethics.secretariat@mq.edu.au) for further information or with any queries about this revised process.

*Human Ethics Office, Research Ethics & Integrity, Research Services*



## Responsible Conduct of Research – Update & Survey

During 2019, the revised [\*Macquarie Code for the Responsible Conduct of Research\*](#) was issued, reflecting changes to the Australian Code for the Responsible Conduct of Research. You were asked to become familiar with the Macquarie Research Code, so that you could apply the principles to your research and be aware of your responsibilities.

The [\*Macquarie University Research Code Complaints, Breaches and Investigation Procedure\*](#) outlines how potential departures from the Macquarie Research Code and relevant research standards and policies will be assessed. These departures, referred to as “breaches”, encompass both minor deviations from the Macquarie Research Code as well as more serious departures which could constitute research misconduct.

Research coordinated by staff of the Universities of Sydney and Melbourne is designed to gain a deeper understanding about researchers and academics’ perceptions of the “seriousness” of breaches, to inform and promote consistency across institutions in managing breaches.

As important members of the research community, all Higher Degree Researchers are invited to complete their survey, which will take less than 15-minutes. [Click here to find out more and complete the survey.](#)

Contact [research.integrity@mq.edu.au](mailto:research.integrity@mq.edu.au) for further information about the revised Macquarie Research Code or contact a [Research Integrity Advisor](#) if you have concerns about research conduct.

*Research Integrity Office, Research Ethics & Integrity, Research Services*



## Congratulations - Prestige awards for AIHI students

Australian Institute of Health Innovation (AIHI) PhD candidate, [Hossai Gul](#), has been awarded a Deputy Vice-Chancellor (Research) Commendation along with a highly competitive Post-Graduate Research Fund (PGRF) grant for the project: Translating genomics into routine care using implementation science, supervised by Professor Jeffrey Braithwaite.

Commendations are awarded in recognition of outstanding applications which demonstrate a deep understanding of and commitment to the candidate's chosen field of study, and communication of these with skill and professionalism.

Congratulations also to [Saba Akbar](#) from AIHI for receiving a PGRF award. Saba's award is for the project: Automation in nursing decision support systems: evaluating effects on risk identification and decision making, supervised by Associate Professor Farah Magrabi.

The PGRF is an internal Macquarie University competitive grant for HDR candidates (PhD and MPhil). Students can apply for up to \$5000 to travel, for the purposes of attending (and presenting at) a research conference, a (training) workshop, or visiting a research group in another country.

The PGRF is prestigious within Macquarie University, and is frequently the only funding accessible to a candidate to allow them to undertake travel overseas.

AIHI HDR Coordinator Julian May said: "Meeting other researchers, and presenting their own research, at international conferences is an invaluable experience for an otherwise-unknown early career researcher such as a PhD candidate."

Earlier this year, AIHI's Chiara Pomare also received a PGRF grant.

For student grant opportunities, read more [here](#).

*Chrissy Clay, Research Outreach Coordinator, Australian Institute of Health and Innovation*

*(Image above) From left to right: Saba Akbar and Hossai Gul, PhD Candidates from the Australian Institute of Health Innovation*



## PhD Stay on Track Groups– Chugging along nicely

Keeping a solo, long-term project on track is hard. If you're a part-time or distance HDR, this is what you live with. And now in COVID-19, the rest of us have joined in the fun!

How can you keep your PhD train from meandering to the wrong destination, stalling at a station for months, or getting completely derailed?

A [PhD Stay On Track group](#) may be the answer!

Five years ago, two colleagues and I ran online peer accountability groups for off-campus HDR candidates. Meeting fortnightly to set and report on goals was enough to restoke their engines, normalise their anxieties, get them back on track, and propel them to the next milestone.

While most of the original members no longer meet (now PhDed!), I recently discovered that one of them, Christine Mair (HDR, Ancient History) still meets online with two other researchers. What keeps Christine coming back is:

- the opportunity to talk about our research, discuss difficulties and offer opinions. We set down our goals for the fortnight and record our accomplishments from the previous fortnight. This keeps us motivated; no one wants to have to say they haven't done anything. It helps knowing all of us at some stage go through rough patches and that when that happens, we are offered support and encouragement.



Sounds like Christine's group and their projects are chugging along nicely. And yours can too!

To start a PhD Stay On Track group, check out [our Toolkit](#) for tips & resources. Or email [hdrlearningskills@mq.edu.au](mailto:hdrlearningskills@mq.edu.au) if you want us to start one for you!

*Dr Juliet Lum, Head HDR Learning Skills*



## Online Meet & Mingle: Meet your HDR Mentors

HDR Mentors organized their first ever online Meet and Mingle for HDR candidates on April 17, 2020. As we all adjust to the COVID-19 era, HDR Mentors decided to take a scope of the impact the new lifestyle has had on incoming HDR candidates. At this Meet and Mingle, we communicated some tips to overcome loneliness, fatigue, and boredom. Some of the senior Mentors shared what and how certain skills, such as thesis formatting, coding and data analysis, can be developed during these interesting times. We also discussed how COVID-19 has affected our research plans and what steps can be taken to restructure our projects and thesis.

HDR Mentors plans to organize similar meets every few weeks and HDR candidates are encouraged to contact us anytime [hdrmentors@mq.edu.au](mailto:hdrmentors@mq.edu.au) with their queries.

*Dr Samiya Tabassum & Shubham Chhajed (HDR Mentors)*

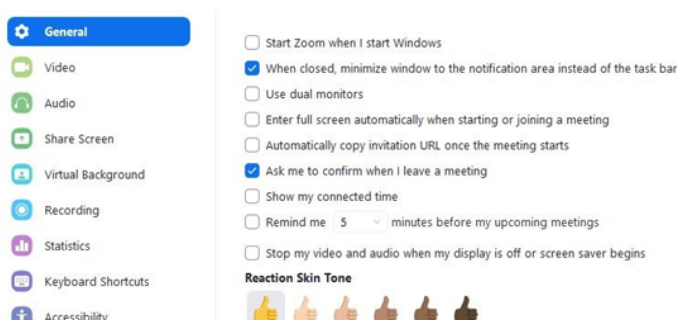


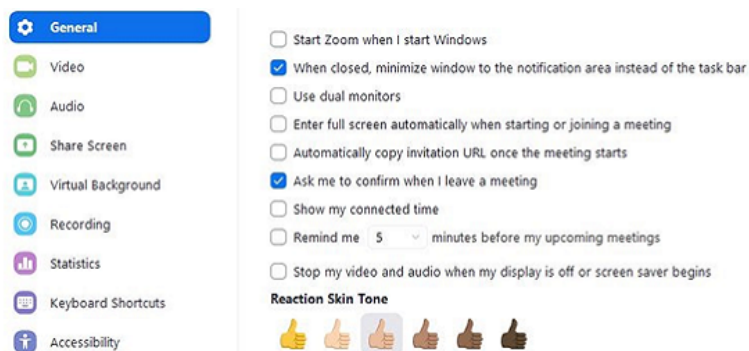
## The HDR S&D Black Snapper Fish: Insights into our new Zoom world and Cultural Recognition

Hi! I'm Black Snapper Fish, gifted to the MQ HDR Support & Development team from Phil Duncan, the Aboriginal Cultural Training Co-ordinator from Walanga Muru. It is my job to visit with members of our HDR team and see what cultural observations they have made during my time with them! This month I was fortunate to visit with Rhianne Hoffman (Administration Officer HDR S&D) and A/Prof Marilyn Childs (Convenor of Supervisor Enhancement).

The shift to an online work culture has opened a virtual door into the lives of our colleagues, peers and supervisors. The past few weeks of Zoom meetings have not been without their challenges – particularly in terms of internet connection difficulties, guest appearances from family and pets on unmuted microphones, and determining how to host a larger scale meeting whilst maintaining and expressing our identity.

Did you know that the default setting for Zoom is a 'white hand' (in yellow shade)? This means that every time you react, you react with a white hand 'thumbs up' or a white hand 'clap'. But our Zoom meetings with MQ staff, students and candidates can and should reflect our diversity. You can change the setting to choose different skin tones. We have attached two screen-shots below to show this. Image 1 shows the default setting ('white' hand). Image 2 shows a different choice for skin tone 3. For more help, [visit Zoom](#).





*Rhianne Hoffman, HDR Support & Development & Marilyn Childs, HDR Supervision Enhancement Program Convenor*



## New MRes Examination Function in HDR Thesis Examination Portal

The Higher Degree Research Office is currently preparing to roll out the new MRes Examination function in the HDR Thesis Examination Portal on **Tuesday 19 May 2020**. This system will take the MRes thesis submission and examination completely online.

To assist with the transition to the new system, next week we will be running the following information sessions for MRes candidates with an EWS date that falls in the next 3 months. These candidates will be invited to register for a session today. Supervisors are also welcomed to attend.

Session 1 - Via Zoom  
Date: Thursday 14 May  
Time: 10.00-11.00am

Session 2 - Via Zoom

Date: Friday 15 May

Time: 1.00-2.00pm

If you have any specific questions about how this change will impact on your thesis preparation and submission, please do not hesitate to contact our office:

[hdrexam@mq.edu.au](mailto:hdrexam@mq.edu.au).

*(Image above) Image credit to Alissa De Leva on Unsplash.com*

## HDR Dynamic Duos



### **Minami Uchida**

*PhD Candidate School of Education*

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

I was attending a network meeting hosted by the School of Education when I met Moa. We started chatting on the way back to our office building and we have been good friends ever since!

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

What I appreciate the most is her outgoing personality and her generous way of bringing people together. Prior to meeting her I very much kept to myself



### **Moa Duff,**

*PhD Candidate School of Education*

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

As I recall it, I basically bribed Minami with snacks until we became friends!

In all seriousness though, we got to know each other after a meeting and connected because we are both HDR students (and other reasons, but that was the main one). When you are an HDR student, you quickly realise that having others that can relate to your experiences is very important, so our friendship has only grown since then.



and did not have many interactions with other HDR students. Moa had the ability to bring me out of my shell, which lead me to find a wonderful network of friends within the MRes/PhD cohort. I am grateful for all the HDR candidates I have met through Moa; we support one another and celebrate each other's successes.

**What was a particular hurdle you worked through, together?**

Moa is a very important part of my support system as I navigate my final years of PhD. There have been many times when I consulted her for advice or asked for her feedback about aspects of my research. I tend to easily overthink and get caught up in perfectionism, so it's great that I have her to talk things through.

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

From our friendship, I will take with me the importance of building a community. I love how Moa is open to maintaining connections with new people, and that is something I will take with me in the future after my PhD submission.

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

What I appreciate most about Minami is her ability to keep a level head, and helping others do the same. It is easy (particularly for me) to get carried away in discussions and conversations, particularly when the topic is intriguing, but Minami has this ability to ask just the right questions to get you thinking about things from a different perspective, and make you take a step back and think a bit further. I think that this is so valuable, and it is something I wish I was able to do as well as Minami does.

**What was a particular hurdle you worked through, together?**

I don't have a specific hurdle in mind, but I think we work well together when we have to problem-solve. Because we can rely on each other, we're able to effectively analyse and work through the problem we are facing. I think we communicate quite effectively which has allowed us to overcome most hurdles to date.

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

There are a few things I think I will take with me (and there will be many more in the future). The main thing though would have to be to approach everything with a competence frame of mind. It is easy to develop imposter syndrome and I am sure many of us (particularly HDR students) experience feelings of incompetence, but Minami has always been there for me when I experience this, encouraging me to believe in myself

and that I wouldn't be doing this if I wasn't capable.

*(image above) Minami Uchida, PhD Candidate School of Education and Moa Duff, PhD candidate School of Education*

*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.*

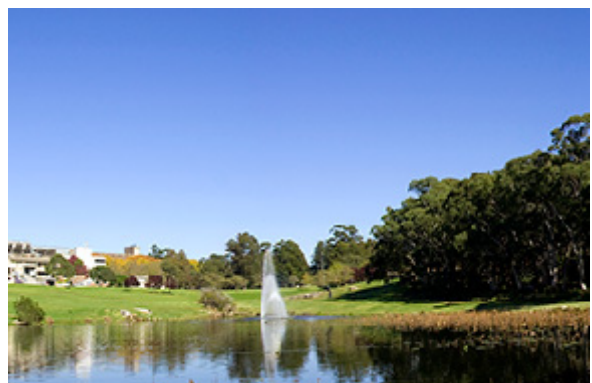
*Remember to listen to the [ResourcefulHDR podcast](#) and if you are interested in being a guest please email [sally.purcell@mq.edu.au](mailto:sally.purcell@mq.edu.au)*



### Cotutelle and International Opportunities



### Higher Degree Research Scholarships



**HDR Support & Development**

**My Research Program**

**YOU** *to the power of us*



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

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