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University

HDR Matters

NOVEMBER 2019 EDITION

A lot has changed since I was a new graduate looking for a job but one thing that hasn't is uncertainty for some about what the world of work holds for them. Another constant is that innovation in industry is a key driver of future economic prosperity. One link between these two constants is to see the M Res and PhD degrees not only as pre-training for a career in research at universities but as degrees with deep relevance to business and industry. Happily, what has changed is graduates today are better prepared to deliver substantial value to employers outside academia, in part because universities place greater focus on helping candidates develop transferable skills like teamwork, creativity, problem solving and critical thinking as well as offering specific workshops to develop professional skills. Please take the time to look for these opportunities as well as to find a mentor or an opportunity for an internship via [HDR Professional Development iLearn](#) or [MyRDC](#).

Being able to communicate research and its findings is a core transferable skill. As I write this we are still celebrating because Gillian Smith, the Macquarie University winner of the Three Minute Thesis competition, won the People's Choice award at the Asia-Pacific final with her presentation entitled '*Reconstructing the experience of the Ancient Egyptian Karnak Temple*'. Entrants from over 60 universities competed. Congratulations to her and grateful thanks to all who competed in the Department, Faculty and University final and those who supported them.

Judi Homewood, PhD, Interim Pro Vice-Chancellor, Higher Degree Research Training and Partnerships, Honorary Associate Professor, Department of Psychology



Congratulations to MQ's Gillian Smith for winning People's Choice at the Asia-Pacific 3MT Finals!

On Friday 4 October, Gillian Smith competed in the 2019 Asia-Pacific 3MT Competition at The University of Queensland. Gillian was one of 56 finalists from universities across Australia, New Zealand, Oceania, North-East Asia and South-East Asia, who came together for a chance of winning the 3MT grand prize and to share their profound research to audience members from all walks of life.

The event organisers promised the announcement of the Top 10 finalists at 2.00pm. It was a long and stressful wait but when we saw Gillian's name on the Top 10 list, we were already celebrating!

Then came the final showdown that was live streamed. All 10 finalists' presentations were magnificent and their research astounding. Gillian delivered her performance perfectly. This was then followed by a nail-biting excruciating wait for the winners to be revealed. It was a surreal moment when Gillian won the People's Choice Award. The very first email received from Gillian right after her win states that "It's been such a wonderful experience and one I'll pull a lot of motivation from over the next few months. I'm absolutely stoked!".

3MT is not only an event to focus on the researchers and their research, but also an important social capital that brings together the research community, from distinguished personnel right through to casual staff who support the research carried out in Macquarie University. It is a celebration of the value and potential which the community brings to society and the future.

Let us join in congratulating Gillian for her amazing narrative, her perseverance through this enormous competition and an absolutely stunning slide, all successfully showcasing Gillian's passion and research contribution! You have made us very, very proud.

Kim Tan, Program Manager, HDR Experience, Engagement and Mentorship. Office of HDR Training and Partnerships.

Image above: Congratulations to Gillian Smith, PhD Candidate, Department of Ancient History, Faculty of Arts & 2019 Asia-Pacific 3MT People's Choice Winner, 2019 Macquarie University 3MT Winner



The 3MT experience - Gillian Smith

During the early stages of my PhD candidature, I sat in the audience of the 3MT Macquarie finals.

I was amazed, and a little intimidated, by the participants' ability to confidently communicate complex problems, theories and results to a large audience with seeming ease. I could not have imagined that two years later I would represent Macquarie at the Asia-Pacific Finals in the same competition. With encouragement from my supervisor and peers, the 3MT competition gave me the opportunity to hone in on the core points of my research, communicate these in a creative and passionate way and importantly, let others know how my research into far off Ancient Egyptian temples can be relevant in the world today.

From the experience I've not only further developed key communication skills, disseminated my research to an extensive audience and built my professional network, but from the support I've enjoyed, I'll be going into the final months of my thesis with renewed motivation.

Gillian Smith, PhD Candidate, Department of Ancient History, Faculty of Arts & 2019 Asia-Pacific 3MT People's Choice Winner, 2019 Macquarie University 3MT Winner

Image above: Gillian Smith, PhD Candidate, Department of Ancient History, Faculty of Arts on location in Cairo



HDR Learning Skills: Working with feedback

Among the many things that make up the life of a researcher, being on the receiving end of feedback will probably rank as one of the most common yet also deeply challenging experiences. I know of no one who finds receiving feedback, especially in the form of criticism, easy. More often than not, the experience of getting negative feedback evokes an array of powerful emotions – disappointment, anger, confusion, shame, doubt or feeling like a failure.

Although there is a significant body of research that shows the central role of emotions in learning and motivation, institutionally and culturally, we are rarely comfortable talking about our emotions or what it feels like to receive (or give) critical feedback. And yet, research tells us that the emotions we generate about our learning also shape how we work and how motivated we are in doing the work. So, perhaps it is time to acknowledge the profound impact of emotions on our relationship with feedback – whether we are on the giving or receiving end.

Here are some strategies for engaging more skillfully in feedback conversations:

- Keep a journal to record and reflect on your reactions to feedback, and the kinds of feedback you have received on your work. Notice if there are patterns. Ask yourself: (Where) have I heard this before?
- Understand the purpose of the feedback. If in doubt, ask where the feedback is coming from, and where it is going. We're all researchers – ask about the data that led to the interpretation.
- Allow yourself to feel the range of emotions associated with the feedback. Lean into, rather than suppress, the difficult feelings. Over time, becoming more aware of when and under what circumstances negative emotions arise can help you better manage or respond to the reactions that follow.

For more tips on the benefits of receiving feedback well, I highly recommend this book, [Thanks for the Feedback](#), by Harvard lecturers Douglas Stone and Sheila Heen.

And if you would like to share your stories on navigating setbacks, struggles and difficult conversations in academic work and life, a new podcast, [Failing Allowed](#), is coming your way. Contact Florence Chiew (florence.chiew@mq.edu.au) for more information.

Dr Florence Chiew, HDR Learning Advisor (Social Sciences)

Image above: (cropped) Photo by [Matthew Henry](#) on [Unsplash](#)



HDR Mentors: PhD thesis submission challenges and life after PhD

On the 18th of October, HDR Mentors organised an interactive discussion forum for higher degree research students from across Macquarie University. The forum was entitled 'PhD thesis submission challenges and life after PhD'. This forum was designed into two sessions, with the objective of sharing the personal experiences of the panellists concerning thesis submission, preparation and the post PhD challenges including job seeking anxiety, visa hurdles and selecting career pathways.

The panel members included Dr. Samiya Tabassum and Dr. Mohasinul Haque (Faculty of Science & Engineering), Dr. Uche Ngwaba and Ms. Phillipa Belmore (Faculty of Arts), Dr. Oluwatoosin Agbaje (Faculty of Science & Engineering) and Dr. Rabia Bashir (Faculty of Medicine & Health Sciences) who chaired this session.

Dr. Rabia Bashir, HDR Mentor, Faculty of Medicine & Health Sciences

Image above: HDR Mentors panel providing insights from current experiences of the submission process and life after their PhD



NEWS: The HDR Supervision Enhancement Program 2020

It's that time of the year when we start to plan the HDR Supervision Enhancement Program, including mandatory orientation (HDR30) for 2020. Here is a summary of where the Program is heading:

1. From January 1st 2020 all new HDR Supervisors will complete [Consent Matters](#) as part of the mandatory HDR Supervision Orientation Program (HDR30). This is a one hour Module that all HDR Candidates must do as well. If you are planning on doing the mandatory training in 2020, please feel free to do [Consent Matters](#) at your leisure. It is available now. Just make sure you keep a copy of the Certificate of Completion as evidence you've completed it, ready for uploading it to the 2020 iLearn site.
2. From 1st October 2019 all new Adjunct HDR Supervisors are required to complete [Consent Matters](#) as their mandatory HDR Supervision Orientation.
3. The HDR Supervision Associate Fellowship Program will not be run in the first half of 2020.
4. An HDR Supervision Professional Learning Program will be offered throughout 2020. It's a voluntary program that we hope offers opportunities to share supervisory ideas with MQ experts
5. Keep an eye out for the [updates for 2020](#).

For further information, please contact hdr.supervision@mq.edu.au.

A/P Marilyn Childs, Interim Convenor of the HDR Supervision Enhancement Program

(Cropped) image Photo by [Julius Drost](#) on [Unsplash](#)



Opening of Macquarie University – JLU Giessen Information Point

In September, Macquarie hosted a delegation from Justus Liebig University Giessen (JLU), Germany to open a space on the Macquarie University campus as an Information Point for the co-ordination of information and more grants to support internationally collaborative activities.

Macquarie University and JLU Giessen have been in partnership since 1999. JLU have invited Macquarie University to become part of their network of information points around the world including a network with Universidad de los Andes and University of Lodz in Poland.

Macquarie University has signed an agreement with JLU to foster stronger linkages in areas of joint research and excellence, innovative teaching, student exchange and Cotutelles. JLU proposes reciprocal institutional representation in the belief that this will lead to a substantial intensification of bilateral collaboration.

Projects are underway across the Faculty of Arts, Business and Economics, Science and Engineering as well as Human Sciences. Macquarie manages and develops the relationship with JLU Giessen at University level through the OHD RTP with assistance from the Faculty of Arts.

On 20 April 2020, JLU is planning to open the Macquarie Information Point at JLU in a joint event with partners from the University of Los Andes in Bogotá, Colombia and Lodz University in Poland.

Office of HDR Training & Partnerships



TED-X – Organisers' Perspective

In 2018, fifteen HDR candidates completed the inaugural Future STEMM Leaders professional development program and yearned for an opportunity to lead and contribute to the MQ community. HDRs across many disciplines came together to bring the world's largest idea sharing platform back to Macquarie University- and so [TEDx Macquarie University](#) was reborn. The aim of TEDx Macquarie University was to give a platform to ideas worth spreading. By September 2019, this team was made of over 100 MQ HDRs, PACE students, undergraduates, and staff, all volunteers, who together accomplished the most successful TEDx event in Macquarie University history. The ideas presented at TEDx Macquarie University ranged from cake, to trees, to purpose, to Artificial Intelligence, to autism, and to people power. Of the 18 talks presented, so far, an extraordinary 11 talks have been selected for the global [TED](#) platform - for the first time in Macquarie University history. None of this would be possible without the five PhD candidates who led the team - [Hossai Gul](#), [Zeyad Mahmoud](#), [Leanne Ruggero](#), [Chiara Pomare](#), [Sebastian Murk](#). For this team, contributing to their community and gaining invaluable skills and leadership experience has been a rare opportunity which has already impacted their careers.

Hossai Gul, Future STEMM Leaders program founder and Director, 2019 TEDx Macquarie University

Image above: Members of the Organising Committee celebrating a successful TEDx event



TED-X – Attendees' perspective

On Saturday 21st September 2019, TEDx Macquarie University, organised by a core team of Macquarie University PhD candidates, presented inspirational speakers with inspirational ideas worth spreading. The day was a mix of emotions, with so many thrilling ideas that touched many peoples mind and hearts. The speakers were impressive and planted the seeds of new ideas and thoughts in everyone that attended on that day; so much insight in so little time.

Attendees were also given the opportunity to get involved with some awesome lunchtime sessions. The sessions ranged from developing skills in having difficult or uncomfortable conversations, trying out a virtual reality experience, attending a laughter session, participating in a silent disco, undertaking natural networking, practicing mindfulness meditation, creating a natural perfume, making and decorating paper birds for mental health and capping it all off with a fast ideas pitch. It was a great way to stretch our legs, meet new people and learn new skills, as well as contributing to the festive atmosphere of the day.

Jason Ford, Ana Borba, Catherine Ennis Office of HDR Training and Partnerships

Image above: A packed theatre for TEDx Macquarie University on 21st September



2019 Highest Academic Achievement - HDR Walanga Muru Annual Deadly Ball

On Thursday the 24th of October Walanga Muru hosted their 4th Annual Deadly Ball. The Deadly Ball is a celebration of the exceptional achievements of our deadly Aboriginal and Torres Strait Islander students, staff and community. With awards given for outstanding academic achievements, as well as personal, leadership and community prizes.

Walanga Muru would like to congratulate Wayne Charters the recipient of the award for the 2019 Highest Academic Achievement in an HDR submission which was presented at the Deadly Ball. Congratulations Wayne on all your hard work, you are an asset to our community and stellar role model to younger students.

Ed. Correction – in the previous edition we generously awarded Auren Sol with a Master of Research - our congratulations were a little premature. Auren is currently working with the HDR Support & Development team, OHDRTP. Our apologies, Auren and congrats on your recent graduation with a Bachelor of Ancient History.

Image above: Wayne Charters PhD candidate and Tamika Worrell Master of Research candidate



ECR Registration Scholarships available for 2019 Biennial Symposium of the Australian and New Zealand Associations of von Humboldt Fellows

Registrations are now open for the [2019 biennial symposium of the Australian \(AAvHF\) and New Zealand \(NZAvHF\) Associations of von Humboldt Fellows](#) at Macquarie University, November 22-24. Registrations close on the 6th November.

Registration scholarships are available for the upcoming [Humboldt Symposium, November 22-24](#) to HDR candidates and ECRs from across the university. To cover all attendance costs, including conference dinner.

Under the theme “Sharing knowledge in the spirit of Humboldt”, this year’s symposium will be devoted to addressing pressing challenges of research communication, dissemination and impact. Over two days, the symposium aims to rethink what “sharing knowledge” means in today’s world. It will be a forum for debating the role of academic publishing, media engagement, social media, academic networks, research-industry links, interdisciplinary collaboration, and research communication in contexts of linguistic and cultural diversity.

Program highlights include panel discussions devoted to science communication, diversity education, research-industry connections, ethical treatment of the dead, as well as research speed talks and an interactive workshop with media experts. Click [here](#) for the full program. Additionally, we will have the opportunity to enjoy a Liederabend with songs from the German Romantic period, and dinner in the iconic sandstone castle Curzon Hall.

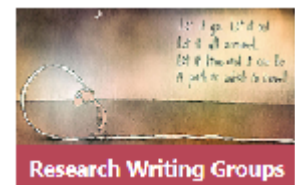
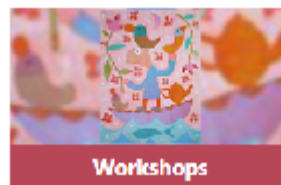
This high-powered interdisciplinary event will be particularly attractive for early and mid-career researchers wishing to connect with Humboldt Fellows from across the disciplines and interested in learning more about research funding and collaboration opportunities available in Germany.

To learn more about the mysterious Humboldtians check out [This Week](#). Ticket costs for conference attendees have been generously subsidised by the Alexander von Humboldt Foundation. To secure a spot, book your ticket through the conference and registration [website](#).

To be considered for one of these registration scholarships, submit an expression of interest including a 50-word statement - why you wish to be considered to HumboldtKolleg@mq.edu.au by Wednesday, 6th November.

Professor Ingrid Piller, Alexander Von Humboldt Fellow and chair of the conference committee & Livia Gerber, PhD candidate and member of the conference committee

IMPORTANT NOTICES



ResourcefulHDR podcast

The new episode of the [ResourcefulHDR podcast](#) features Associate Professor Tracy Rushmer, Department of Earth and Environmental Sciences, Associate Dean (Higher Degree Research), Faculty of Science and Engineering.

Tracy's academic career has spanned the USA, Switzerland and Australia academic background with [her research](#) taking her to many different countries. In this episode of the Resourceful HDR podcast, Tracy speaks about her own career and the people and chance events that influenced her decisions along the way.

HDR Learning Skills iLearn

The Higher Degree Research Learning Skills iLearn site is a trove of useful information and links for further exploration.

By enrolling in the [Higher Degree Research Learning Skills iLearn](#).

you can access recordings & slides from HDR workshops which have been presented at Macquarie University for research candidates over the last few years. We've compiled our favourite HDR resources and training videos for you, and we've highlighted some cool ways you can make your research seen and heard more widely.

As members of this ilearn unit, you'll get

Tracy also speaks about her experiences as the Associate Dean Higher Degree Research for the Faculty of Science and Engineering. Tracy talks about what a privilege it is to mentor students from different backgrounds and the value of research qualifications and the need for a broader view of graduate outcomes for Master of research and PhD candidates.

Listen to Tracy on the [ResourcefulHDR podcast](#).

Also available on Spotify, Google Podcasts, Apple Podcasts and other platforms

advanced notice of when new workshops open for registrations, so you'll be able to sign up right away.

Finally, you can also go to the Talk to us! box to provide feedback on seminars or to suggest skills/topics you'd like covered in future HDR workshops, seminars and courses

Email: hdrlearningskills@mq.edu.au



Machine Learning /Data Science Consulting Service

The Department of Computing has just introduced a Machine Learning Consulting Service, inspired by the Statistical Consulting Service from the Department of Maths and Stats.

Associate Professor Mark Dras from Macquarie's Department of Computing is happy to talk to researchers at Macquarie, both HDR students and academic staff, about their research and how machine learning might be applied to it. So whether you're just starting to



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

think about this (“What’s this decision tree thing I’ve heard about and how could I use it?”) or have been thinking about it for longer (“Should I use an attention-based neural network for this problem or not?”), if you have questions, you’re welcome to come and ask.

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.

The Machine Learning Consulting Service is available on Thursdays 10am - 12pm in Room 208, 4 Research Park Drive (at the end of Wally’s Walk, near the hospital). Please email Mark (mark.dras@mq.edu.au) to make a booking.

WORKSHOPS



Peer Writing Assistance (PWA)

All throughout November – varied times

The PWA Program supports MRES and HDR candidates in managing thesis writing and research-related activities. The program is based on the principle of collaborative learning in which a more experienced research candidate guides a fellow candidate to develop stronger academic writing and research skills. [Click here](#) for more information and to register.



Mindfulness Meditation

Wednesday 6 November 11am - 12pm

Tuesday 26 November 2:30 - 3:30pm

These free drop-in sessions are for anyone interested in learning to meditate or practicing regularly with a group. We will explore a number of practices including sitting meditation, moving meditation, body scanning and mantra meditation. [Register here](#).



Conference Presentation Course for Science

Monday 04 November to Monday 09 December 2019, 1:30 – 4:30pm

This course focuses on how to confidently and effectively deliver a conference presentation, examining the organization, structure and language of presentations and the use of visual materials. [Register here](#).



NVivo for PC - Level One - HDR/MRes Candidates Only

Wednesday 6 November 2019, 9:15am – 4:00pm

This is an introductory course to develop basic skills in using NVivo to store, code and run enquiries of qualitative data. The course aims to give you practical NVivo skills that can be applied directly to your research project.

[Register here](#)



Thesis Formatting (for PC) – HDR/MRes Candidates Only

Thursday 7 November 2019, 9:15am - 4pm

Formatting long documents with Microsoft Word can sometimes be challenging. This course will give you the right tools to handle large, multi-page documents, such as your thesis. [Register here](#)



Mantra Meditation Session

Monday 11 November 2019, 11:30am - 12:30pm

Monday 18 November 2019, 11:30am - 12:30pm

Meditation is a practice of focusing the mind on our present moment experience. It cultivates awareness, concentration and gentle self-discipline, and can be helpful in reducing stress, improving attention and promoting deep rest of the body and mind. [Register here](#).



SPSS Intermediate Course – HDR/MRes Candidates only

Tuesday 12 November 2019, 9:30am – 4:30pm

This full-day course is designed to cover a variety of analyses that can be performed in SPSS. [Register here](#).



Scientific Writing for Publication Workshop Series: Methods

Tuesday 12 November 2019, 10am - 5pm

This workshop on the Methods Section of the research article forms part of a series of workshops that focuses on key topics and skills for writing science research articles. [Register here](#).



HDR Professional Skills: Preparation = Better job interviews

Tuesday 12 November 2019, 10am - 12pm

Using a narrative model, this workshop aims to assist participants with identification of their strengths, interests, values and transferable skills in relation to the position for which they will be interviewed. [Register here](#).



Summer HDR Writing Retreat – HDR Candidates Only

Tuesday 26 November to Thursday 28 November 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. Each day timetables large chunks of writing time so you can get on with your own thesis writing, but we'll also provide facilitated writing-focused activities and access to 1:1 consultations with HDR Learning Advisor. For additional information and to register, [click here](#).

HDR Dynamic Duos



From left, Warwick Shaw and Luke Mills

**Luke Mills, PhD candidate,
Faculty of Human Sciences**

**Warwick Shaw, Customer
Solutions Partner, Johnson &
Johnson Medical**

How did you come to know each other?

I met Warwick when I was accepted into the IMNIS Mentoring program and Warwick was chosen to be my mentor.

What are your shared interests?

- Travel
- Food
- Science

What do you each bring to the professional relationship?

Warwick has provided me with a great understanding of the culture and working practices within industry. He has been a useful role model as he is someone with scientific qualifications and years of experience in industry and relationships and has been very willing to share those with me.

What do you appreciate most about Warwick?

Warwick has been very generous in sharing his skills and knowledge to help me to grow my professional network.

Warwick has willingly given his time and provided guidance on how to obtain industry and/or professional positions including practical tips on interview preparation and CV refinement as well as helping me to think about a career plan/path and outlining what I need to do to make that happen.

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

Warwick has helped me to learn how to adapt to new situations and has

How did you come to know each other?

I met Luke when he was accepted into the IMNIS Mentoring program and I was chosen to be his mentor.

What are your shared interests?

- Travel
- Food
- Science

What do you each bring to the professional relationship?

Luke has a great understanding of science, statistics, research methods and some of the latest thinking into the use of artificial intelligence systems and programming languages that can be used to solve business challenges.

What do you appreciate most about Luke?

His brain!

Luke has a genuine willingness to accept feedback and think about new ideas and ways to approach a situation.

Luke was open to discussions about career planning and he listened to suggestions on how to refine his CV and prepare for interviews in industry.

Through my experience as Luke's mentor I can say that I may have discovered a potential Intern for J&J.

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

Through my mentoring experience with Warwick I have seen how important it is to understand how different the styles of

provided guidance on professional networking and how to respond when meeting new people.

I have also learnt how to flex my style of delivery including the content of my talks depending on the audience.

[Luke Mills research profile](#)

[ResourcefulHDR podcast – Luke Mills](#)

delivery are between academia and other sectors. I now recognise that PhD candidates need to engage with a range of audiences at various events. As Luke's mentor, I helped him to shift his delivery style and to refine technical information into useful sound bites for various audiences.

[Johnson and Johnson](#)

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



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