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

Whilst the world continues to grapple with the challenges of COVID-19 and the extraordinarily difficult decisions that governments must make about how to balance public health with economic concerns, Australia sits in an enviable position. Over the next few months the nation has put itself in an excellent place to slowly transition back to a ‘new’ normal. Whilst our lives are unlikely to be quite the same as they were before the pandemic, if the transition is managed carefully, we will all be able to resume a relatively normal life and begin planning again for the future.

For many of us the past few months will have left an indelible mark; our expectations, our plans and the level of certainty with which we have lived our lives to this point may have changed forever. In reflecting on what I was going to write for this month’s newsletter, I thought back to an occasional address I gave at a conference a little while ago, which touched on the theme of plans and expectations.

As part of the address I shared some of the lessons I’ve learnt along the way during my career, which included a detailed account of how I ended up as a successful researcher and Executive Dean at a University in Sydney, many thousands of miles from home. Suffice it to say that my career journey to this point was circuitous, unplanned and entirely unexpected; but that is a story for another time!
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](https://page.mq.edu.au/index.php/email/emailWebview)

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<td>Thu 04 June</td>
<td>HDR Mentors Meet &amp; Mingle</td>
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<td>Webinar – Professional Staff with a PhD: Dr. Gorjana Mitic</td>
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<td>Science Writing for Publication Workshop Series. Workshop 5: Titles &amp; Abstracts</td>
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<td>Tue 16 June</td>
<td>HDR Professional Skills: Networking for Introverts &amp; Extroverts</td>
<td>Wed 24 June</td>
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<td>Fri 26 June</td>
<td>HDR Professional Skills: Preparation = Better job interviews</td>
<td>Tue 30 June</td>
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HDR Announcements

HDR Mentors: COVID-19 Survey

As we are experiencing an unprecedented pandemic situation, HDR Mentors believe that peer support is required now more than ever. We are running a short online survey to have a better understanding of how our HDR candidates are doing in light of the current COVID-19 situation. Your feedback will help us adjust current initiatives and create more relevant peer support programs.

Please take the survey [here](#).

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 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.

Enquiries:
[michelle.jamieson@mq.edu.au](mailto:michelle.jamieson@mq.edu.au)

Check the [myRDC](https://myRDC) for June offerings.

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Mandatory Update Training for HDR Supervisors

The HDR Supervision Policy mandates

HDR Supervisors: Do you need a Zoom Buddy to practice with?
that all HDR Supervisors must update their training every four years. This means that if your HR Online records show that your last training was in 2016, you must complete update training during 2020. There are no exemptions.

You will not be eligible for appointed as an HDR Supervisor in 2021 if you have not updated your training since 2016. Update training is provided via this iLearn site.

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

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

How?
Set up your first Zoom meeting

HINT: If you don't know how to do it, then have a look at these MQ guides

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

Contact Merilyn at merilyn.childs@mq.edu.au for further 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

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.
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

Uncertainty, Planning and Expectations

One of the important lessons that I have learnt is that you should never expect anything to go to plan. This piece of advice is probably timelier now than at any point in the last few years! It is also one of the most exciting things about life, careers and achievement. The path you imagine you will take will bear little relationship to the journey you will actually experience. I guarantee you that none of the senior academics or professionals that you admire today knew where their career would take them, the country they would be living in or what research they would be doing when they commenced their research journey. Whilst life might seem challenging at the moment, there will come a point when you will look back and marvel at the journey you have made despite such significant uncertainty and disrupted plans.

I’d like to share a story with you which I think very effectively sums up the futility of long-term planning. A couple of years ago I was on a work trip, visiting Universities in Europe and I met a sociolinguist who told me about the research he had been doing on indigenous languages in Peru. He described a village in a remote region where he spent time studying the villager’s unique language. One thing that he struggled to understand was that when the villagers talked about the future, they would accompany their discussion with hand gestures pointing behind them. In
contrast when they talked about the past they would gesticulate in front of their bodies – the complete opposite of what one observes with European languages. Being completely perplexed by this, one day the researcher approached a village elder and asked him to explain the basis of these gesticulations and this is what he said; Imagine you are standing and looking out from the edge of a cliff at the past in front of you and as time moves forward the cliff edge begins to crumble to mark the passage of time and as it does so you walk backwards viewing the past in front of you as it passes by, walking backwards into a future that you cannot see.

So, I would encourage you to embrace your walk back to the future with absolute certainty that there is no neat linear plan that you will follow but with excitement at the range of unknown opportunities that will be afforded to you. I think the events of recent months demonstrate this point more than ever.

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

(Int) Photo by Linda Xu on Unsplash (cropped)

Introducing … Failing Allowed podcast

As part of the Make your Mark on Macquarie initiative, I decided to create a new podcast, Failing Allowed. The podcast explores the place of failure in university education. How do people learn to navigate the 'creative mess' of their work lives, be it in research, teaching, professional practice or study? What does the experience of failing feel like? What makes a failure meaningful? What happens when we slow down the speed with which we rush to tell success stories, including success stories about our failures? What difference might that make for how we work, live and learn, and relate to each other?
In the first episode of this podcast, ‘Sitting with Failure’, I interview Dr. Michelle Jamieson, a mind-body researcher and HDR Learning Advisor in the Humanities at Macquarie University. Author of the blog *The Mindful Researcher*, Michelle’s current project explores the role that felt experience plays in doing research through the lens of mindfulness.

*HDR Learning Advisor, Florence Chiew*

*(Image) Dr. Michelle Jamieson & Dr. Florence Chiew in the LIH recording studio*

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**Macquarie Business School: Reflections - doing a PhD during COVID-19**

Fortunately, I have gathered all my data previously and I am working on my papers. I have just finished two papers and they are now ready for submission in journals. In my case, there is no big problem about the communication between me and my supervisor, we try to continue our work by Zoom meeting and emails. Of course, it also has affected me mentally, however I only want to finish my work and I focus on my purpose. I hope this situation ends in the near future and all of us are back to our natural life, strong and healthy.

*Fatemeh Bakhshi, Cotutelle PhD with University of Tehran Medical Sciences (Iran). Cotutelle PhD student in Management. Rebecca Mitchell is her supervisor.*

Orientation week, the university campus was alive, vibrant, and colourful. Behind this scene, the threat of COVID-19 loomed. Every day unleashed fresh panic as the
number of active COVID-19 cases kept increasing. By mid-March (week 4), the campus was a shadow of itself, quiet corridors, and classrooms until further notice. As I gathered up my papers and books to head home, uncertainty hung over me. My daily commute to campus had to change; I will have to reorient myself to studying at home until campus reopens.

Every week during the shutdown brought a new challenge from panic, insomnia, lack of appetite, to mental fatigue. Thankfully, my supervisors insisted on a weekly catch up and check-in. I had to pause personal interviews for my data collection. Although people were working from home, they had too many activities to deal with following the shutdown and declined to take interviews.

Seven weeks of studying in isolation, it gets better daily. I now go out for a run, walk or do some mixed yoga to stay calm and help me sleep better at night. I am glad the restrictions are getting relaxed; an end is in view.

*Queen, PhD candidate, Accounting and Corporate Governance. Yvette Blount is her primary supervisor*

I rather enjoyed the lock down to be honest. Got a lot of work done, listening to my fav music, going for evening runs every day, making cakes and dying my hair purple!

Most of all I enjoyed a low carbon and really, really fresh air!

*Viki (Qiuyue) Zhang, first year PhD in Economics. Dr Rohan Best is her supervisor*

*Provided by Dr. Lurion de Mello Senior Lecturer, Dept of Applied Finance in response to an invitation to Macquarie Business School HDRs to share how they were feeling as a result of COVID-19*

*(image above) L-R Fatemah, Queen and Viki*
Indigenous Studies – HDR care package

The coronavirus has meant that we have not been able to be on campus. Like most across the University community this has meant that we have had to isolate at home while continuing our work and research alone with only digital communication with others. For many this has been a difficult time and especially students who have had to redesign their research to address the restrictions on travel and conduct face to face interviews. For some of our students finding suitable spaces to work from at home has been challenging. For others being isolated away family, friends and fellow students has been hard.

As a Department we pride ourselves on our inclusive practices when it comes to our HDR students. They are valued members of our community and the broader Indigenous community on campus. Indeed our HDRs represent the future of Indigenous research and scholarship. We miss them and miss catching up regularly. We have been running regular zoom sessions but it can’t replace all those casual drop ins with tea and bickies that we enjoy. We are a tight knit group who care about each other and love the opportunity to get together and dream up projects and discuss our work and life in general. We decided to send our HDRs a small gift to let the know we care about them. Our fabulous DA, who is also one of our HDR students purchased some beautiful Indigenous items including wattleseed infused coffee and some chocolate treats. Our students were thrilled to receive the gifts and many took to social media to share their appreciation.

As one of our students, Zac Roberts Tweeted “Everyday I’m reminded why moving to Indigenous Studies was the best choice for me”

Professor Bronwyn Carlson, Head of Department, Indigenous Studies

(image above) Indigenous Studies Care package (photo shared by Isaac Roberts, MRes candidate, Department of Indigenous Studies)
APR.Intern Khushboo Singh - reflections on industry experience

Khushboo Singh tells us about her internship experience at Electrotechnik in 2019 with the APR.Intern programme.

Why did you get involved in the program? It looked like a wonderful opportunity to sneak a peek into the industrial world. A perfect chance to sharpen my skills and to implement my academic knowledge into a project that intrigued me. It was a doorway to a real world where my contributions could make a difference, so I decided to take a leap.

Any particular highlights? I have myriad of highlights that I can mention, but to sum up in few words, every day was a new day with new challenges and we worked as a team to solve them. We used to have brainstorming sessions in meeting room and we worked like a team of detectives to solve the problem. Jayson, our Technical Director and Edstan, my colleague were very supportive and kind. We celebrated each victory with doughnuts. I have such mesmerising memories of this internship that will never fade. This internship has been one of the most rewarding experience of my life. My confidence was never too bad, but this internship has lifted up my spirit and has taught me to take failures as a positive sign. I learned that each failure is a chance to improve. The feeling of contributing to this world as an engineer is surreal.

What advice do you have for other students? I would certainly recommend other students and academics to get involved in this program. APR internship is too good an opportunity to miss. It has been a life changing experience for me and I am sure it will help any other student who wants to validate his/her skills and capabilities.

Catherine Ennis, HDR Industry Engagement & Placements Manager & Khushboo Singh, PhD candidate and APR.Intern

(Image) Khushboo Singh during her APR.Intern placement
FameLab - shifting the lens to online storytelling

Fame Lab is an international communication competition focused on finding early career scientists who can inspire people. I decided to compete because I believe scientists have a role to play in shaping the future. The initial challenge to writing my talk was translating how my shark research can make an impact in our society. Through the Fame Lab experience, I learned that storytelling is an incredibly effective way to share my work with others … so I reflected on my own research story asking questions like what mysteries and unknowns led us to the answers we have today.

Storytelling is the backbone to the Fame Lab communication style and, due to COVID-19, was especially important this year with the shift to the online form of the presentations. I had to adapt my in-person talk to an online style and through this process, I learned the nuances of what it takes to engage an audience in both styles. Although this process was challenging, it allowed me to connect with the audience in a powerful way. And overall, this exciting opportunity helped me reflect on my own research story and gain a wider view of what being a scientist can encompass. I can recommend the experience and encourage other HDRs and ECRs to seek out ways to communicate their research to a wider audience.

Julianna Kadar, PhD candidate Faculty of Science and Engineering

(Image) Julianna Kadar, PhD candidate
ResourcefulHDR podcast: Kate Maguire-Rosier

My guest on the ResourcefulHDR podcast this month is Dr. Kate Maguire-Rosier. I first met Kate when she attended a workshop I ran, in late 2015.

Kate holds a PhD in dance theatre and disability from Macquarie University titled 'Performances of 'Care': Dance Theatre by and with Australian Artists with Disability'. Kate graduated in 2019 and she teaches across Performance Studies, Cultural Studies and Media Studies at Macquarie University, the University of Sydney and the University of Technology, Sydney. She has held various arts administration positions, currently at Ausdance NSW as Projects & Programs Manager, and prior to this at Critical Path. To date, one of her most challenging and exhilarating experiences was interning at Jacob’s Pillow Dance Festival for the 2009 season in Massachusetts USA.

Kate continues her research collaborating with independent artists and scholars alike as well as organisations including the Sydney Institute for Robotics and Intelligent Systems and the International Federation for Theatre Research’s ‘Performance and Disability’ Working Group of which she is a co-convenor. A dancer at heart, Kate has most of her fun hanging out and working with others.

*In the black and white image above: A dancer (Mel Tyquin) stands on her head balanced in the seat of a wheelchair, against the back of a male partner (Matt Shilcock) – the wheelchair's usual user – in front of an audience of young onlookers during the creative development of Murmuration's Days Like These in early 2016. A discrete researcher (Kate) sits still in the background on a platform just above the audience, pen to mouth, considering the scene before her. Photo credit: Gisella Vollmer.*

*Sally Purcell, HDR Professional Skills Program*

(Image) Kate Maguire-Rosier and b&w image - ‘Days Like These’ performance
Winter HDR Writing Retreat: 21 – 23 July 2020

The HDR Writing Retreat has had a makeover for Winter 2020! Whether or not COVID-19 restrictions on gatherings will have lifted by late July, we will be offering this retreat online via ZOOM. So, whether you're in Turramurra, Temora, Toorak or Tokyo: you can join us!

This 3-day online 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, daily workshops, and access to 1:1 consultations with HDR Learning Advisors.

This is the perfect opportunity to break from usual activities to focus solely on writing, so please make arrangements to participate from 8:45am until 4:30pm on all three days. We suggest you take leave from any paid work and plan childcare on these three days.

Places are strictly limited, and registrations close on 30 June! Note that you need to submit an Expression of Interest document to apply (details on the registration page).

Dr Juliet Lum, Head, HDR Learning Skills

(Image): Photo by Rafael Leão on Unsplash
Webinars: Professional Staff with a PhD at MQ

A commonly held view is that having a PhD means that an academic path is the only option yet there are many different roles held by PhD graduates across a range of sectors, including within higher education. Many people enjoy working within the university environment and are happy to discover that there are a variety of exciting roles available for PhD graduates.

We want to provide real examples of PhD graduates working in Professional roles at Macquarie University and are planning to host a series of webinars with some of our Professional staff members, who have a PhD, working at Macquarie. We want to showcase the range of Professional roles being done by people with a PhD, as well as the people who do them. We are hoping these webinars will engage PhD candidates and raise their awareness of the possible career opportunities within the higher education sector, following the completion of their PhD.

1. Webinar - Thursday 4th June, 11am – 12 pm: Dr. Gorjana Mitic, Commercialisation and Innovation Manager (Life Sciences), Deputy Vice-Chancellor (Research) - Office

2. Webinar - Thursday 11th June, 2pm-3pm: Dr. Brenton Hamdorf, Director, Academic and Research Partnerships, FMHHS Admin & Operation

If you are a Professional staff member with a PhD working at Macquarie University and would be interested in becoming involved, please visit this link.

Catherine Ennis and Sally Purcell, HDR Professional Development

(Image) Dr. Gorjana Mitic and Dr Brenton Hamdorf
HDR Mentors conducted a stress management workshop for HDR candidates in collaboration with Campus Wellbeing on May 11. The workshop was led by Ashwin Singh (Psychologist, Student Wellbeing). The workshop saw huge participation and active engagement from HDR candidates.

COVID-19 has gravely impacted everyone’s life, and HDR candidates are not excluded from this. The ‘Stress Less’ workshop commenced with Acknowledgement of Country, followed by an overview of stress and its causes. We discussed the most stressful things during this pandemic and what we could do about it. We also exchanged habits that have helped us to manage. Ashwin then answered a myriad of questions from the attendees about combating stress in a Q&A session. The event concluded with a short meditation exercise, which put everyone at ease and was a perfect way to end the workshop.

Ashwin has always been a mental health champion for HDR Mentors and we thank him for his constant support and for facilitating this session, which is needed now more than ever. HDR Mentors plans to continue organising virtual events to keep HDR candidates connected and normalise the experience for everyone. HDR candidates are encouraged to contact us anytime at hdrmmentors@mq.edu.au with their queries or suggestions for future events.

Shubham Chhajed (HDR Mentor)
The Centre for Emotional Health – COVID-19: We’ve Got This Covered!

The Centre for Emotional Health has gone live with the COVID-19: We’ve Got This Covered! website. This site is the result of an amazing collaboration between the Centre for Emotional Health and the School of Education at Macquarie University. It is an important collection of strategies and tips to support parents, carers, teachers and educators alike in helping to manage anxiety in children during COVID-19.

Help us promote our COVID-19 website with the hashtag #WeveGotThisCovered.

Our team have continued to be invited to provide their expert advice through media engagements. We hope the selection of interviews shared may help you.

The website and its content have been directly informed by the needs and priorities of parents, teachers and young people themselves — one of whom also came up with the name itself!

We offer freely accessible, evidence-based information for Australian families and schools. Our aim is to provide focussed strategies to help prevent anxiety and depression in children and young people during the COVID-19 crisis.

Please take care of yourselves, and of each other. We will get through this together.

Centre for Emotional Health Team
Building an emotionally healthy community

(Image) photo provided by CEH
2021 International Round Opening Announcement

The 2021 International Research Training Program Scholarship (iRTP) and International Macquarie University Research Excellence Scholarship (iMQRES) round is now open. These scholarships are highly competitive and are awarded to only the highest-ranked candidates.

The selection processes for candidates commencing in 2021 will predominantly be based on candidate ratings but will also include considerations of the Research Environment. This may include an evaluation of the alignment of the candidate’s project with Macquarie University’s research strategy and research priorities, the quality of the supervisory team and the international standing of the research area. Supervisors are encouraged to engage co-supervisors bringing complementary expertise.

If supervisors are in contact with the potential applicant(s), please inform them to submit their application as soon as possible and to take into consideration the due date for meeting the English language requirements by 31 July 2020. Conditional applications on English will not be considered and will be withdrawn if the English language requirement is not met by 31 July 2020.

Please note: all applicants must provide evidence of communication with the relevant Department/Centre/Faculty prior to application.

Relevant information on the 2021 international round for Faculties and applicants can be found on the MQ website. Any questions regarding the round can be directed to hdrschol@mq.edu.au.

(Image) neil-thomas-SIU1Glk6v5k-unsplash (cropped)
Online Community with Walanga Muru

Since the move to online Walanga Muru have been working hard to engage with students in a new virtual community. In April we hosted our first HDR Yarn Up of 2020 which had wonderful engagement with students who are brand new in Year 1 of MRES, as well as our Year 2 MRES and PhD candidates all sharing our experiences. We also commenced an weekly online Weaving Workshops hosted by Ngumpie Weaving which brought together Undergraduate, Postgraduate and HDR Students as well as Walanga Muru Staff. This Friday afternoon activity ran across 4 Fridays in May and students’ individual woven pieces will be stitched together and displayed at Walanga Muru when back on campus. In May, we also hosted a virtual screening of the film ‘In my Blood it Runs’, and posted students movie snack packages to accompany the screening (including popcorn, chocolates, mug-cakes and noodles!).

This positive engagement online has seen our community grow even stronger, with even more students being able to access social and cultural events no matter where they are located.

(Image) Weaving progress after our first session by School of Education Associate Lecturer and PhD Candidate Amy Thunig (left) and Tamika Worrell (Right).

HDR Dynamic Duos
**Professor Jen Cornish,**  
*Academic Director, HDR and former AD-HDR FoHS*

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

I met Judi for my Job interview for MQ in 2004 – not only was she a great host and my strongest advocate, she was very approachable as we had similar interests, including a love of biopsychology/neuropsychology…and curries.

**What are your shared interests?**

I think Judi and I both have a genuine interest in helping and engaging students in their higher education and research, we are both fascinated by neuroscience and substance abuse…outside of work we both like wine (!) and animals (Judi in particular birds – I love birds too, any animal behaviour is interesting!). We are both farm girls, so we understand each other.

**What have you gained through your collaboration?**

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**Asociate Professor Judi Homewood,**  
*Former Interim PVC OHDRT & AD-HDR FoHS*

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

I was on the interview panel when we were looking to recruit a lecturer in biopsychology. Jen was an ideal candidate, in part because of her time as a postdoc in Peter Kalivas' lab and her research connections with the University of Sydney. We had a curry in Crows Nest after the interview, it was my job to persuade her to accept the position. The rest is history.

**What are your shared interests?**

Outside work we’re both strongly focused on family and in our work lives on helping students achieve their potential either through taught courses or research. Higher education allowed us a different life to that of our parents, but we both remain at heart farm kids with a down to earth approach.

**What have you gained through your collaboration?**
Judi has provided me with an extensive academic framework to understand and develop. She has great insight into the workings of the University, integrating a top down aspect to complement a bottom up approach. She has also taught me that coffee and lunch are essential networking opportunities with colleagues!

What do you appreciate most about Judi?

Judi is amazingly resilient, tolerant and patient! She always has kind and realistic advice, will make time for people when they need it and juggles many hats very well!! She has taught me a lot.

Jen’s background as a pharmacologist enabled her to teach me (and umpteen honours, Masters and PhD candidates) lab skills and disciplinary knowledge not commonly available in psychology lab training.

What do you appreciate most about Jen?

Jen gets things done, embraces change, is fair and generous with her time with colleagues and students, and most of all is kind. If you were to be stuck on a desert island with someone, you’d want it to be with someone like her.

(Image) Prof Jen Cornish, Sarah-Jane Baracz (PhD graduation) and Assoc. Prof. Judi Homewood

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
Cotutelle and International Opportunities

Higher Degree Research Scholarships

HDR Support & Development

My Research Program

YOU to the power of us