Since the last newsletter, I took my own advice and planned a short break to see family and friends abroad, and to attend the Edinburgh Fringe Festival. At the Festival we saw an astonishing array of talent: thought provoking theatre, a performance designed to evoke deep feelings about the human costs of war, amazing circuses, music and comedy. Most of the performers were starting their professional careers after working for many years to get their acts together, both literally and metaphorically, to be selected. We were there on the last days of the month-long event, performers said they were exhausted but the sense of achievement and of community was palpable.

The parallels are not perfect but I started to think about similarities to a positive HDR journey… the hard work sustained over time that is judged by its outputs, the financial stress, and the enormous value of having a supportive and globalised community sharing ideas, encouraging new ways of thinking and celebrating achievements. Academic research impacts on society at a deeper and different level to the entertainment industry and, also needs to be applauded and appreciated. Communicating research findings thus becomes our challenge.

Judi Homewood, PhD, Interim Pro Vice-Chancellor, Higher Degree Research Training and Partnerships, Honorary Associate Professor, Department of Psychology
3MT – Your time starts now!

And before you know it, it’s all over!

That’s how fast three minutes goes by. It’s barely enough time to clear your throat, let alone summarise three years of doctoral research! But that’s precisely the challenge of the Three Minute Thesis (3MT) competition.

On Wednesday 25 September, 13 of our best PhD communicators from across the five faculties battled it out at the MQ 3MT University Final, cheered on by HDR colleagues and staff, supervisors, industry connections, family and friends.

What an inspiring event it was! Well done to all the finalists who spoke so clearly and passionately. You took us from the interior of the Earth to the interior of the human brain, from new hospitals to aged-care facilities, from Ancient Egyptian temples to Australian primary school classrooms, to mention but a few of the diverse topics – all in less than 39 minutes!

Last year’s MQ 3MT Winner and Asia-Pacific 3MT Runner Up, Selene Petit, did an excellent job as Master of Ceremonies, guiding us through the intricacies of this world-wide competition and introducing each finalist with warmth and humour.

Hearty congratulations to our 2019 3MT Winner Gillian Smith (Faculty of Arts), Runner Up Julien Lubeek (Faculty of Science and Engineering), 3rd Place Talia Nardo (Faculty of Human Sciences) and People’s Choice Minami Uchida (Faculty of Human Sciences). We wish Gillian all the very best as she represents Macquarie University in the Asia-Pacific 3MT Competition at the University of Queensland this Friday 4 October! Information about the Asia-Pacific final, including times, locations and streaming can be found on the 2019 Asia-Pacific 3MT website.

Dr Juliet Lum, Head, HDR Learning Skills, Office of HDR Training and Partnerships
HDR Learning Skills – this season’s 3 Rs: Register, Retreat and wRite!

Registrations are now open for the Summer HDR Writing Retreat on 26-28 November. If you need a dedicated quiet zone to devote to thesis writing, are an HDR or MRes candidate in Year 2 or above, and can block out your calendar for three full days, you don’t want to miss this opportunity!

What others have said:

* I come to these retreats because I get a lot of writing done, and it sets me up for the next few months of writing. The retreat really helps me to get started, which is the really hard part, and then it just flows on.*
I learn the strategy to conquer the battlefield of PhD in this workshop. Not only that, this training helps me to win gloriously.

Fantastic! I appreciated very much how the content was put together and delivered. Plenty of time for writing plus guidance on writing and managing a research project as big as a PhD.

For all the details and to join this writing retreat, register here and email your Expression of Interest with your writing plan to hdrlearningskills@mq.edu.au asap. Numbers are strictly limited, so act soon to secure your spot!

Dr Juliet Lum, Head, HDR Learning Skills, Office of HDR Training and Partnerships

Image above: HDR Learning Skills Writing Retreat Photo: courtesy of Juliet Lum

HDR Mentors: Communicate your research with confidence

HDR mentors held their annual research presentation skills workshop on 16 September. It was attended by HDR students from all the faculties around campus. The workshop aimed to deliver expert guidance on ways to make presentations interesting and appealing. Selene Petit, winner of the 2018 Macquarie University 3MT and runner-up of the 2018 Asia Pacific 3MT, shared her valuable tips on content development and presentation styles.

Six students from various faculties presented their research within three to five minutes each. Their presentations were evaluated by an expert panel comprising of HDR Professional Skills Program Manager, Sally Purcell, and HDR Learning Advisors Megan Brewer and Adele Thomas. The panel was chaired by Samiya Tabassum (FSE). The workshop concluded with an open discussion on ways to calm
your nerves during presentations and tricks on making all kinds of talks exciting – including that on maths!

Saba Akbar, HDR Mentors, Faculty of Medicine & Health Sciences

Image above: HDR Mentors, Presenters and the Expert Panel at the Communicate Your Research With Confidence event.

Looking beyond the company website: Developing business research skills

Whether you are planning on pursuing a career in academia or in another sector, it is useful to develop business research skills. As a researcher, you may need to identify potential collaborators in industry, or if you are looking to work in another sector, it is wise to undertake deeper exploration - reviewing the sector, the company and even the CEO to help you to decide whether to pursue a role in a particular sector or with an individual organisation. Writing targeted job applications and nailing the interview requires good preparation. Your preparation might include reviewing the company website, browsing the annual report, or trying a few internet searches to glean what information you can about the company.

This information will give you a good start, yet there are untapped sources available through the Macquarie University Library which will allow you to do more in-depth research about the company, the industries it operates in and its executives.

A great place to start your research is on the Library’s Company, Industry and Country Information subject and research guide. This guide provides an overview of the company databases and industry resources available to you. Remember also that if you need any assistance with using the library databases that you are encouraged to contact your Research Librarian.
For those interested in learning more about these resources and developing your business research skills to help you prepare for job interviews or industry collaborations, a workshop is being offered in October. Please look out for this session on MyRDC.

Lisa Fittock, Research Librarian, Macquarie University Library

Wellbeing workshops online through Zoom

The HDR Professional Skills Program, in collaboration with Student Wellbeing, have been running regular workshops each semester. One workshop focuses on communication in relationships, with a focus on managing upwards and developing a good working relationship with your supervisor. The other workshop focuses on resilience and motivation, with psychological skills and strategies to address our mindset, emotions and productivity. We've had really good feedback and participation in these workshops.

During this time, we've had some requests for the workshops to be more accessible for people who are away from the main campus. We've also had the suggestion to have more ongoing support.

Over the past year, we've tried to run follow-up sessions for workshop participants on Zoom, an online conferencing service. So far, we have not had much participation in this and so would like to hear from YOU. We'd like to know if running workshops online is a good idea for HDRs and how we can best support what you need.

Please fill in this survey to let us know. If you are unable to load the survey on a mobile phone device, please try accessing it on a desktop or laptop computer instead. You may also be required to login using your MQ OneID.

It’s important that we build safe and respectful research communities for everyone – students and staff. Respect. Now. Always. at Macquarie contributes by working to improve prevention and responding to sexual assault and sexual harassment on campus.

Support and Report

Macquarie has introduced two new policies which provide information about unacceptable behaviours in our community, and establish a framework for seeking support and reporting concerns. The Student Sexual Assault and Sexual Harassment Policy removes some of the barriers which prevent reporting of sexual harassment and sexual assault, with the introduction of an online reporting form. This form can be used by students and staff to report incidents of sexual assault or sexual harassment affecting students.

The Staff Sexual Harassment Prevention and Response Policy defines the rights and responsibilities of Macquarie staff and affiliates, and addresses relationships at work. These efforts complement Universities Australia’s national guidelines for respectful supervision relationships.

Consent Matters

To help us all build a healthier and safer campus community, Macquarie has
implemented online and face-to-face education. The Consent Matters online course covers topics such as communication in relationships, consent and sexual contact, how to help friends out in difficult situations, and how to help friends get support or make a report.

All Macquarie students, including all HDR candidates, are required to complete the course this year. In limited circumstances, students can request to opt out.

You can access Consent Matters via the MQ Respect, Now, Always, community site on iLearn – log in with your student OneID and password. It takes about 1 hour to complete, and you can download a Certificate of Completion at the end.

If you have any questions in relation to Support and Report options, or in relation to Consent Matters, please e-mail respect@mq.edu.au. If you need support, on-campus help is available via Student Wellbeing.


X-Sensing 2019

The 'cross-sensing' conference aims to unite scientists from diverse fields with industry professionals and experts in artificial intelligence. We are seeking participants from astronomy, biology, linguistics, ecology, archaeology, geology, geography, medical imaging, sensors and many others. All these fields face similar analytical challenges.
The week-long meeting is divided into two parts: a 2-day training workshop and a 3-day cross-disciplinary conference, centered on a hack day.

The training workshop (Monday and Tuesday) will host tutorials in data-science methods and machine learning. We will be covering a number of topics (listed on the website) at an intermediate level, using Python.

The cross-disciplinary conference (Wednesday - Friday) will host invited speakers but is largely focused on an expert-supported hack-day designed to bootstrap cross-disciplinary projects.

For more information and registration, check the [website](#).

*Dr Cormac Purcell, Department of Physics & Astronomy*

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**Walanga Muru congratulates recent graduates**

On 12 September, Walanga Muru celebrated the undergraduate, postgraduate and HDR graduations of 10 Indigenous students. This celebration began with a Welcome to Country and Smoking ceremony by Uncle Chris Tobin. The students were presented with their Aboriginal stoles to wear during their graduation ceremonies. Walanga Muru would like to congratulate all of our amazing graduates, including Simon Jovanovic with a Master of Research graduation, and Dr Jo Anne Rey with a Doctor of Philosophy.

There have now been 989 graduations of Indigenous students at Macquarie University, dating back to 1972 in a range of areas. We hope to grow our Indigenous HDR community to increase our numbers of HDR graduates.
Tamika Worrell, Aboriginal Academic Engagement Coordinator – Postgraduate Students, Walanga Muru.

Image top: Walanga Muru celebrates 10 recent graduations
Image bottom: Walanga Muru graduates and team

Ed. Congratulations to Auren Sol who graduated with a Master of Research. Auren is currently working with the HDR Support & Development team, OHDRTP

MRes Nomination of Examiners and Thesis Submission

MRes Nomination of Examiners (NoE)

The Office of HDR Training and Partnerships rolled out the new Nomination of Examiners (NoE) function in the HDR Thesis Examination Portal on Thursday, 4 July 2019. This function has now replaced the paper based NoE process. All MRes Supervisors will need to submit the electronic examiner nominations via the HDR Thesis Examination portal.
MRes Thesis Submission

The thesis submission process for MRes candidates remains unchanged which means that the candidates are still required to submit their thesis along with the associated documents to their faculty HDR office via email by 5 pm on the candidate's EWS date. More information about the process is available on this website under the 'Thesis submission' tab.

If you have any questions about the MRes Nomination of Examiners or Thesis Examination process, please do not hesitate to contact our office: exam.mres@mq.edu.au

Examinations Team, Office of HDR Training & Partnerships

Australia-France: French Embassy calls for applications now open!

The French Embassy in Australia is delighted to announce that the calls for applications for our student and scientific exchange programs are now open! More information on the programs listed below can be found here.

**PHC FASIC**

This program promotes scientific and technological exchanges of excellence between laboratories, by encouraging new cooperation and the participation of young researchers through three specific instruments: FASIC PhD (covers travel expenses for PhD candidates affiliated in France or Australia), FASIC Researchers (covers travel and mission expenses for researchers or PostDoc affiliated in France) and FASIC Workshops (supports the organisation of joint workshops).

**Deadline: 15 November 2019**

**Australia-France Social Sciences Collaborative Research Program**
This research funding program established by the Embassy of France in Australia and the Academy of the Social Sciences in Australia will support and reinforce social sciences collaboration between Australia and France through research activities on a topic of common interest for our two countries, relevant to Pacific Islands Studies, and/or with the potential for bilateral strategic alliances.

**Deadline: 17 November 2019**

*Image above: French Embassy in Australia*

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**Industry placements/engagement in Higher Degree by Research Programs - Your input is invited**

The Australian Government Department of Education is undertaking a project to better understand the needs of Higher Degree Research (HDR) students currently enrolled in a PhD or a Masters by Research who are involved in industry, workplace or end user placement engagement activities.

This could include industry PhDs, or internships, commercialisation activities, discrete projects and collaborations which are embedded within a workplace or undertaken with an industry partner or end user. This does not include standard research activities such as fieldwork and data collection to support thesis development.

The Department has commissioned PhillipsKPA to survey HDR students regarding their work placement experience. They would also like to hear from HDR students who would be interested in a placement of some kind but for a variety of reasons have not been able to be involved with an industry program or project.

Please be assured that PhillipsKPA have not been given your contact details and that your responses will only be reported in general and statistical form only.
By participating in this survey you can go into a draw to win an iPad. We encourage you to participate in this survey so that the sector can better understand your need for and interest in all types of industry engagement activities.

The short survey will remain open until 11 October 2019.

We appreciate your time and assistance with the project. If you have any questions, concerns or comments about this survey please contact PhillipsKPA, info@phillipskpa.com.au

Image above: Courtesy of Hedway via Unsplash

**IMPORTANT NOTICES**

**ResourcefulHDR podcast**

The new episode of the ResourcefulHDR podcast features Belinda Fabian. Belinda is a PhD candidate in the Department of Molecular Sciences at Macquarie University where she’s using cutting edge molecular biology and sequencing techniques to study the genes of beneficial bacteria that colonise plant roots. Belinda is in her 3rd year and is supervised by Distinguished Professor Ian Paulsen and Dr Sasha Tetu.

Prior to this, Belinda completed a Bachelor of Science (part-time while working full-time) and Master of

**HDR Professional Development iLearn**

Did you know that the HDR Professional Development iLearn site is filled with information and resources targeted at HDR candidates and Supervisors?

At Macquarie University we recognize that HDR candidates need to develop a range of skills during their candidature to build their employability - whether they are intending to pursue a career in academia or are targeting other sectors. Research Supervisors can use the site to support their HDR candidates and we welcome any suggestions to improve the site.
Research at Macquarie University and was awarded the university medal in Biology for her exceptional results in these programs. Belinda’s Masters project focused on extrafloral nectar production by Australian native plants and this is where her passion for plant biology was ignited.

Before changing to a science pathway, Belinda completed a Bachelor of Commerce – Accounting and Bachelor of Business Administration double degree at Macquarie University and then worked for 11 years in accounting in a private home improvement company. Belinda has tutored in multiple undergraduate Biology and Molecular Sciences units over 5 years and is passionate about preparing students for the workplace and showing the world that there is a lot of creativity in science.

When she’s not doing science, Belinda loves making mixed media art and shares this passion by teaching at a local art & craft store.

Listen to Belinda on the ResourcefulHDR podcast. Also available on Spotify, Google Podcasts, Apple Podcasts and other platforms.

The Professional Development team (Sally Purcell, Professional Skills Program and Catherine Ennis, Industry Engagement and Placements) have created the HDR Professional Development iLearn site with the talented team within the Learning Innovation Hub to provide self-help resources, career stories, information and relevant links.

We welcome feedback and ideas from HDR candidates and research staff to improve the iLearn site.

Email: hdrprofdev@mq.edu.au
Falls After Stroke Trial (FAST) – Call for Participants

The Faculty of Medicine and Health Sciences (FMHS) is seeking participants to take part in the Falls After Stroke Trial (FAST). The aim of this study, which is a collaboration between Macquarie University, Sydney University and Canberra University, is to reduce falls after stroke.

This is a significant trial funded by the NHMRC to test the effect of an innovative home-based tailored intervention which combines functional exercise and safety training.

Researchers are calling for anyone over 65 who has had a stroke within the past five years and who is living at home in the community (not in residential aged care) to be a participant. If you have an elderly parent, grandparent or other relative or friend who meets this criteria visit the website to find out more and/or sign up for the trial / (02) 9351 9989.

Researchers: Professor Lindy Clemson (USYD) and Professor Cath Dean (MQU).
Dr Kate Scrivener is Chief Investigator.
Enquiries: kate.scrivener@mq.edu.au, 0412 095 952.

PhD thesis submission challenges and Life after PhD

HDR Mentors is currently organising their annual peer-to-peer panel discussion forum centred on PhD thesis planning, preparation and submission, and post PhD challenges centred on job seeking anxiety and student visa hurdles in career pathways. This event will be held mid-October 2019.

The forum is designed with the objective of sharing the thesis submission experiences of the panellists at Macquarie University with fellow HDR students. So, come along and participate in this forum to learn, relax and more importantly, be confident in completing and submitting your thesis.

This is a great opportunity to engage and meet other fellow HDR students and Macquarie’s early stage research community! Please keep an eye to your email for details.

Dr Mo Haque, HDR Mentors

WORKSHOPS

Peer Writing Assistance (PWA)

All throughout October – 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 develop stronger academic writing and research skills. More information and to register

### NVivo for PC - Level Two - HDR/MRes Candidates Only

**Wednesday 2 October 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

**Tuesday 8 October 2019, 10.00am – 1pm**

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

### Survey Design Using Qualtrics – HDR/MRes Candidates Only

**Wednesday 9 October 2019, 9.15am – 4pm**

This 3-hour workshop is designed to give participants an introduction to the practice of designing and implementing a survey for research purposes. Register here

### Mindfulness Meditation Sessions Throughout October

**Monday 14 October 2-3pm | Tuesday 22 October 2-3pm**

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

### Scientific Writing for Publication Workshop Series: Discussions
Tuesday 15 October – Wednesday 16 October, 10am-5pm

This workshop on the research article Discussion section forms part of a series of workshops that focuses on key topics and skills for writing science research articles. Register here

Science Research Writing Basics

Thursday 17 October – Thursday 21 November 2019, 2-4pm

This 6-week course introduces students to the basic conventions required for writing up science research. It is aimed at Science MRES and PhD candidates who are either from an ESL background or who have recently returned to university. Register here

Tailoring applications to suit the job (Beyond the academy)

Monday 21 October 2019, 2-4pm

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 in order to make a positive impact. More information and to register

SPSS Introductory Course – HDR/MRes candidates only

Wednesday 30 October 2019, 9.30am – 4.30pm

This full-day workshop will introduce students to the SPSS statistics program. It will combine basic information on the relevance of quantitative research methods with hands-on practice of SPSS. Register here

HDR Dynamic Duos
Adam Johnston, PhD candidate, Macquarie Law School

How did you come to know each other?
We met via being matched in the Industry Mentoring Network in STEM (IMNIS)

What are your shared interests?
Our shared interests are politics in Australia and the UK. We’ve each learned things from the other - knowledge of parts of each system

What do you each bring to the professional relationship?
Amy definitely brings the professional know-how, more contacts and a wicked sense of humour. She’s also the more daring personality – daring to ride a motor scooter on Sydney roads.

What do you appreciate most about Amy?
Amy initiated several ideas and a meeting with another colleague, Adrian. She also ensured that I made it to the National Innovation and Science Awards Dinner. These are things I definitely, would not have done without Amy’s involvement.

What have you gained through your collaboration?
Amy alerted me to the fact that my face lit up when talking about a very specific topic. That was the progress of stem cell research in Australia. I had not realised myself that this was so obvious, even though my academic history includes a Masters’ thesis on genetics and the law.

Amy Moore, Head of External Affairs Australia, Abbvie

How did you come to know each other?
Adam and I were matched through the IMNIS mentoring system. We have met up in different coffee shops over the last 12 months.

What are your shared interests?
When I was originally asked to consider being a mentor for IMNIS, while keen to support such a great programme, I wondered whether my non-science background would permit me to be of use to any of the candidates. I was delighted to meet Adam and enter into deep discourse on the machinations of the political systems both in Australia where I work and UK where I am from – awesome convos!

What do you each bring to the professional relationship?
Adam has a sound knowledge and background to the Australian political system and the history, particularly the Liberal Party! He has also shared his frustrating experiences in trying to raise awareness of the plight of people attempting to make use of the NDIS.

What do you appreciate most about Adam?
I have really appreciated the opportunity to chat politics with someone who has a deep understanding but perhaps not always a similar view – makes for great conversations! Adam is not afraid to state his view but is open to suggestions and I am impressed with his tenacity in pursuing his goal.
My own involvement with the NSW Stem Cell Network has brought me in contact with exception people, whose work should ultimately allow us to cure chronic illness and disability, if we fund them sufficiently. As someone with cerebral palsy, the thought of a world not blighted by impairment and related ills is the Holy Grail of Medicine.

What was a particular hurdle you worked through, together?
I don’t believe we have faced hurdles. We were matched quite deliberately due to similarities in background and interest. And I think that has showed.

From this relationship, what do you think you will take with you into your professional/research future?
I am now more confident in understanding what drives me, in terms of both career and research interests. From initial discussions where I wanted to lobby government over the failings of the NDIS, I’ve moved to also want to sell a viable solution. This is promoting our medical researchers being properly funded to bring forward cellular and genetic cures to chronic illness. I am more settled in my idea of what I want my career (however it turns out) to focus on, and what sort of legacy it might leave.

What have you gained through your collaboration?
An appreciation of life with cerebral palsy. Adam does not let his condition deter him but, through experience, is wise to what he needs to pay attention to for his health and happiness. Toilets, Taxis and Tables in coffee shops must all be navigated. I am in awe of what Adam has achieved through his academic and professional career and his determination to continue to shine a light on patients who have less verve than himself – GO Adam!

What was a particular hurdle you worked through, together?
(One of) Adam’s goals is to be paid for his expertise (as well he should be!) and find employment which suits his passion and his flexible requirements – it wasn’t a hurdle we were able to overcome – yet - but explored opportunities around raising the profile of both the issues he is keen to promote and his expert knowledge and added value he can bring.

Adam Johnston, Macquarie Law School

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](http://your.mq.edu.au) for further information on how to contribute.

Remember to listen to the [ResourcefulHDR podcast](http://www.resourcefulhdr.com) and if you are interested in being a guest please email sally.purcell@mq.edu.au