

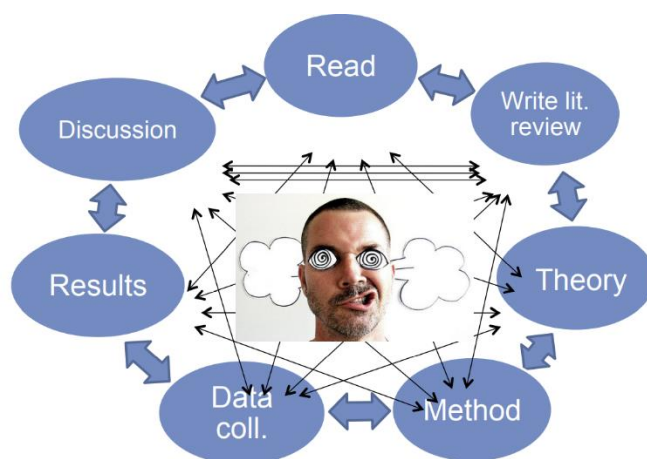
Top Tips for HDR Candidates

Wondering how to stop yourself going insane during your research writing? Not sure where to start or how to keep going? You may feel as if you've wasted time. You may feel as if you're not making progress. You will probably question why you're doing it!

BUT...these feelings are normal. Below are some tips to manage your worries proactively and connect with others in the HDR community.

Study Tips

Research writing is not linear! There will be days where you feel as though you are not making progress—maybe even going backwards! This is a normal part of thesis writing.



- Set up a weekly schedule. Ensure you have realistic goals for the amount of time available for your research. If you will not have enough time to reach your weekly goal, do you need to rethink your goals? Or extend your timeline? Or find some extra time for your research?
- On study days, break tasks into small chunks and keep a record of your progress. At the end of the day, acknowledge what you have achieved! What have you done today that wasn't there yesterday?
- What techniques will you use to maximise study time? Choose techniques that suit you and use them. Does the Pomodoro Technique help you stay focused? Or is free-writing useful? Should you pre-schedule meetings with supervisors to motivate you to stick to deadlines?

Relationships with Supervisors

Be proactive in managing your relationships with your supervisors. Establish clear processes early; ensure both you and your supervisors have the same expectations about when you will meet, how you will meet and what you will discuss. Let your supervisor know of any personal commitments so that any boundaries to your research writing are known to them. Your supervisors should know your reasons for researching your chosen topic and your goals for the future. Be honest and open with them. Importantly, if you are unclear on their advice, speak up! Do not just carry on with your research when you are unsure of what your supervisors have said. If you are experiencing issues with your supervisors that cannot be resolved, Graduate Research can provide information on appropriate persons to contact.

Get Involved!

UNSA, The University of Newcastle Students' Association hosts many weekly events for students. Events include study and writing sessions, relaxation and stress relief workshops, sessions on overcoming imposter syndrome, free lunches, Free Food Friday, trivia, live entertainment and much more! Some sessions are open for all students and others are specific to HDR students. Details are available on their website: <https://unsa.org.au/>

Graduate Research provide information on the entire HDR journey from application to completion of your HDR project. They can also organise Student Peer Advisors, computing support and they run the annual 3 Minute Thesis (3MT) competition where students have only three minutes to present their research! Details are available on their website: <https://www.newcastle.edu.au/study/research>

Other Support

Academic Learning Support runs HDR workshops throughout the year. They're free and you can attend as many as you like. Each session has a different focus and is a great way to connect with other HDR students whilst learning some new skills. You can also book an Individual Consultation with an HDR Learning Adviser for specific writing advice tailored to you. Details are available online: <https://www.newcastle.edu.au/current-students/support/academic/workshops-consultations-advisors> or call 02 4921 5350.

Counselling is available for free to all students. Students can make individual appointments or visit via online drop in. Counselling is available for personal and academic support. Details are available on their website: <https://www.newcastle.edu.au/current-students/support/personal/counselling/access-support>

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