Are you feeling overwhelmed by your thesis?

Have you started to question why you started your Thesis/PhD in the first place?

Do you feel like you’re climbing a mountain and you can’t see the top?

Finishing a thesis can be similar to climbing a mountain. Initially you feel fresh, maybe even a little inspired and motivated and years later after exploring many dead ends you begin to wonder why you ever thought that embarking on this climb was a good idea.

You’re tired of:
- Trying to please supervisors.
- The thesis dominating every waking thought.
- Feeling that every minute needs to be devoted to the thesis.

Tips
- Set a realistic and achievable deadline for submission in collaboration with your supervisor.
- Make a plan of how you will meet the submission deadlines by using your time management skills.
- Use a weekly planner to record other commitments such as lectures, work, social events. This allows you to clearly see available study time.
- Buy a diary and keep a record every day of what you have done so there is a sense of satisfaction in your accomplishments for the day.
- Start writing, anything! The first drafts will be incomplete but they are a start and better than blank paper.
- Make a list of things that you need to do – don’t waste your brain power by trying to keep track of them in your head.
- Stay on track. Following tangents can break concentration so add new ideas to your list and come back to them later.
- Write the easier parts first, for example, methods and results, and leave the harder parts for later. This will give you a feeling of accomplishment and build your confidence.
- Schedule regular, short breaks from tasks and larger breaks to refuel. Remember it is the quality, not the quantity, of time spent working on a task.
- Seek support from others in the same or similar position – sharing the load can help ease the burden.
- Don’t ignore all other aspects of your life – remember to still have fun, socialise, eat regularly, go for walks or exercise and get plenty of good sleep.
- Be prepared for feedback and suggested changes when you submit your thesis regardless of the time you have spent on it or how perfect you think it is.

Online resources
PhinisheD
www.phinished.org
ThinkWell
www.ithinkwell.com.au