



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

A discussion and support group for people having difficulty finishing their PhD or thesis
<https://discord.com/invite/HXzKwMdjRX>

ThinkWell

www.ithinkwell.com.au

Pomodoro Technique

Try a time management strategy to improve productivity and focus.
www.youtube.com/watch?v=mNBmG24djoY

This Way Up - Student Wellbeing Program

A free online course with practical strategies for coping with stress and study.
www.thiswayup.org.au/programs/student-wellbeing-program



Access support and more information

www.newcastle.edu.au/counselling or call (02) 4921 6622

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