Making the most of your research training experience

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Somewhere inside all of us is the power to change the world

- Roald Dahl
Being a scientist is the most exciting thing I can possibly imagine to be
Expert

An expert

experience through

extensive knowledge
called in for advice.
Research Degree

Game Plan
Setting goals help guide your focus, trigger actions and behaviours to help you succeed.
Set goals

Plan

Communication
Write early and regularly
Set goals

Be mentored

Communication

Plan

Write

Supervisors

Emotional, psychological, moral support

Role model
Set goals
Be mentored
Communication
Plan
Write
Get involved
Committees
Set goals
Be mentored
Communication
Plan
Get involved
Network
Success
Write
Network
Get involved
Be mentored
Write
Communication
Plan
Set goals
Success
What people see

Success

What people don’t see

Obstacles
Persistance
Hard work
Set-backs
Motivation
Criticism
Rejection
Discipline
Failures
Mistakes
How to deal with failure?

Accept that you are going to fail – A LOT!
Take a break
Reframe your problem
Focus on learning
Reach out for help
20-30% PhD students drop out in Australia
Up to 50% in USA
Focus on the bigger picture
Celebrate the successes
Stay hydrated
Eat healthy
Sleep well
Exercise
Yes, I can!

Change your perspective
Perfect can be the enemy of progress
Finished is better than perfect
Supportive network
Recognise your expertise
Realise no one is perfect
Every journey is unique
Anxiety and Depression

Almost 50% of PhD and 40% Masters students in US are depressed

Don’t be afraid to ask for help
<table>
<thead>
<tr>
<th>Student Wellbeing Advisory Service</th>
<th>Other resources and workshops</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone: 1800 244 043</td>
<td>Anxiety Skills Group</td>
</tr>
<tr>
<td>Email: <a href="mailto:studentwellbeing@curtin.edu.au">studentwellbeing@curtin.edu.au</a></td>
<td>Mindfulness</td>
</tr>
<tr>
<td></td>
<td>Stress management</td>
</tr>
<tr>
<td>Curtin Counselling Services</td>
<td>Meditation</td>
</tr>
<tr>
<td>Phone: (08) 9266 7850</td>
<td>Many more…</td>
</tr>
<tr>
<td>Visit level 2 of Building 109</td>
<td></td>
</tr>
</tbody>
</table>
Are you ready to open a whole new world of possibilities?
Good luck!