Making the most of your research training experience

Lelinh Duong
4th year PhD student
School of Pharmacy and Biomedical Sciences
lelinh.duong@postgrad.curtin.edu.au
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
An expert
Research Degree
Game Plan
Setting goals help guide your focus, trigger actions and behaviours to help you succeed.
Set goals
Plan

YOUR PLAN

REALITY

PH. D.
Set goals
Plan
Communication
Write early and regularly
• Supervisors
• Professional and career
• Emotional, psychological, moral support
• Role model
Club and Societies
Committees
Outreach
Set goals
Be mentored
Communication
Plan
Get involved
Write
Network
Success
What people see

Obstacles
Hard work
Motivation
Rejection

What people don’t see

Persistence
Set-backs
Criticism
Discipline
Mistakes

Failures
How to deal with failure?

Accept that you are going to fail – A LOT!
Keep calm and take a break
Reframe your problem
Focus on learning
Reach out for help
“Success is the ability to go from one failure to another with no loss of enthusiasm”

- Winston Churchill
Focus on the bigger picture
Enjoy yourself and celebrate the successes
Stay hydrated
Eat healthy
Sleep well
Exercise
Support network
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
Student Wellbeing Advisory Service
Phone: 1800 244 043
Email: studentwellbeing@curtin.edu.au

Curtin Counselling Services
Phone: (08) 9266 7850
Visit level 2 of Building 109

Other resources and workshops
Anxiety Skills Group
Mindfulness
Stress management
Meditation
Many more…
Leadership

Problem-solving

Critical thinking

Communication

Teamwork

Expertise
Are you ready to open a whole new world of possibilities?
Good luck!