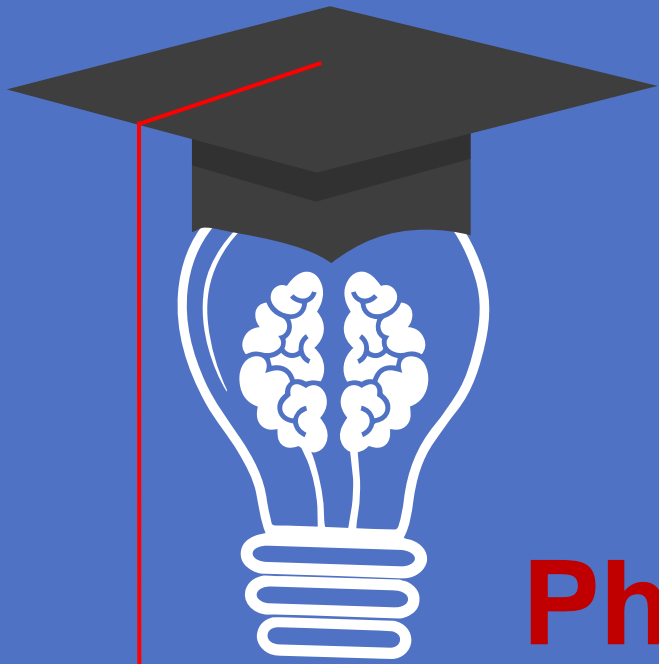


Managing Your PhD Workload

Presenter: Marty Pham (UWA PhD Graduate)



PhD Workload



Thesis
Management



Teaching



Other
Activities

Thesis Management

- A piece of original research requires considerable amount of time and efforts for locating resources, planning, gathering data, communicating your findings...and **THINKING!**
- The volume of work is far **UNSTRUCTURED.**



Break down your research projects and build a long-term plan



Set your own deadlines

Deadlines are of great support to keep you on track. Best if you can agree them with your supervisors.



Keep motivating yourself

Research involves many ups and downs that need you to be resilient and open to out-of-the-box changes.

Be proactive and independent thinker!

Working with supervisors is not doing what your supervisors ask, but you should go deeper and show your independent opinions.

Thesis Management

01

02

03

04

Research Ideas

Literature Review

Data & Analysis

Writing

Research articles → research gaps

News articles → anecdotal evidence to support your hypothesis.

“Small” talk with your PhD fellows or invited presenters at your university’s research seminar.

Identify and summarize methodologies and findings of key (and recent) literature related to your research idea.

Be organized when building your literature folders. Separate the folder of key literature to that of literature might be useful but less relevant.

Name your articles in a logical way that helps you easily search for it.

Take your time to thoroughly understand your data. Do not rush!

Keep yourself aware of up-to-date research methodologies.

Go beyond what your supervisors requested. Build more tests based on prior literature and make sure that you could master testing techniques.

Adopt a writing style by reading high-quality articles and your supervisors’ publications

Avoid listing down or summarizing. Make every sentence connected, sharp and meaningful.

Ask other academic staffs within your discipline or your PhD fellows to read your work.

Thesis Management

80%

Stress & Loneliness



Seek help from your supervisors and PhD fellows

- Do not over-commit!
- Speaking for yourself to your supervisors: sharing your concerns and requesting advices.



A Big Accomplishment!

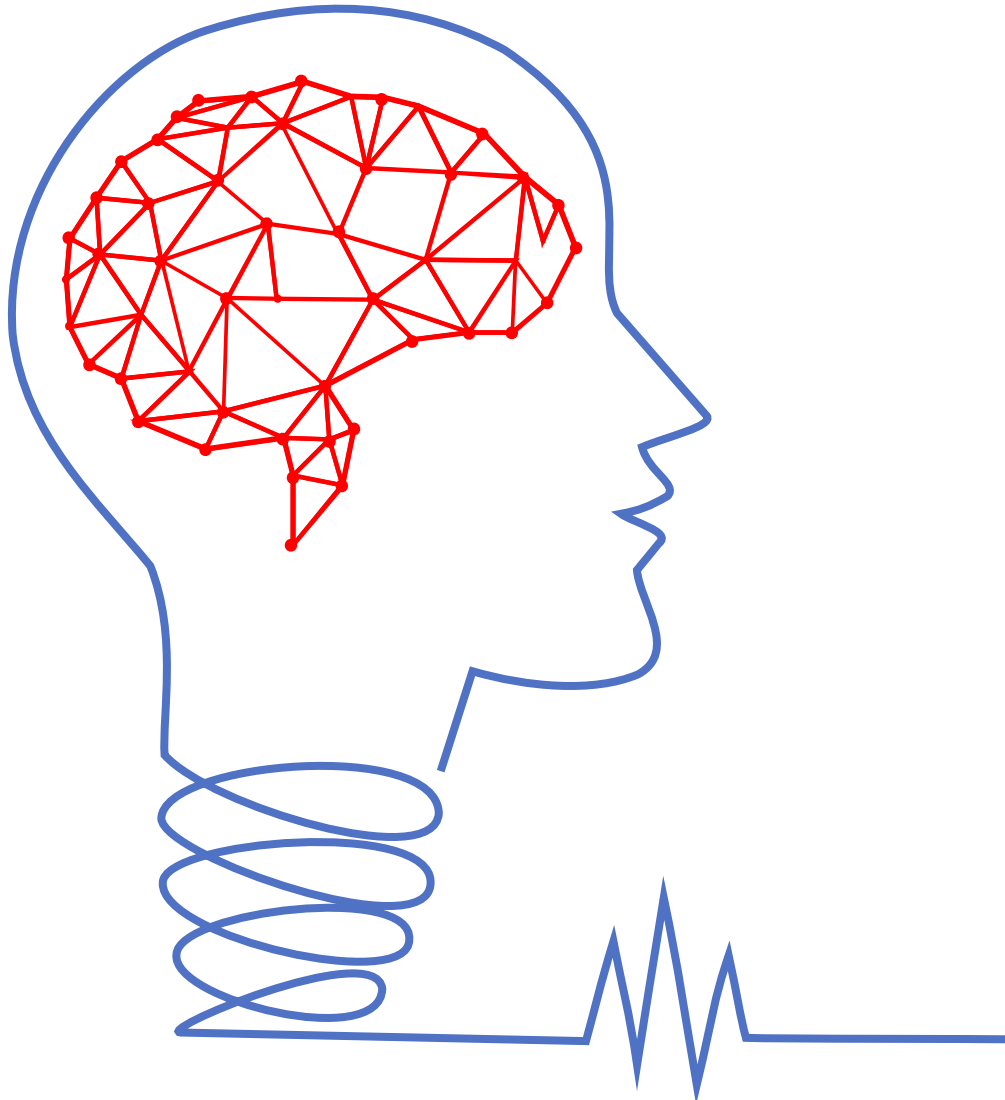
Completing your PhD dissertation is evidence of your hard-work and dedication to research. It proves you a capable and independent researcher



Rewarding

90%

Teaching



01

Teaching is an essential part of PhD workload. Teaching not only helps you build your interpersonal skills, but also refreshes your points of view while doing research.

02

In the first year of your PhD candidature, look for tutorial opportunities for several courses that might be different from your research interest → more time to manage your teaching, but valuable research ideas and teaching skills. (**40%** for teaching and **60%** for research)

03

In the third or fourth year, you can ask for guest lecturing or tutoring the courses of your “expertise” → easy to manage and deliver the best quality of teaching to your students. (**20%** for teaching and **80%** for research).

04

Design or negotiate for a teaching schedule that would not really consume your research time. One or two days of a week would be best!

Other Activities

Prioritize tasks

Not all research activities will add value to your PhD journey.

01

Know when to say **NO!**

03

Research Networking

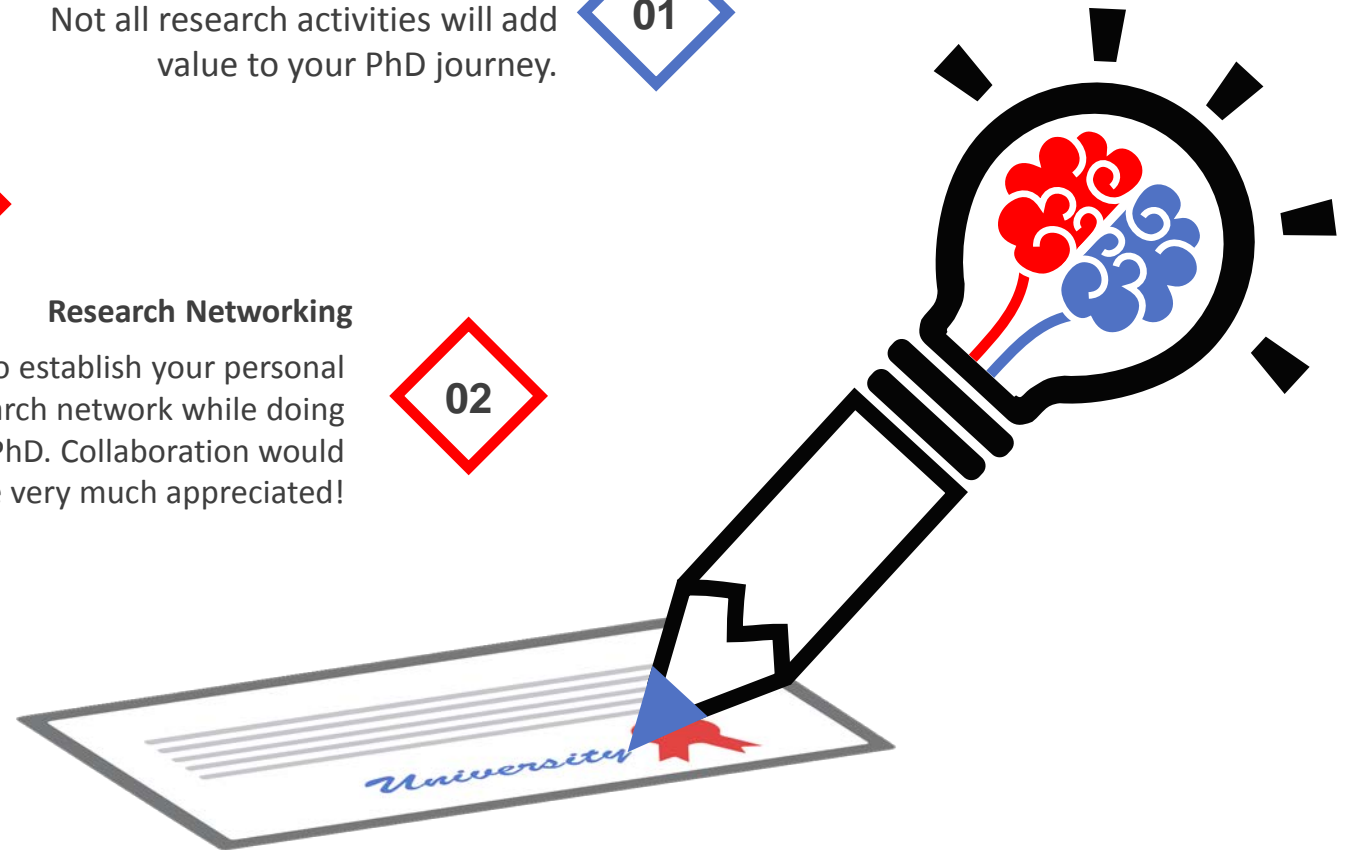
Try to establish your personal research network while doing your PhD. Collaboration would be very much appreciated!

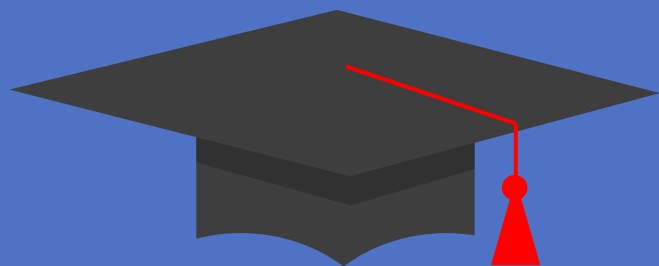
02

Treat yourself well!

Simply treat yourself after a long day/week or month of working. Take a few days off shall keep you stay positive!

04





THANK YOU