

## Resources to support HDR candidates:

Tools	Link	Topics
<b>Counselling &amp; Psychological Services (CAPS)</b> <b>Mind Smart</b> Self-Help Guides	Via Moodle: <a href="http://moodle.telt.unsw.edu.au/course/view.php?id=18117">http://moodle.telt.unsw.edu.au/course/view.php?id=18117</a>  Via the web: <a href="https://student.unsw.edu.au/mindsmart">https://student.unsw.edu.au/mindsmart</a>	Research suggests these topics will grow resilience, psychological flexibility and self-management capacity. <ul style="list-style-type: none"> <li>• Exams with less stress (useful for building understanding of stress and strategies for managing)</li> <li>• Making the most of feedback</li> <li>• Giving Feedback</li> <li>• Sleep</li> <li>• Mindfulness</li> <li>• Growth Mindset</li> </ul> <p><b>For HDRs - giving &amp; receiving feedback</b> is highly relevant to the creative and co-creative process</p>
The Learning Centre <b>Academic Skills</b>	<a href="https://student.unsw.edu.au/research-skills">https://student.unsw.edu.au/research-skills</a>	<p><b>Support activities &amp; Workshops:</b></p> <ul style="list-style-type: none"> <li>• Shut up &amp; write café meet-ups</li> <li>• Writing a thesis proposal</li> <li>• Giving your first Conference paper</li> </ul> <p><b>Short courses:</b></p> <ul style="list-style-type: none"> <li>• Advanced Academic Writing for HDR ESL students</li> <li>• Talking about your Research: An advanced course in Oral Communication</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>• Literature Review</li> <li>• PhD career development program</li> </ul> <p>Note: workshops can be organised on request for a group of 5 more research candidates who would like a specific workshop or a Thesis Writing Program. Contact Prof. Sue Starfield, Director of the Learning Centre to discuss:  <a href="mailto:s.starfield@unsw.edu.au">s.starfield@unsw.edu.au</a></p>

	<a href="https://student.unsw.edu.au/skills">https://student.unsw.edu.au/skills</a>	<ul style="list-style-type: none"> <li>• Working with Academic Integrity online module (1 hr)</li> <li>• Online academic writing workshop</li> <li>• Thesis writing Support Program for PR students</li> <li>• Conversation Café (practice 'everyday' English speaking and build social networks)</li> </ul>
The Learning Centre <b>Academic Skills resources and links</b>	<a href="https://student.unsw.edu.au/research-skills">https://student.unsw.edu.au/research-skills</a>	<ul style="list-style-type: none"> <li>• UNSW academic skills guides</li> <li>• Thesis writing resources</li> <li>• Conference and research presentations resources</li> <li>• Books</li> <li>• Advice and humour</li> <li>•</li> </ul>
<b>Time Management</b>	<a href="https://student.unsw.edu.au/time-management">https://student.unsw.edu.au/time-management</a>	6 steps to time management success
<b>Time Management</b> Via Lynda.com online training (available for free for all UNSW staff and students via IT@UNSW)	Log in: <a href="https://www.it.unsw.edu.au/catalogue/lynda.html">https://www.it.unsw.edu.au/catalogue/lynda.html</a>	<ul style="list-style-type: none"> <li>• Time Management Fundamentals - in depth course (2h 51m)</li> <li>• Efficient time management (1hr 58m)</li> </ul>
<b>Stress Management</b> Via Lynda.com online training (available for free for all UNSW staff and students via IT@UNSW)	<a href="https://www.it.unsw.edu.au/catalogue/lynda.html">https://www.it.unsw.edu.au/catalogue/lynda.html</a>	<ul style="list-style-type: none"> <li>• Managing Stress (21m)</li> </ul>
<b>Graduate Research School (GRS)</b> (GRS)Events for Postgraduate Research Candidates	<a href="https://research.unsw.edu.au/events-postgraduate-research-candidates">https://research.unsw.edu.au/events-postgraduate-research-candidates</a>	<ul style="list-style-type: none"> <li>• Induction for PG Researchers</li> <li>• Annual Progress Review Seminars</li> <li>• Thesis Submission Seminar</li> <li>• 3MT Thesis Competition</li> <li>•</li> </ul>
<b>Researcher Development Unit (RDU)</b> Workshops, Events , Networks for all researchers	<a href="https://research.unsw.edu.au/document/rdu_yearly_calendar_workshops.pdf">https://research.unsw.edu.au/document/rdu_yearly_calendar_workshops.pdf</a>  view schedule to see what is currently open for	Workshops & Events relevant to HDRs: <ul style="list-style-type: none"> <li>• Planning to Publish....first steps</li> <li>• The How and Why of the writing for <i>The Conversation</i></li> </ul>

	registration (changes regularly) & review hyperlinks to read more	<ul style="list-style-type: none"> <li>• An Academic Profile...first steps in career building</li> <li>• Principles in preparing a budget application (for grants)</li> <li>• Courageous conversations: Fundamentals for improving the way you negotiate</li> <li>• 3MT - Workshop series</li> </ul>
<b>Stats Central</b> Statistical consulting unit to support staff and students during study design and analysis	<a href="http://www.analytical.unsw.edu.au/stats-central">http://www.analytical.unsw.edu.au/stats-central</a>	<ul style="list-style-type: none"> <li>• Consulting service (free) for postgraduate research degree candidates</li> <li>• Short courses</li> <li>• Stats Central Grant Reviews</li> </ul>
<b>Thinkwell:</b> <b>Time for Research: Publication</b> <b>\$19.95</b> (Either hardcopy or electronic)	<a href="http://www.ithinkwell.com.au/time-for-research">http://www.ithinkwell.com.au/time-for-research</a>	Covers strategies to help with rolling deadlines, dealing with distractions and interruptions, managing paper and staying motivated.
<b>Thinkwell:</b> <b>Planners &amp; guides (all free)</b>	<a href="http://www.ithinkwell.com.au/resources">http://www.ithinkwell.com.au/resources</a>	<b>Planners for:</b> <ul style="list-style-type: none"> <li>• Writing</li> <li>• Thesis planner (excellent to use/review together in supervisory meetings &amp; plan for first milestone - Confirmation Review)</li> <li>• Publication and priority goal setting</li> <li>• To day List/Weekly/ Six month etc.</li> </ul>
<b>Blog:</b> <b>The Thesis Whisperer</b>	<a href="https://thesiswhisperer.com/useful-resources-for-students-and-supervisors/">https://thesiswhisperer.com/useful-resources-for-students-and-supervisors/</a>	<ul style="list-style-type: none"> <li>• Resources for students &amp; supervisors</li> <li>• Motivation</li> <li>• Writing</li> <li>• Getting things done</li> <li>• Connection with other PhD Candidates</li> <li>• Humour</li> </ul>