UC HDR Candidate Development Program Semester 2 2023

Overview

The University of Canberra Higher Degree by Research (HDR) Development team delivers development programs and workshops for our Higher Degree by Research (HDR) candidates. The full program is available on the HDR Development Calendar. A personalised list of suggested workshops based on your 'HDR candidate' profile is available on the Inkpath App. Upcoming events are also highlighted in the HDR Development newsletter which goes out fortnightly on Thursdays to HDR candidates and registered UC HDR Supervisors; others may be added to the HDR-updates mail list by request (email HDRdevelopment@canberra.edu.au to be added).

The HDR Development team

The HDR Development team can be contacted at HDRdevelopment@canberra.edu.au We are:
- Dr Fern Hyde –Manager, HDR Development
- Genevieve Mills – Training and Events Coordinator

HDR Development Program streams

The HDR Development general program is organised around the following program streams:
- Writing and networking events (Shut Up and Write, Writing Intensives, Writers' Group, Lunch on the Lawn)
- Productivity
- Academic writing and communication
- Careers
- HDR Wellbeing including HDR Wellbeing program (S1 and S2 intakes)

We also have special events and training schedules:
- HDR Orientation (S1 and S2 intakes)
- Three Minute Thesis including preparation training schedule
- HDR Bazaar (conference) within Research Festival, including preparation development sessions for presenters

All workshops align with the Researcher Development Skills Framework, with the codes indicated in the HDR Development Calendar, and the Inkpath App to help you manage your research skill development and training plan. All general program stream offerings are detailed in the Semester 2 2023 HDR Development Training Program over the following pages* as well as on the HDR Development Calendar, and in the Inkpath App.

All details are correct at time of publication. Please refer to Inkpath for the most current information. In rare occasions a session's details may change; in these cases all registered participants will be notified.

Faculty-based Development Events

Faculties and other areas at UC such as Library and Study Skills also deliver excellent training for HDR candidates. If advised of upcoming events organised by other areas, they will appear in the HDR Development calendar, in Inkpath (with links to the area's preferred booking system) and may feature in the HDR Development newsletter.
Sometimes we partner together for specific offerings. For example, the sessions delivered by Careers UC are designed specifically for HDR candidates.

Researcher Development and Supervisor Development Events

Research Services coordinate the Researcher Development program for academic and research staff. This includes the Early Career Academic Researcher Development (ECARD) program and mid-career researcher development offerings.

Semester 2 2023 HDR Candidate Development training program by month HDRdevelopment@canbera.edu.au

July	August	September	October	November/December
Shut Up and Write Thurs 6 July 9:25am – 11:45am In person register	**Wellbeing program information session** Wed 2 Aug 12:30pm – 1:00pm Online register	**Academic Progress Report** Self-paced Supervisors register Candidates register	**Creating a positive work future** Wed 4 Oct 10:00am – 11:30am Online register	**Shut Up and Write** Thurs 2 Nov 9:25am – 11:45am In person register
Shut Up and Write Thurs 13 July 9:25am – 11:45am In person register	**HDR Orientation Planning your PhD** Wed 2 Aug 4:00pm - 6:00pm Online register	**Turbocharge Writers' group** Mon 4 Sept 1:00pm – 2:00pm *Registered participants only*	**Shut Up and Write** Thurs 5 Oct 9:25am – 11:45am In person register	**Turbocharge Writers' group** Mon 6 Nov 1:00pm – 2:00pm *Registered participants only*
Lunch on the Lawn Thurs 13 July 12:00pm – 1:00pm In person register	**Shut Up and Write** Thurs 3 Aug 9:25am – 11:45am In person register	**Shut Up and Write** Thurs 7 Sept 9:25am – 11:45am In person register	**Data visualisation** Mon 9 Oct 2:30pm – 4:30pm **TBC** In person register	**Defeating self-sabotage** Wed 8 Nov 12:30pm – 1:30pm Online register
Shut Up and Write Thurs 20 July 9:25am – 11:45am In person register	**HDR Orientation International students** Wed 9 Aug 4:00pm – 6:00pmOnline register	**Principles of Research** Thurs 7 Sept and Fri 8 Sept 9:30am – 12:30pm *Enrolled students only*	**Turbocharge Writers' group** Mon 9 Oct 1:00pm – 2:00pm *Registered participants only*	**Shut Up and Write** Thurs 9 Nov 9:25am – 11:45am In person register
Shut Up and Write Thurs 27 July 9:25am – 11:45am In person register	**Shut Up and Write** Thurs 10 Aug 9:25am – 11:45am In person register	**Practice of Research** Thurs 7 Sept and Fri 8 Sept 1:30pm – 4:30pm *Enrolled students only*	**Creating a budget that works** Wed 11 Oct 12:30pm – 1:30pm Online register	**Lunch on the Lawn** Thurs 9 Nov 12:00pm – 1:00pm In person register
HDR Orientation Welcome Thurs 27 July 9:30am – 12:00pm In person or online register	**Lunch on the Lawn** Thurs 10 Aug 12:00pm – 1:00pm In person register	**Turbocharge Writers' group** Mon 11 Sept 1:00pm – 2:00pm *Registered participants only*	**Candidates Talk: Things they didn't tell you at Orientation** Wed 11 Oct 4:00pm – 5:30pm Online register	**Overcoming the mid-degree slump** Thurs 9 Nov 2:30pm – 3:30pm online register
HDR Orientation Library and Study Skills Thurs 27 July 1:30pm – 3:30pm hyflex register	**MS Word for dissertations part 1** Wed 16 Aug 10:00am – 12:00pm online register	**Communicating positively** Wed 13 Sept 12:30pm – 1:30pm Online register	**Shut Up and Write** Thurs 12 Oct 9:25am – 11:45am In person register	**Turbocharge Writers' group** Mon 13 Nov 1:00pm – 2:00pm *Registered participants only*
HDR Orientation PhD Plus overview Thurs 27 July 4:00pm – 5:00pm hyflex register	**HDR Orientation Ethics, integrity, and research data management** Wed 16 Aug 4:00pm – 6:00pm online register	**Shut Up and Write** Thurs 14 Sept 9:25am – 11:45am In person register	**Lunch on the Lawn** Thurs 12 Oct 12:00pm – 1:00pm In person register	**Promoting yourself and your research** Wed 15 Nov 10:00am – 12:00pm Online register
	Shut Up and Write Thurs 17 Aug 9:25am – 11:45am In person register	**Lunch on the Lawn** Thurs 14 Sept 12:00pm – 1:00pm In person register	**Writing productively** Mon 16 Oct 10:00am – 12:00pm Online register	**Shut Up and Write** Thurs 16 Nov 9:25am – 11:45am In person register
	Principles of Research Thurs 17 Aug and Fri 18 Aug 9:30am – 12:30pm *Enrolled students only*	**Turbocharge Writers' group** Mon 18 Sept 1:00pm – 2:00pm *Registered participants only*	**Turbocharge Writers' group** Mon 16 Oct 1:00pm – 2:00pm *Registered participants only*	**Turbocharge Writers' group** Mon 20 Nov1:00pm – 2:00pm *Registered participants only*
	Practice of Research Thurs 17 Aug and Fri 18 Aug 1:30pm – 4:30pm *Enrolled students only*	**Spring Writing Intensive** Mon 18 Sept 9:15am – 4:45pm In person register	**Shut Up and Write** Thurs 19 Oct 9:25am – 11:45am In person register	**Empowering through active listening and support** Wed 22 Nov 12:30pm – 1:30pm Online register
	Turbocharge your writing webinar Mon 21 Aug 1:00pm – 2:30pm online register	**Spring Writing Intensive** Tues 19 Sept 9:15am – 4:45pm In person register	**Principles of Research** Thurs 19 Oct & Fri 20 Oct 9:30am – 12:30pm *Enrolled students only*	**Shut Up and Write** Thurs 23 Nov 9:25am – 11:45am In person register

Current as of Monday 11 September 2023

August	September	October	November / December
MS Word for dissertations part 2 Wed 23 Aug 10:00am – 12:00pm online register	**Academic CV writing** Wed 20 Sept 10:00am – 11:30am In person register	**Practice of Research** Thurs 19 Oct and Fri 20 Oct 1:30pm – 4:30pm *Enrolled students only*	**Turbocharge Writers' group** Mon 27 Nov 1:00pm – 2:00pm *Registered participants only*
HDR Orientation Planning your academic writing Thurs 23 Aug 4:00pm – 6:00pm Online register	**Shut Up and Write** Thurs 21 Sept 9:25am – 11:45am In person register	**Turbocharge Writers' group** Mon 23 Oct 1:00pm – 2:00pm *Registered participants only*	**Improving your own writing** Tues 28 Nov 2:00pm – 4:00pm Online register
Shut Up and Write Thurs 24 Aug 9:25am – 11:45am In person register	**Turbocharge Writers' group** Mon 25 Sept 1:00pm – 2:00pm *Registered participants only*	**Building the right exercise program** Wed 25 Oct 12:30pm – 1:30pmOnline register	**Shut Up and Write** Thurs 30 Nov 9:25am – 11:45am In person register
EoIs close for Turbocharge your writing 12-week group Mon 28 Aug 11:45pm Submit EOI	**Understanding your skills** Wed 27 Sept 12:30pm – 1:30pm Online register	**Shut Up and Write** Thurs 26 Oct 9:25am – 11:45am In person register	**Turbocharge Writers' group** Mon 4 Dec 1:00pm – 2:00pm *Registered participants only*
Writing under pressure Tues 29 Aug 10:00am – 4:00pm ANU register	**Shut Up and Write** Thurs 28 Sept 9:25am – 11:45am In person register	**Turbocharge Writers' group** Mon 30 Oct 1:00pm – 2:00pm *Registered participants only*	**Gut-health and stress** Wed 6 Dec 12:30pm – 1:30pm Online register
The story and logic of your thesis Tues 29 Aug 2:00pm – 4:00pm online register	**Principles of Research** Thurs 28 Sept and Fri 29 Sept 9:30am – 12:30pm *Enrolled students only*		**Shut Up and Write** Thurs 7 Dec 9:25am – 11:45am In person register
MS Word for dissertations part 3 Wed 30 Aug 10:00am – 12:00pm online register	**Practice of Research** Thurs 28 Sept and Fri 29 Sept 1:30pm – 4:30pm *Enrolled students only*		
HDR Orientation You and your supervisor Wed 30 Aug 4:00pm – 6:00pm In person register			
Manage your energy, not your time Wed 30 Aug 12:30pm – 1:30pm Online register			
Shut Up and Write Thurs 31 Aug 9:25am – 11:45am In person register			
Three Minute Thesis UC Final Thurs 31 Aug 5:30pm – 8:00pm In person register			

Legend

Writing and networking events
Q1.1 Self-management
Q1.2 Career management

Productivity
Q1.1 Self-management
Q1.3 Leadership & interpersonal skills
Q2.2 Data management, digital literacy and administration

Academic writing and communication
Q3.1 Academic writing and literacy
Q3.2 Verbal and visual communication
Q3.3 Publication and dissemination

Careers
Q1.2 Career management
Q4.2 Knowledge, education and innovation
Q4.3 Outreach and influence

Wellbeing program
Q1.1 Self-management

Special events
HDR Orientation
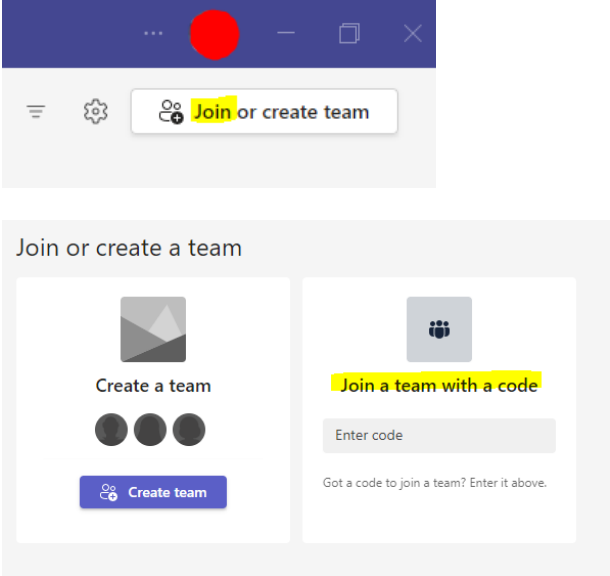Three Minute Thesis

PhD mandatory coursework units

HDR Development S2 2023 Workshops – Writing and networking events

Writing events are designed to bring researchers together to make progress with their writing. Finding time to focus on writing can be tricky in a busy academic schedule but setting appointments to write is an effective strategy. Development team offer snack and binge writing. Writing at weekly *Shut Up and Write* (snack) or *Writing Intensives* (binge) provides an opportunity to write but also connect with colleagues from across the university to discuss writing and research.

This stream focuses on the following skills:
- Q1.1 Self-management
- Q1.2 Career management

Writing and networking events	Date	Time	Mode
Shut Up and Write (*Snack writing*) Presented by UC HDR Development team *Q1.1 Self-management*	**Weekly on Thursday**	**9:25am – 11:45am**	**In person Various locations**
HDR candidates and researchers are invited to take some time to be social and productive with their writing. We use the pomodoro method of 25 minutes of focused writing with 10-minute breaks. This method is perfect for working on a chapter, report or journal articles. If you're deep into coding and analysis but not ready to start writing, we still invite you to come along When held in person, the HDR Development team will buy participants a beverage from a café on campus. Go to the HDR Development Calendar to register.			
Shut Up and Write (*Snack writing*) Organised by HDR Development Candidate-led **starting Mon 31 July** *Q1.1 Self-management*	**Weekly on Mondays AND Tuesdays**	**9:30am – 12:00pm** **3:00pm – 5:30pm**	**Online**

Do you want to be social with your writing but can't attend the Thursday morning Shut Up and Write group on campus? HDR Development are hosting two online sessions in the Shut Up and Write channel of the Academic Writers' Group Teams drive.

Online recurring Teams meetings are already scheduled. If you are not already a member of the Academic Writers' Group Teams channel follow the instructions to join. These sessions will be candidate-led. The suggested session format below with a suggested timer here.

Monday	Tuesday
9:30 am – join	3:00pm – join
9:35 am – Writing block 1	3:05pm – Writing block 1
10:00am – Break (10 min)	3:30pm – Break (10 min)
10:10am – Writing block 2	3:40pm – Writing block 2
10:35am – Break (10 min)	4:05pm – Break (10 min)
10:45am – Writing block 3	4:15pm – Writing block 3
11:10am - Break (10 min)	4:40pm - Break (10 min)
11:20am – Writing block 4	4:50pm – Writing block 4
11:45am - Finish	5:15pm - Finish

enter code: **17c3475** to join the team

Writing and networking events	Date	Time	Mode
Turbocharge your writing writers' group Presented by HDR Development *Q1.1 Self-management; Q1.3 Leadership & interpersonal skills* Register your interest here	**Eols close** **Mon 28 Aug** Weekly meetings on Mondays from 4 Sept	1:00pm – 2:00pm	Online

HDR Development team are seeking expressions of interest for the S2 Turbocharge Writers' Group that will meet weekly on Mondays 1:00pm – 2:00pm. Expressions of interest close Mon 28 Aug for a group commencing Mon 4 Sept.

HDR Development team's Academic writers' groups can take many forms for different purposes and have varying names. The term 'writers' group' is used by UC HDR Development as it places the emphasis on who the group is for, rather than what happens when the groups meet. Members of writers' groups write more due to increased motivation and confidence from writing in a group and experience decreased anxiety and isolation while producing higher quality work through receiving and giving feedback on writing (Haas, 2014). **UC HRD Development Writers' groups are usually offered twice per year – a journal writing group in Semester 1 and a Turbocharge group in Semester 2.**

In September - December 2023, HDR Development's writers' groups will use a cohort model where a group of around 20 participants will meet weekly and are assigned accountability partners. Each member of this group will also receive a sponsored subscription to the Turbocharge Your Writing Online Coaching Program (by Thinkwell valued at $99.95).

The Turbocharge Your Writing Online Coaching Program consists of weekly activities, tips, and tools to help you increase the productivity of your writing. Participants will engage in the online coaching each week then meet with the Writers' Group and their accountability partner on Mondays (~1 hour) to discuss concepts/issues from the weekly coaching input and to plan your writing goals for the coming week and reflect on your progress from the previous week.

Participants are expected to allocate writing blocks every week to progress towards their goals; this may be one or two longer writing blocks, or shorter blocks on most days. Shut Up and Write on a Thursday morning is a great option!

Participants are asked to commit to:
- 12 weekly online meetings on Tuesdays 1:00pm - 2:00pm starting Monday 4 September, with a break for the October long weekend.
- Engaging with the Turbocharge Your Writing Online Coaching Program (self-paced)
- Allocating time each week for writing

Weekly meetings will include:
- Discussion of online coaching content
- Discussion of progress towards goals and barriers
- Goal setting for the week ahead
- Check in with accountability partner
- Planning writing schedule for the week ahead
- Social interaction and networking

If minimum group numbers are not met for a facilitated group, people who submit an EoI will be encouraged to form a participant led group, which includes being provided a sharing/meeting space in MS Teams and online coaching subscription.

Writing and networking events	Date	Time	Mode
Spring Writing Intensive *(Binge Writing)* Presented by HDR Development team *Q1.1 Self-management*	**Mon 18 Sept** **Tues 19 Sept**	**9:15am – 5:00pm**	**In person** **11B50**

[Click here to register for Monday 18 September](#)
[Click here to register for Tuesday 19 September](#)

The Autumn Writing Intensive is two days of productive and supportive writing/editing time. The morning sessions are long, but the afternoon sessions are short. Café vouchers are provided so you can focus on writing.

In person: Mon, Tues
9:15am: Arrive & Set Up
9:30am: Introductions and share writing goals
9:45 Writing Block 1
10:40am: Morning Tea Break
11:10am: Writing Block 2
12:00pm: Stretch break
12:10pm: Writing Block 3
1:00pm: Lunch break
1:50pm: Writing Block 4
2:30pm: Stretch break
2:40pm: Writing Block 5
3:20pm: Afternoon tea
3:40pm: Writing Block 6
4:10pm: Stretch Break
4:20pm: Writing Block 7
4:45pm: Review Progress & Pack Up

What to bring
Laptop, charger, pens and paper, water bottle, reusable cup for tea/coffee, comfortable clothes, comfortable shoes (especially if you're likely to take a walking break), headphones (if you like to play music).

Binge writing
We've got two full days for you to get new words on the page (or substantial re-writing of old words).
Get the most out of your time by preparing for writing. We'll be working in long writing blocks in the morning and short writing blocks in the afternoon, similar to the Pomodoro technique used in *Shut Up and Write!*

Things to consider in preparation:
- Plan what you will be writing over the days you will be attending
- Set word targets or section targets for each writing block at the start of each day
- Review progress against targets at the end of each day

| Lunch on the Lawn
Organised by HDR Development team
Q4.1 Outreach and influence (profile building; community engagement)
Click the date to register | **Second Thursday of the month:**
13 July
10 Aug
14 Sept
12 Oct
9 Nov | **12:00pm – 1:00pm** | **In person**
Concourse lawns |

Join members of the UC research community for networking and to be social. We'll provide the pizzas you provide the conversation with your colleagues! Join us on the concourse lawns outside Building 2. Please register so we can cater for all participants.
Note: If it's raining or very windy, Lunch on the Lawn will relocate to the Refectory and an email will be sent to all registrants advising of the change. Inkpath will also be updated.

HDR Development S2 2023 Workshops – Productivity

Productivity workshops explore content that helps researchers get things done. This ranges from planning and scheduling to mindsets about how we use our time, to technology that can help you be more productive with your work. MS Word is multi-session, so make sure to put all dates in your calendar!

This stream focuses on the following skills:
    Q1.1 Self-management
    Q1.3 Leadership & interpersonal skills

Productivity	Date	Time	Mode
Microsoft Word for dissertations 3-parts series Presented by Candida Spence, ANU *Q1.1 Self-management; Q2.2 Data management, digital literacy and administration*	**Wed 16 Aug** **Wed 23 Aug** **Wed 30 Aug**	**10:00am – 12:00pm**	**Online**

Note: Participants are expected to attend all three sessions.

Session 1: Formatting your document

This session focuses on how to use Word within an academic setting, how to use Word efficiently to format and navigate long documents, formatting tables, compare documents side by side, formatting breaks and sections and quick keys. Also, track changes, footnotes/endnotes, bookmarks and cross-references will be covered.

Session 2: Maintaining consistency

This session focuses on how to use Word within an academic setting, in particular the features that support the creation of long documents and theses. The session covers setting up a Word template to use for chapters of a thesis. It can be overlaid on current text if you have already begun writing or used to start each chapter. It is recommended to take Putting your thesis all together following this workshop.

Session 3: Putting your dissertation all together

This session focuses on how to use Microsoft Word within an academic setting to add graphics and Excel elements, create and use master documents and subdocuments or inserting chapters in one file, and tables of contents and figures. Also, learn how to format the front sections of a thesis: cover page – declaration – abstract – lists of figures.

Presenter:

Candida Spence, Digital Literacy Training, Scholarly Information Services / Library, Australian National University

Turbocharge your writing Presented by Hugh Kearns (ThinkWell) *Q1.1 Self-management; Q1.3 Leadership & interpersonal skills* Click here to register	**Mon 21 Aug**	**1:00pm – 2:30pm**	**Online**

Would you like to know the secret to high output, low stress scholarly writing? In academia it is often assumed that writing comes naturally. However, an overwhelming body of research shows that there are very clear and practical strategies that can greatly increase your writing productivity.

This workshop will help you to understand:

- why it's hard to get started
- how we deliberately use distractions to slow down writing
- the principles of quick starting
- how to deal with destructive internal beliefs
- how to set a writing plan and stick to it
- how to set achievable goals by writing in a silo
- how to greatly increase the number of actual words you produce
- how to clarify your thinking, and improve the quality of your work

Presenter: Hugh Kearns

Hugh Kearns is recognised internationally as a public speaker, educator and researcher. He regularly lectures at universities across the world including lectures at Oxford, Cambridge, Harvard, Berkeley, Stanford, ETH Zurich and the Max Planck Group. His areas of expertise include self-management, positive psychology, work-life balance, learning and creativity.

Writing Productively Presented by Helen Sword *Q1.1 Self-management* Click here to register	**Mon 16 Oct**	**10:00am – 12:00pm**	**Online**

"Publish or perish" is the mantra of the successful academic researcher. Yet few academics have been explicitly trained as writers, and fewer still have been schooled in the intricate art of maintaining research productivity without sacrificing work-life balance. In this interactive workshop with international writing expert Helen Sword, you will learn about the BASE habits of successful academic writers – behavioural, artisanal, social, and emotional – and develop a customised blueprint for building a more productive writing practice from the ground up.

Presenter: Professor Helen Sword

Helen Sword is a poet, scholar, master teacher, and international expert on academic, professional, and creative writing across the disciplines. Her books, articles, and online tools have empowered writers around the world to write more clearly, confidently, prolifically, and with greater pleasure. She is the author of books including *Stylish Academic Writing* (Harvard UP, 2012), *The Writer's Diet* (Chicago UP, 2016), *Air & Light & Time and Space: How Successful Academics Write* (Harvard UP, 2017), and *Writing with Pleasure* (Princeton 2023) and is the creator of popular digital resources such as the Writer's Diet, an online diagnostic test now also available as a free add-in for MS Word; the Writing BASE, an interactive productivity tool; Helen's Word, a YouTube channel that encourages writers at all levels to "show up and write"; and Zombie Nouns, a TedEd video that has received nearly a million views on YouTube.

Annual Progress Report (APR) Information Session *Q1.1 Self-management* Supervisors register Candidates register	**Mon 21 Aug – Sun 30 Sep**	**Self-paced**	**Online**

Need some assistance in getting your head wrapped around Annual Progress Reports? This pre-recorded session will help you do just that! In this session for HDR Candidates you will be shown the important aspects of successfully recording your progress, the importance of each stage of the report, and considerations for completion.

If you still have specific questions after watching the recording, please ask your supervisor or email HDR Support at graduateresearch@canberra.edu.au .

Overcoming the mid-degree slump *Q1.1 Self-management* Click here to register	**Thurs 9 Nov**	**2:30pm – 3:30pm**	**Online**

Any research degree is an ambitious undertaking, and invariably it will be paved with peaks and troughs. The mid-point of a research degree is notoriously challenging and de-motivating. This workshop will help you:

- Unpack the reasons why this is such a tricky stage of your candidature
- Understand the common pitfalls and advise how you can avoid them
- Develop strategies for moving through feelings of uncertainty at this stage
- Re-focus on the bigger picture

HDR Development S2 2023 Workshops – Academic writing and communication

Academic writing and communication workshops each focus on different aspects of writing and communication (verbal, written, visual). Regardless of which stage you are at with your project, you'll find a workshop and supportive colleagues to help you refine your craft. Writers' groups offered by HDR Development team either focus on writing output and productivity skills or academic language for specific purposes. In Semester 1 2023 the writers' group will focus on academic language for specific purposes and will have a 10-week commitment.

This stream focuses on the following skills:
- Q3.1 Academic writing and literacy
- Q3.2 Verbal and visual communication
- Q3.3 Publication and dissemination

Academic writing and communication	Date	Time	Mode
The story and logic of your thesis Presented by Dr Katherine Firth *Q3.1 Academic Literacy and Writing* Click here to register	**Tues 29 Aug**	**2:00pm – 4:00pm**	**Online**

Supervisors and reviewers often ask you to define the argument or narrative of your research. It can be challenging to create the big picture view of your research (especially if it is in the early stages and still emerging), so this workshop gives you some tools and frameworks to help you reconnect with the overarching story of your research, explain how it all logically fits together, and persuade other people that it is important.

Presenter: Dr Katherine Firth, University of Melbourne
Katherine has been developing research writers for over 15 years. A co-founder of the award-winning Thesis Bootcamp program, she maintains a writing blog Research Degree Insiders. She is co-author of the books *How to Fix your Academic Writing Trouble* (Open University Press 2018), *Your PhD Survival Guide* (Routledge 2020) and *Level Up your Essays* (New South 2021). Her next book is *Writing Well and Being Well for Your PhD and* Beyond contracted with Routledge.

Writing under pressure: strategies when you are short on time (but long on ambition) Presented by Professor Inger Mewburn *Q3.1 Academic writing and literacy; Q3.2 Verbal and visual communication* Click here to register	**Tues 29 Aug**	**10:00am – 4:00pm**	**In person (ANU)**

Academics must manage writing projects on top of everything else: teaching, marking, committees, meetings, student consults, reviewing, 'admin' and so on. Writing often becomes a fragmented activity where we must pick up and put down a piece of writing, making it hard to find focus and flow. PhD students can experience the same problems when they are forced to go part time to complete their project.

Come along to this workshop and how to complete writing projects 'on top of everything else' and without losing your mind. Most of us do not have the luxury of uninterrupted time to write, except possibly on weekends. While weekend writing can be relaxing, your academic writing cannot be treated solely as a hobby. Time entirely away from the keyboard is important to mental health and creativity as well as a social life.

In this workshop, Professor Inger Mewburn (@thesiswhisperer), a prolific writer, shares her top strategies on getting that writing done, preferably within a standard working week. This workshop is suitable for anyone who reacts to the title and says 'Yes! This is what I need in my life!'. It helps if you have a writing project you're struggling to get done - we'll show you how to make progress.

This workshop runs from 10am to 4pm, with a break in the middle to have lunch at 12. You'd be doing a mix of writing activities and chatting, so bring your laptop and a charger as well as a notebook and pen. You can zoom into this workshop if you can't make it to campus.

Presenter: Professor Inger Mewburn
Professor Inger Mewburn (better known as @thesiswhisperer) was born on Nuenonne country, which is now known as Tasmania, Australia (always was, always will be, Aboriginal land). She has a background as a designer and a researcher, which was nurtured at the University of Melbourne and RMIT University.
Since 2006, she has worked exclusively with PhD students and early career academics, helping them finish complex research projects with (very) demanding stakeholders. She's passionate about people reaching their potential as researchers and helping create a kinder, more inclusive academy.
Inger is currently the Director of Researcher Development at The Australian National University where she oversees professional development workshops and programs for all ANU researchers. Aside from creating new posts on the Thesis Whisperer blog, she writes scholarly papers, books and book chapters about research education, with a special interest in post-PhD employability.

Visualising Complexity: crafting compelling data visualisations Presented by Dr Ben Ennis Butler and Dr Sam Hinton *Q3.2 Verbal and visual communication* Click here to register	**Mon 9 Oct**	**2:30pm – 4:30pm**	**In person**

In this workshop, we'll look at the many ways to visualise data, from the simple to the complex. We will discuss how to create successful visual narratives and show how a simple, yet effective, visualisation can enhance your ability to communicate and share insights from your research.

Presenters:
Associate Professor Sam Hinton is Head of School, Design and Built Environment. Dr Ben Ennis Butler is a Senior Lecturer in Design in the school of Design and Built Environment, both in FAD. Between them they have years of experience teaching, designing and creating data-based works, across a range of mediums.

Improving your own writing Presented by Katherine Firth *Q3.1 Academic writing and literacy* Click here to register	**Tues 28 Nov**	**2:00pm – 4:00pm**	**Online**

Many people are afraid to draft because they aren't sure how to edit. Or they get lots of feedback about the edits they need to make and aren't sure how to put it into practice. Editing is both a high-level, structural, conceptual process, and a detailed process of getting your vocabulary and formatting correct. In this workshop, you will learn tools and insights about how to get your written drafts into submittable academic prose. There will be lots of time to ask questions, and you will learn some effective techniques for getting feedback (without having to share any writing).

Presenter: Dr Katherine Firth, University of Melbourne
Katherine has been developing research writers for over 15 years. A co-founder of the award-winning Thesis Bootcamp program, she maintains a writing blog Research Degree Insiders. She is co-author of the books *How to Fix your Academic Writing Trouble* (Open University Press 2018), *Your PhD Survival Guide* (Routledge 2020) and *Level Up your Essays* (New South 2021). Her next book is *Writing Well and Being Well for Your PhD and* Beyond contracted with Routledge.

HDR Development S2 2023 Workshops – Careers

Careers workshops support researchers with understanding the research career landscape and career progression. As indicated below some workshops are targeted specifically for HDR candidates and others are open for researchers working at UC, and HDR candidates preparing to work at a tertiary institution.

This stream focuses on the following skills:
- Q1.2 Career management
- Q4.2 Knowledge, education and innovation
- Q4.3 Outreach and influence

Careers workshops	Date	Time	Mode
Creating a positive work future Presented by Dr Shari Walsh, Resilient Researcher *Q1.2 Career management* Click here to register	**Wed 4 Oct**	**10:00am – 11:30am**	online

Are you aware of how values impact on work satisfaction and motivation? How do you identify career pathways that synergise with your values?

During this webinar, you will learn how to combine self-understanding and environmental awareness to build a positive work future. Content includes:
- Understanding work values
- Identifying potential career pathways
- Developing a career pathway

Presenter: Dr Shari Walsh, Developer and Facilitator of Resilient Researcher; Psychologist and Career Development Practitioner, Growth Psychology, Brisbane.
Shari is a highly experienced psychologist and career development practitioner who specialises in enabling HDR candidates and Early Career Researchers to develop skills and strategies around building and maintaining their resilience.

	Date	Time	Mode
Academic CV writing Presented by A/Prof Naroa Extebarria & A/Prof Leonie Pearson *Q1.2 Career management* Click here to register	**Wed 20 Sep**	**10:00am – 11:30am**	In person

This workshop is for research candidates looking to strengthen their career opportunities in academia.

Associate Professor Naroa Etxebarria and Dr Leonie Pearson will guide you in putting your best foot forward when submitting job applications in academia. To get the most out of this workshop, please bring your current CV. There will be an opportunity in during the workshop for candidates to review each other's CVs in pairs.

Workshop Components

- Structure and format of an academic CV
- Preparing application documents for academic positions
- Highlighting your professional attributes
- Receiving feedback on your current résumé (peer learning exercise)
- Identifying strategies to overcome potential hurdles in the application process

Careers workshops	Date	Time	Mode
Promoting yourself and your research Presented by Hugh Kearns, ThinkWell *Q1.2 Career management* *Q4.3 Outreach and influence* Click here to register	**Wed 15 Nov**	**10:00am – 12:00pm**	**Online**

A lot of hard work and time goes into conducting research. And then more time and work goes into publishing the results. And yet sadly many papers are never read and many findings are never translated into practice.

It's tempting to think that if you are clever and work hard then people will notice and shower you with rewards. Tempting but probably not true. As well as being clever and working hard you also need to be able to promote yourself and your research.

In this workshop you will learn strategies for:

- Developing a communication strategy
- Pitching your message to your audience
- How to make it accessible without dumbing down
- Dealing with media and using new media
- Developing your one-minute pitch
- Asking for what you want
- Using convincing language
- Self-promotion
- Networking, mentoring, and collaborating
- Putting yourself in the spotlight
- Dealing with the discomfort of it all

Presenter:

Hugh Kearns is recognised internationally as a public speaker, educator and researcher. He regularly lectures at universities across the world including lectures at Oxford, Cambridge, Harvard, Berkeley, Stanford, ETH Zurich and the Max Planck Group.

His areas of expertise include self-management, positive psychology, work-life balance, learning and creativity. He has coached individuals, teams, and executives in a wide range of organisations in the public and private sectors. Hugh Is a lecturer and researcher at Flinders University, Adelaide, Australia. He is widely recognised for his ability to take the latest research in psychology and education and apply it to high-performing people and groups. As a co-author with Maria Gardiner, he has published twelve books which are in high demand both in Australia and internationally and has had several articles published in the prestigious journal *Nature*.

HDR Development S2 2023 Workshops – Wellbeing program

HDR Candidates are invited to attend these Wellbeing workshops In addition to the program listed below, HDR candidates may participate in the HDR Wellbeing program – participation through expression of interest with two intakes each year. More information below.

This stream focuses on the following skills:

    Q1.1 Self-management

Wellbeing program	Date	Time	Mode
Semester 2 2023 Wellbeing program information session Click here to register	**Wed 2 Aug**	**12:30pm – 1:00pm**	online
This is an information session about the HDR Candidate Wellbeing Program for Semester 2, 2023. This session is for people considering you submit an application. It will be recorded for anyone who cannot attend the session live.			
Manage Your Energy, Not Your Time Holistic Services Group *Q1.1 Self-management* Click here to register	**Wed 30 Aug**	**12:30pm – 1:30pm**	Online
Research students can often feel overworked, unable to switch off, overwhelmed and have lost their 'third space', the transition between work and home. This can lead to feelings of overwhelm and dissatisfaction, causing immense stress and anxiety. In this interactive session, you will be inspired to embody a balanced lifestyle, with a sense of purpose and presence. You will learn techniques to enhance feelings of freedom, appreciation and joy, which overcome feelings of fear and worry.			
Communicating Positively Presented by Dr Shari Walsh (Resilient Researcher) *Q1.1 Self-management* Click here to register	**Wed 13 Sept**	**12:30pm – 1:30pm**	Online
Do you experience communication difficulties or misunderstandings with your peers or supervisor? Can you speak assertively to deliver clear messages and maintain relationships? Are you aware of your conflict style and how respond to issues effectively? In this workshop you will develop skills to communicate positively with others. Workshop Components - Recognising personal factors impacting on your communication with others - Developing an understanding of communication styles and assertive communication strategies - Identifying your conflict resolution style and conflict management skills - Practicing clear messaging to facilitate positive communication and relationships. Presenter: Dr Shari Walsh, Developer and Facilitator of Resilient Researcher; Psychologist and Career Development Practitioner, Growth Psychology, Brisbane. Shari is a highly experienced psychologist and career development practitioner who specialises in enabling HDR candidates and Early Career Researchers to develop skills and strategies around building and maintaining their resilience.			

Wellbeing program	Date	Time	Mode
Understanding Your Skills Presented by Dr Shari Walsh (Resilient Researcher) *Q1.1 Self-management* Click here to register	**Wed 27 Sept**	**12:30pm – 1:30pm**	online

Are you aware of the skills you are developing throughout your research degree and how they relate to employability in both academic and non-academic environments? Do you know how to articulate your skills and how they will be a benefit to employers?

This webinar focusses on building skills awareness and how to let employers know about your skill set. Content includes:

- Identifying and recording skills
- Recognising HDR skills valued by employers
- Articulating skills effectively

Presenter: Dr Shari Walsh, Developer and Facilitator of Resilient Researcher; Psychologist and Career Development Practitioner, Growth Psychology, Brisbane.
Shari is a highly experienced psychologist and career development practitioner who specialises in enabling HDR candidates and Early Career Researchers to develop skills and strategies around building and maintaining their resilience.

	Date	Time	Mode
Create a smarter budget that works for you Presented by Scott Malcolm (Money Mechanics) *Q1.1 Self-management* Click here to register	**Wed 11 Oct**	**12:30pm – 1:30pm**	Online

Ever wondered where your money goes and how much it costs to be you? Have you heard of the loyalty tax or convenience tax, and did you know how much extra it can cost you each year? This workshop is for those wanting to create a realistic budget and learn how they can stick to it. They will also learn simple, easy and effective ways to economise without compromising. This session will focus on your cash flow management, and strategic spending and saving goals. During the session you will create a comprehensive, personalised budget tailored to your individual financial needs.

You will also learn how to:
- Achieve better awareness of your money flow
- Take control of your debt-management
- Save hundreds or even thousands of dollars, with a just few simple tweaks and tricks

Attendees will gain an insight into how current money habits and attitudes can be helpful or harmful in the context of their cash flow planning, and what strategies they could implement to gain a greater feeling of control over their cash-flow and financial wellbeing.

Please note that to get the most out of this session, you should come prepared with lists of your actual expenses from bills and bank statements. This is not for you to share with other attendees, your personal financial information will remain confidential during the workshop. You will, however, use it to fill out your own spreadsheet to create a personalised budget plan.

Presenter: Scott Malcolm from Money Mechanics
Scott has been in the financial services industry since 2000 and prior to starting Money Mechanics was senior financial planner for another national firm

Wellbeing program	Date	Time	Mode
Building the Right Exercise Program for You Presented by Holistic Services Group *Q1.1 Self-management* Click here to register	**Wed 25 Oct**	**12:30pm – 1:30pm**	**Online**

We all know that we need to exercise, but getting started with the right information can be challenging. This session provides the perfect introduction to how to start an exercise program, covering all the basics that need to be known, including health checks, realistic goals, and forming sustainable habits for long-term wellness.

Defeating self-sabotage Presented by Hugh Kearns, ThinkWell *Q1.1 Self-management* Click here to register	**Wed 8 Nov**	**12:30pm – 1:30pm**	**Online**

Do you find that despite your best efforts to 'work on your thesis' or get your research output going it just doesn't seem to be happening? Does there always seem to be something more urgent, interesting, or important to do? Perhaps you are self-sabotaging. If you think you procrastinate, are a perfectionist, don't say no often enough, are disorganised or are always 'busy', this seminar will help you to understand why your thesis or research isn't getting done and what you can do about it.

This workshop will help you understand some of the key self-sabotaging behaviours and what you can do about them:

- procrastination, perfectionism, overcommitting, getting distracted
- how to recognise if you are self-sabotaging
- when is it just life getting in the way?
- identifying what specifically is stopping you from getting your thesis finished
- what you can do about it
- what if you know you're doing it, but that still doesn't help

Presenter: Hugh Kearns

Hugh Kearns is recognised internationally as a public speaker, educator and researcher. He co-founded ThinkWell with Maria Gardiner. ThinkWell uses the latest psychological and educational research to assist high achievers to attain maximum productivity. Hugh lectures and researches at Flinders University, Adelaide, Australia. He is widely recognised for his ability to take the latest research in psychology and education and apply it to high-performing people and groups. As a co-author with Maria Gardiner, he has published twelve books.

Empowering Others through Active Listening and Support Presented by Holistic Services Group *Q1.1 Self-management* Click here to register	**Wed 22 Nov**	**12:30pm – 1:30pm**	**Online**

This session is aimed at promoting emotional wellbeing and mental health in the workplace by encouraging individuals to check in on each other and offer support. The session involves a facilitated discussion on the importance of asking "are you okay?" and creating a safe and supportive environment for open communication. Participants learn active listening skills, ways to offer help and resources, and strategies for self-care.

Wellbeing program	Date	Time	Mode
The Relationship Between Stress and Gut-Health: Eating to help you to 'stress less' Presented by UC Nutrition and Dietetics Clinic *Q1.1 Self-management* Click here to register	**Wed 6 Dec**	**12:30pm – 1:30pm**	**Online**

There is extensive research on the symbiotic relationship between gut health and stress. Increased levels of stress and anxiety can negatively impact gut bacteria and reduce blood flow to your stomach and intestines, causing a range of painful gastro-intestinal issues which, in turn, send further distress signals to your brain in a vicious cycle.

In this workshop you will learn practical strategies to help reduce unnecessary stress in your daily life by managing your gut-health for improved digestion, and increased energy and vitality.

This workshop is hosted by the UC Nutrition and Dietetics Clinic. Attendees of this workshop and participants in the UC HDR Candidate Wellbeing Program will be eligible for a follow-up Comprehensive dietary assessment at the discounted price of $20 (valid until 31 March 2024)

HDR Wellbeing program S2 2023 intake information

The HDR Candidate Wellbeing Program aims to provide proactive measures for HDR candidates to support them in prioritising their mental and physical health and wellbeing. The HDR Wellbeing Program is structured around a core of wellbeing components that we recognize as a dynamic and flexible foundation for the wellbeing of our Higher Degree Researchers. The program includes the following components: physical, emotional, social/community, mental/cognitive, career, financial, environmental, and meaning/purpose.

Participants in this program will participate in a fortnightly wellbeing masterclass series aligned to the wellbeing components and choose one physical exercise/fitness membership option (online or in person) and can select from a range of additional personalised inclusions such as mindfulness practices, journals, or self-paced learning activities. Participants must commit to completing at least 80% of the program.

Participants in the HDR Wellbeing program S2 2023 will commit to attending at least 80% of the workshops and include the following inclusions:
- All participants - 8 Wellbeing workshops (fortnightly webinar series)
- Your choice fitness - Gym/fitness membership (UCX Gym subsidised or Centr subscription)
- Your choice extras - Up to two personalised options of your choice

Semester 2, 2023 timeline

Thursday 20 July	Applications open – click here to apply
Wednesday 2 August	Information session for interested HDR candidates 12:30pm – 1:00pm online. Click here to register
Sunday 20 August	Applications close at 11:45pm AEST
From Monday 21 August	Applicants advised and welcome packs distributed

HDR Development S2 2023 Orientation

HDR Orientation is a 4-day program which has been specifically designed to give new HDR candidates the information and tools they need to succeed in their research journey. It also includes information on the compulsory components of your candidature and social activities.

Orientation Day 1 – Thursday 27 July
In person and online through MS Teams

9:30am – 10:00am In person only	Arrive at 9:30am for refreshments and introduce yourself to new HDR colleagues and university staff
10:00am – 12:00pm Click here to register	**Official Welcome** • Official Welcome and Acknowledgement of Country • Introductions and overview of UC supports for HDR Candidates: Faculty Staff, Careers UC, Medical and Counselling, Student Wellbeing, Ngunnawal Centre, Research and Innovation Services, UC Library and Study Skills, International Student Support Section, UCX Gym and HDR Representatives **Graduate Research** • Graduate Research overview • Milestones and Candidature management • HDR Development Program overview
12:00pm – 1:30pm	Lunch break – catering provided for in person attendees
1:30pm – 3:00pm Click here to register	**UC Library** • Library services for HDR candidates • Copyright • Study Skills and Studiosity
3:00pm – 3:30pm	Break
3:30pm – 4:30pm Click here to register	**PhD Plus coursework overview** • Plus elements and opportunities – Adrienne Walls-Nichols • Principles of Research - Professor Jen Webb • Practice of Research - Dr Fern Hyde Supervisors are welcome to attend – please contact HDRdevelopment@canberra.edu.au

Weekly HDR Orientation series

Wednesday 2 August 4:00pm – 6:00pm Online Click here to register	**Planning your PhD with Hugh Kearns (ThinkWell)** This workshop will introduce you to the PhD Planning Toolkit. You will learn how to use these tools to: • create your big picture thesis plan

	- unpack your thesis down into logical parts - create tasks lists for each stage of your thesis - estimate times and schedule tasks - create a Gantt chart for your thesis - keep on track as you implement your plan - plan your writing - manage the finances - identify risks and deal with setbacks
Wednesday 9 August 4:00pm – 6:00pm Online *International HDR candidates only* Click here to register	**Information and Support for International Students** International HDR Candidates are invited to attend this session and will cover essential information. Wellbeing & International Student Advisors support students with: - Settling into life at UC & Canberra - Programs that aim to enhance their study experience, health & wellbeing - Understanding their student visa requirements & what is expected of them - Tailored support for Australia Awards students - Connections to other key services at UC and within the community
Wednesday 16 August 4:00pm – 6:00pm Online Click here to register	**Research and Innovation Services with Dr Anesh Nair and Dr Kyle Hemming** - eResearch and Data Management - Ethics and Research Integrity overview
Wednesday 23 August 4:00pm – 6:00pm Online Click here to register	**Planning your academic writing with Dr Katherine Firth** This workshop will introduce you to the skills and processes to take control of your academic writing, including the writing cycle, generative writing, note taking, literature review matrices, writing plans, tiny texts, dialogical, mind maps, and time and task management.
Wednesday 30 August 4:00pm – 6:00pm In person Click here to register	**You and your supervisor: Building effective supervisory relationships through communication with Professor Elke Stracke** Professional and effective relationships are essential for a candidate's successful completion of their research degree. **This session is designed for HDR candidates and their supervisors.** In this interactive workshop, Dr Stracke will explore the importance of supervisory relationship for successful supervision and candidature. It will cover key content such as: - Why expectations matter - Clarifying expectations and the expectations scale - Cross-cultural exploration - Feedback and feedback expectations **Facilitator** Associate Professor Elke Stracke Faculty of Education University of Canberra, Australia Elke is an experienced educator, supervisor, and researcher with international work and research experience in Applied Linguistics/TESOL and postgraduate supervision, feedback and assessment practice. Elke has successfully supervised more than ten (domestic and international) doctoral students. She was awarded the University of

	Canberra Vice-Chancellor's Award for Excellence in Supervision of Higher Degree by Research Candidates in recognition of her experience in best practice in research supervision. **Invite your supervisor to attend and ask them to [register here](#).**
Wednesday 11 October 4:00pm – 5:30pm Online [Click here to register](#)	**Candidates Talk: Things they didn't tell you at Orientation** Join current HDR candidates as they share insights into candidature and navigating their way through a research degree. Aimed at HDR candidates who have recently started their research journey, this session is designed to help unlock the hidden curriculum of graduate research, shared from the perspective of candidates.