

The Seven Secrets of Highly Successful Research Students

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secret
1
Care and Maintenance of your Supervisor



secret
2
Write and show as you go:
This is show and tell, not hide and seek!



secret
3
Be realistic:
It's not a Nobel Prize




secret

4

Say no to distractions:
Even the fun ones and the ones you think you must do

Newton's Third Law of Distraction


- For each and every action towards completing your thesis there is an equal and opposite distraction.



secret

5

It's a job:
That means working nine to five, but you get holidays



secret

6

Get help:
You are not an owner-operator single person business!



secret

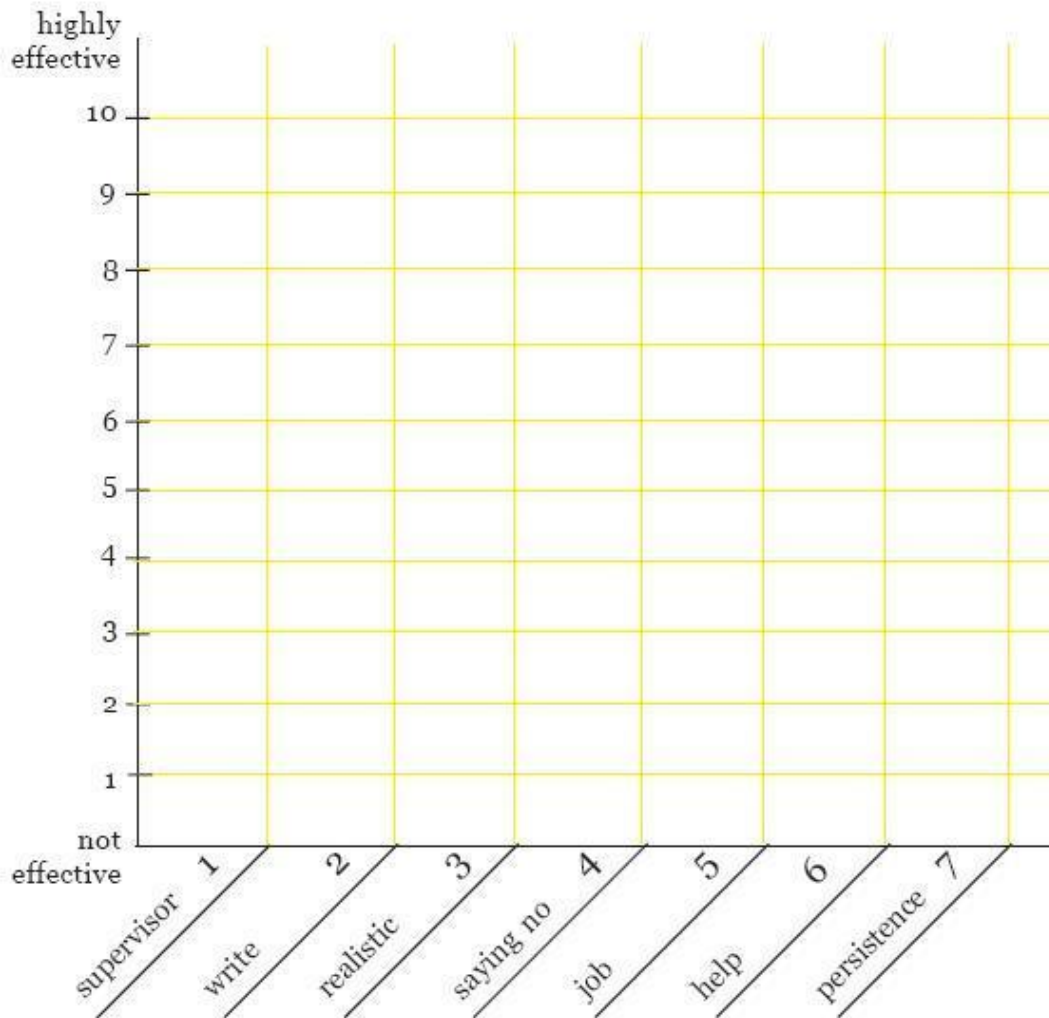
7

You can do it:
A PhD is 90% persistence and 10% intelligence



Analysing your effectiveness

Rate: Above each heading (eg supervisor, job, etc) rate how effective you are in that area. For example, if you meet and negotiate regularly with your supervisor you might give yourself a 7 or 8 for “supervisor”, but if you are a perfectionist with unrealistic standards you might give yourself a 3 or 4 for “realistic”.



Now do something: Out of all the action planning you have done on the previous pages, pick one thing you could do right now to increase your success (hint: this is likely to be in the area with the lowest effectiveness score)

THE SEVEN SECRETS

of highly successful research students

1. Care and maintenance of your supervisor
2. Write and show as you go
3. Be realistic
4. Say no to distractions
5. It's a job
6. Get help
7. You can do it

ABOUT THE AUTHORS

Marla Gardiner is a leader in the field of cognitive behavioural coaching, a qualified clinical psychologist and adjunct research associate in psychology at Flinders University

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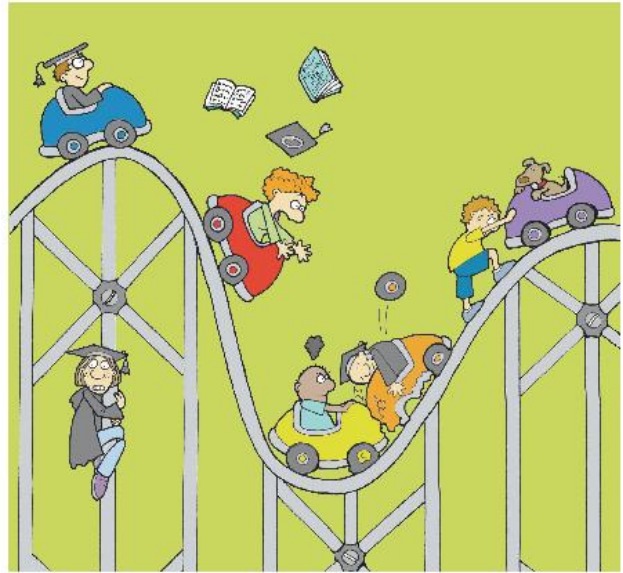
Together they have developed award winning programs for academics and research students across Australia and the United Kingdom. Over the past ten years they have helped thousands of research students to complete their theses faster and with less stress. They specialise in taking the very best research in psychology and education and applying it in an engaging way to help high performing people achieve their goals.



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