



GRADUATE SCHOOL

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The 7 Secrets

of highly successful doctoral candidates

What do Ph.D. students do to finish on time, to overcome isolation, doubt and writer's block, and to enjoy the process? And just as importantly what do they do in order to spend guilt-free time with their family and friends and perhaps even have holidays? If this sounds appealing, then this session will be of particular use to you.

This workshop describes the seven key habits that will help you complete your Ph.D. Just as importantly, these habits can greatly reduce the stress and increase the pleasure involved in completing a Ph.D.

The workshop helps you to understand how to increase your effectiveness and outcomes in the following key areas:

- how you deal with your advisor
- how you structure your writing time
- your attitude (or lack thereof!) in relation to your research
- dealing with writer's block or having difficulty writing
- getting the help you need when you are stuck
- juggling multiple commitments and never having enough time
- keeping on going when the going gets tough

Who is it for?

Ph.D. Candidates at any point in their candidature.

Presenter:

Hugh Kearns, MEd, MMHS
Flinders University
Adelaide, South Australia

Two Dates:

Monday, February 20th
9:00 am - 11:30 am
MU 109

Tuesday, February 21st
1:30 pm - 4:00 pm
MU 109

Registration: <https://s01.123signup.com/servlet/SignUpMember?PG=1534345182300&P=15343451911423979100>.

Hugh Kearns is best known as a lecturer and researcher with international expertise in the area of self-management. He draws on the latest research in psychology and education and applies this to high performing groups such as Ph.D. students, academic staff, medical professionals and senior executives. He has lectured regularly at universities across Australia, the UK, Ireland and the U.S. He has received a national teaching award in recognition of his innovative approach and outstanding outcomes.