

The Research Room

April 2023

Tips of the month

Here are some tips and tricks you can use to make your research experience at VUW much more productive and enjoyable

Going Green: Using our Open Access Institutional Repository. [Open Access publishing](#) has many benefits beyond increased citation rates. By removing barriers like cost, you can make your work freely available to a wider audience, including researchers and students in marginalised communities.

At Te Pātaka Kōrero – The Library, we have several options to make your work open, including our [Open Access Institutional Repository](#). This is known as [Green Open Access](#): there is no cost associated with putting your work in our Repository. However, there is often an embargo period, set by the journal. You can use [Sherpa Romeo](#) to determine your journal's embargo period.

As PhD students, you can make your work available in our Repository via your Elements account. Follow the step-by-step guide to deposit any of the following items into our Repository: chapters, conference papers, journal articles, reports, and theses.

The Repository is open to the public, and anyone who is interested may access, read, and download your work. The contents of the Repository are regularly harvested and indexed by NZResearch, Google Scholar, and Digital New Zealand, among other services.

One final tip to help you to go Green: remember to self-archive. Maintain a clear record of your work as you go through the research lifecycle. This is especially vital if you are a co-author, and not the corresponding author. At the end of the publishing process, you should have three distinct versions: pre-print (author submitted, not peer reviewed), post-print (author accepted, peer reviewed), and published (as appears in print). Contact the Research Services team at library-research@vuw.ac.nz.

The Research Services Team – Te Pātaka Kōrero, The Library, VUW

Share your story

When utilized effectively, stories can be powerful tools to motivate and change minds. If you need an extra dose of motivation, this story should help you out

'Break out of your shell' – Sashi

As you may know, a PhD journey can be an isolating experience. While spending time alone can help you introspect, connecting with others is more important than you think. Connecting with others can help you

overcome challenges and make your PhD journey a lot easier. I am not necessarily talking about making friends but building your professional network.

As PhD candidates, we lead relatively solitary academic lives and tend to focus on our doctoral research and

individual achievements. Our tendency to work long hours reading, writing, and analysing research data can lead to our isolation. My experience, however, is that by talking to other people, including those within and outside our faculty, we may be able to not only grow our professional network but also expand our horizons, learn new things, and find resources to help us thrive and reach our destination more easily.

Going back to the early days of my PhD journey, the first learning experience I benefited from (apart from my doctoral supervision) was through my faculty's subject librarian. In my experience, subject librarians are great resources on campus and helpful people. They provide specialised research support and are aware of resources dealing with specific subject areas. For example, thanks to subject librarians, I learnt about useful databases Vic has subscribed to, which helped my research. Subject librarians at the university also equipped me with resources to facilitate my selection of journals to submit my work for publication. I, therefore, recommend that you get to know your subject librarians well and meet with them at different stages of your PhD journey.

And then there is the Student Learning team – Te Taiako. I benefited from different workshops hosted by the Student Learning team and from one of its learning advisors, who gave me valuable feedback on my research proposal. Student Learning's thesis writing workshops are quite helpful. The workshop facilitators are experts who help you put ideas onto paper. I also encourage you to contact a learning advisor; they can give you in-depth feedback on academic writing vis-à-vis structure, coherence, etc. I remember how they made my research proposal read better.

In addition, try to grow your professional network. I urge you to speak with academics in your faculty (apart from your supervisors), other professionals in your field of study, and people (apart from your research participants). Share your thoughts, ask questions, and

listen with interest! Such discussions are likely to introduce you to new ideas, avenues for research, and professional endeavours. By talking to others in my field of research, I found out about opportunities and resources otherwise not widely known. For example, I learnt about 'Research Professional', an online database that can help identify suitable awards, prizes, and post-doctoral opportunities.

Most PhD students are so busy that they probably ignore the invitations from their faculty and school to attend research seminars presented by visiting academics. While your schedule may not permit you to attend all those seminars, I recommend attending those you can, even if they are not directly related to your field of study. Many of the visiting academics have extensive academic experience and are more than happy to give you potentially valuable advice.

Last but not least, keep an eye out for opportunities to attend workshops and training sessions advertised within and beyond the university to learn useful skills and meet like-minded people. I recently participated in a workshop series on program evaluation where I met interesting people and learnt skills that will not only contribute to my research aptitude but also help me better position myself for future opportunities.

Notwithstanding those hard days we encounter as PhD students, remember that there is much more to our PhD journey than just research. As mentioned earlier, both building your professional network and participating in skill development opportunities can enhance your learning experience and help you become a well-rounded researcher over time. So, shatter the mould of an introverted and self-isolated PhD student and instead open your eyes and ears to what is around you!

Sashi Athota, School of Accounting and Commercial Law, VUW

Useful resources

Explore our list of research-related links that will help you throughout your research studies

[Self-Tests: Feeling down? Feeling anxious?](#)

Take the time to check-in on your mental health. These self-tests will help you figure out any warning signs of depression/anxiety and what kind of support you need.

[PhD Podcasts](#)

These podcasts focus on academia, post-graduate career, lifestyle, and writing tips. They can be a source of encouragement and insight during your research journey.

Events happening soon

Looking for other events happening inside and outside VUW? We go over some interesting events happening worldwide

| Organizer | Event | Date and Time | Register |
|--|--|----------------------------|----------------------|
| Centre for Academic Development, VUW | Introduction to NVivo (<i>in-person</i>) | 05 Apr, 10:00 – 12:00 NZDT | Here |
| | Introduction to Zotero (<i>Online</i>) | 12 Apr, 14:00 – 15:30 NZDT | Here |
| | Introduction to Zotero (<i>In-person</i>) | 13 Apr, 10:00 – 11:30 NZDT | Here |
| | Introduction to Qualtrics for research (<i>In-person</i>) | 14 Apr, 10:00 – 11:30 NZDT | Here |
| | Software Carpentry – Day 1 (<i>In-person</i>) | 20 Apr, 9:30 – 4:30 NZDT | Here |
| | Software Carpentry – Day 2 (<i>In-person</i>) | 21 Apr, 9:30 – 4:30 NZDT | Here |
| Te Taiako Student Learning, VUW | PG Research skills seminars: Quantitative Research (<i>Online</i>) | 04 Apr, 14:10 – 15:00 NZDT | Here |
| | Qualitative Research (<i>Online</i>) | 18 Apr, 14:10 – 15:00 NZDT | Here |
| | PG Seminar – Writing to think (<i>In-person</i>) | 29 Apr, 09:00 – 12:00 NZDT | Here |
| Wellington Careers and Employment, VUW Wellington Careers and Employment, VUW | How to target your CV (and why it can help you get a job) (<i>Online</i>) | 03 Apr, 11:00 – 11:50 NZDT | Here |
| | Interview Basics (<i>In-person</i>) | 04 Apr, 11:30 – 12:20 NZDT | Here |
| | CV Basics (<i>Online</i>) | 05 Apr, 15:10 – 16:00 NZDT | Here |
| | LinkedIn Basics (<i>In-person</i>) | 06 Apr, 13:10 – 14:00 NZDT | Here |
| | How Understanding Your MBTI Type Can Make You a Better Communicator and Leader (<i>In-person</i>) | 03 Apr, 15:10 – 17:00 NZDT | Here |
| Lumivero | NVivo 14 Webinar: Real-time Collaboration for Research Teams | 04 Apr, 12:00 – 13:00 EDT | Here |
| | Introduction to ScheduleRiskAnalysis for managing uncertainty in project schedules (<i>Online</i>) | 05 Apr, 09:00 – 10:00 EDT | Here |
| | Project Set Up Spotlight (<i>Online</i>) | 10 Apr, 10:00 – 11:00 EDT | Here |
| | NVivo 14 Webinar: Accelerating your Literature Review with Citavi & NVivo | 13 Apr, 12:00 – 13:00 EDT | Here |
| | Planning and Managing a Book Project (<i>Online</i>) | 18 Apr, 12:00 – 13:00 EDT | Here |
| | Modelling Risk and Uncertainty in Project Management (<i>Online</i>) | 19 Apr, 11:00 – 13:00 EDT | Here |
| | NVivo 14 Webinar: Thematic Analysis using NVivo | 20 Apr, 12:00 – 13:00 EDT | Here |
| | Project Set Up Spotlight (<i>Online</i>) | 21 Apr, 13:00 – 14:00 EDT | Here |
| | NVivo 14: Explore and Visualize Your Data Using NVivo 14 to Tell the Story (<i>Online</i>) | 25 Apr, 12:00 – 13:00 EDT | Here |
| | How to Become a More Productive Scholar (<i>Online</i>) | 26 Apr, 12:00 – 13:00 EDT | Here |
| DoctorateHub | Clarifying your literature review search area and finding information (<i>Online</i>) | 15 Apr, 13:00 NZDT | Here |
| Flexible Learning Association of New Zealand (FLANZ) | The Impacts of the COVID-19 Pandemic on Higher Education Students in New Zealand (<i>Online</i>) | 18 Apr, 13:00 – 14:00 NZDT | Here |
| Harvard Graduate School of Education | How do we improve the workplace for teachers? (<i>Online</i>) | 06 Apr, 07:00 NZDT | Here |

| Organizer | Event | Date and Time | Register |
|---|---|----------------------------|----------------------|
| The Education Hub | Children's voices in early childhood curriculum <i>(Online)</i> | 03 Apr, 20:00 NZDT | Here |
| Ontario Institute for Studies in Education | Dismantling the Father's House? Women as doctoral supervisors <i>(Online)</i> | 20 Apr, 09:00 NZDT | Here |
| American Psychological Association (APA) | APA PsycInfo Beginner Search <i>(Online)</i> | 08 Apr, 04:00 NZDT | Here |
| | APA PsycInfo Advanced Search <i>(Online)</i> | 22 Apr, 04:00 NZDT | Here |
| SAGE | How to get published <i>(Online)</i> | 26 Apr, 04:00 | Here |
| Elsevier | Literature review with Scopus and SciVal <i>(Online)</i> | 25 Apr, 20:00 | Here |
| Taylor & Francis | How to effectively promote your research through social media <i>(Online)</i> | 11 Apr, 19:00 - 20:00 NZDT | Here |
| Pearson | Ten Principles for Teaching Technology-Intensive Marketing Strategy to Today's Students <i>(Online)</i> | 04 Apr, 15:30 – 16:00 ET | Here |
| | MyLab IT: Enhancing the Future <i>(Online)</i> | 04 Apr, 13:00 – 13:30 ET | Here |
| Alpha Vesta CIC | Core 1: Understanding domestic abuse and its impact <i>(Online)</i> | 19 Apr, 21:00 NZDT | Here |
| | Core 2: The complexity of domestic abuse <i>(Online)</i> | 20 Apr, 21:00 NZDT | |
| | Core 3: Impact of domestic abuse in the workplace <i>(Online)</i> | 26 Apr, 21:00 NZDT | |
| | Core 4: Impact of domestic abuse on children <i>(Online)</i> | 27 Apr, 01:00 NZDT | |
| | Enhanced: Impact of domestic abuse on young people extra familial harm <i>(Online)</i> | 17 Apr, 21:00 NZDT | |
| NR Computer Learning Center | Microsoft Excel: Basic to advanced features overview <i>(Online)</i> | 10 Apr, 09:30 NZDT | Here |
| | Introduction to Cybersecurity <i>(Online)</i> | 03 Apr, 09:30 NZDT | Here |
| | Python for beginners <i>(Online)</i> | 03 Apr, 08:00 NZDT | Here |
| North Central Regional Center for Rural Development | Siting Clean Energy and Spent Nuclear Fuel Facilities: Rural Opportunities and Impacts <i>(Online)</i> | 26 Apr, 06:00 NZDT | Here |
| Social Thinking | How to ask for help <i>(Online)</i> | 06 Apr, 09:00 PST | Here |
| Mindspring Mental Health Alliance | Understanding Attention deficit hyperactivity disorder (ADHD) <i>(Online)</i> | 05 Apr, 17:00 NZDT | Here |
| | Settling healthy boundaries in relationships <i>(Online)</i> | 06 Apr, 15:00 NZDT | Here |
| | Understanding Dissociative Identity Disorder <i>(Online)</i> | 10 Apr, 19:00 NZDT | Here |
| | Childhood Trauma: Secondary Traumatic Stress in Caregivers <i>(Online)</i> | 11 Apr, 17:00 NZDT | Here |
| SKY Schools | Breathwork & Meditation for a Good Nights Sleep <i>(Online)</i> | Multiple dates | Here |

*Please note that by listing these events we are not endorsing any organisations but rather compiling and sharing a list of resources that may be helpful.

FGR

The Wellington Faculty of Graduate Research (FGR) works to ensure that your experience as a thesis student is a positive one. For more information, visit our [website](#)

Contact

Postgraduate Research Student Advisers: FGR-postgrads@vuw.ac.nz

- Enrolling in your doctoral or master's programme.
- Candidature management changes.

Online forms for thesis candidature changes can be found [here](#).

Thesis Examinations: FGR-Masters-Exams@vuw.ac.nz or PhD-Exams@vuw.ac.nz

- Submission or examination of theses.

Scholarships and Doctoral Admissions: pg-research@vuw.ac.nz:

- Doctoral applications or the doctoral application process
- Scholarships