

# The Research Room

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June 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*

**Choosing a journal.** Te Pātaka Kōrero – The Library has a subject guide on [strategic publishing](#). There you can learn about scholarly publishing, predatory publishers, authors' rights and open access. Publishing your research is an excellent way to increase the reach and visibility of your work. The [Research Services team](#) has several tools to help you think strategically about the publishing landscape and evaluate potential journals or other publication sources including edited collections.

It is important to be Selective and Strategic. There are several factors to consider when evaluating possible outlets for publishing your research, and some other things you may like to consider include:

- Frequency of publication: monthly, bimonthly, biannual, or annual
- Quality or impact of the journal (such as their CiteScore or SNIP)
- Your target audience, both local and international
- Journals that are indexed in Scopus or Web of Science
- Publishers that attach a unique Digital Object Identifier (DOI) to your article
- Open access publishing options: gold, green, bronze, and hybrid

For more information about strategic publishing, including [journal selection tools](#), you can visit the Library's [Strategic Publishing guide](#), or get in touch with your Subject Librarian and the Research Services Team.

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

**Managing references.** Stick with a single bibliographic management tool for keeping track of all your academic reading and research notes. For example, you might like [Endnote](#) which can be used for any discipline or [Mendeley](#) which was designed specifically for the sciences. The University makes this software available to you on [this library website](#).

*Nancy Marquez – Te Taiako, Student Learning, 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*

### **'Focus on your goal, rather than the storm' - Madoka**

I am a Japanese Kiwi who lives in Napier and started my thesis journey in 2019 after two years of coursework as a part-time student while working full time. Yes, it is

already 2023 and I have not finished! It is indeed a long and winding road, and I am happy to be alive today. During this journey I hopped on my emotional roller-coaster passing lots of tricky zones, changing job, some

study suspensions and learning curves. Well, I still have not hopped off from this attraction waka, so the view I have today will be different from the one I will have tomorrow. However, believe me, I am positive after all. I think now is a good time to share some of my thoughts as this may help some of you to find your way around your emotions, and most of all, letting out my emotions feel like a relief and is good for my wellbeing.

You might know the journey is unpredictable, but you will never truly understand something until it happens to you. I think many of you may naturally try to do your best and work as hard as possible to write up your thesis. But unforeseen difficulties hinder your productivity, and you may end up beating yourself up when you fail to meet your goals.

What I want to share is the way how I overcome challenges that prevent me from achieving my goals and take care of my mental health. I would not assume this will work for everyone but might be helpful for you.

**Stop comparing yourself to others.** An important issue with making comparisons is that it allows other people's achievements to take control of your own goals. This might sound familiar to you, the realization that someone else has achieved something that you have not yet attained can be frustrating. Something that I've learned is that writing a thesis is not a race against others. Focus on your own path! Comparing yourself with others will boost your insecurities. Embrace your unique journey! Stop, reflect, change some ways, go backward to move forward, and make sure you find your way to keep your writing relevant to your topic...Remember that you are fortunate to have the opportunity to spend considerable time exploring and contemplating the things that truly matter to you.

**STOP "I should..." or "I used to..."**. I felt like a completely different person after experiencing brain fog as a result of menopause and COVID-19. My ability to concentrate and be productive plummeted drastically. While I was dealing with long COVID, my GP referred me to a mental health nurse for counseling, and her advice has stayed with me ever since. She advised me to focus on what I could do in the present moment and not to compare myself to my past self. It's important to be reasonable with your current abilities and recognize what you can realistically accomplish instead of clinging to old plans. Blaming yourself is unproductive when you already have enough thoughts about your life.

**Get yourself unstuck.** It's natural to feel stuck at times, you're not alone. I do not think you need to pretend everything is okay when it is not – You can always ask for help! Have honest conversations with your

supervisors and let them know what is affecting your productivity and ask for guidance.

There are lots of nice channels I was not sure to use, but I felt good after trying: mental health professionals, yin yoga, learning support, or socializing with friends or colleagues who can inspire you. Especially if you live by yourself, you do not talk or do anything other than study unless you try to reach out to people or things. Avoid being socially isolated!

**Find your ideal working environments.** The environment where we engage in activities such as reading, writing, and discussing our work is important. This can impact on how you feel about your work and your productivity. I believe that writing should not necessarily be bound to one single physical space; it can seamlessly accompany the writer, adapting to different spaces as needed. For me, my favourite café and public library are the refreshing spots to switch on.

**Do not give up.** We get there if we keep going! Our thesis matters---we are trying to add new knowledge to society and only you can add your knowledge!

Please, remember that you should find your own way to move ahead. A PhD is a personal journey that requires self-reflection and a willingness to explore new paths. It involves embracing your unique strengths, passions, and values to chart a course that aligns with your aspirations and goals. While external guidance can be valuable, ultimately, the decision of how to move forward rests with you. It requires listening to your inner voice, trusting your instincts, and being open to taking calculated risks. Also, this process may require you to step outside of your comfort zone, face challenges, and learn from both successes and failures. **Even if things do not go quite as planned, always remember why you started on your journey!**

*Madoka Takemoto, School of Education, VUW*

# Useful resources

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

Blog posts featuring interesting content that can help you make the most of your PhD

- [What did my supervisors do well?](#)
- [How can supervisors help doctoral students to complete on time?](#)
- [How to get better feedback on your research work](#)

# 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 (Dual)	07 June, 14:00 – 15:30 NZDT	<a href="#">Here</a>
	Introduction to Qualtrics for Research (Dual)	12 June, 14:00 – 15:30 NZDT	<a href="#">Here</a>
Research Services Team, The Library, VUW	Rainbow Research Seminar ( <i>In person</i> )	01 June, 13:00 – 14:00 NZDT	<a href="#">Here</a>
	Strategic publishing: How to Decide Where to Publish ( <i>Online</i> )	08 June, 11:00 – 12:00 NZDT	<a href="#">Here</a>
Lumivero	NVivo Research Networks: Teamwork Spotlight ( <i>Online</i> )	05 June, 08:30 – 9:30 EDT	<a href="#">Here</a>
	Revolutionize Your Qualitative Data Analysis with ChatGPT and NVivo ( <i>Online</i> )	07 June, 12:00 – 13:00 UTC	<a href="#">Here</a>
	NVivo Research Networks: Teamwork Spotlight ( <i>Online</i> )	07 June, 17:00 – 18:00 EDT	<a href="#">Here</a>
	Statistical Analysis Week ( <i>Online</i> )	12 – 16 June, all day	<a href="#">Here</a>
	Survey/Mixed Methods Spotlight ( <i>Online</i> )	12 June, 22:00 - 23:00 EDT	<a href="#">Here</a>
	Introduction to ScheduleRiskAnalysis ( <i>Online</i> )	13 June, 11:00 - 12:00 AEST	<a href="#">Here</a>
	Research and Technical Writing Institute ( <i>Online</i> )	20 - 23 June, 12:00 - 14:30 EDT	<a href="#">Here</a>
	Visualization Spotlight ( <i>Online</i> )	20 June, 15:00 - 16:00 EDT	<a href="#">Here</a>
	Project Set Up Spotlight ( <i>Online</i> )	23 June, 13:00 – 14:00 EDT	<a href="#">Here</a>
Complete Dissertation by Statistics Solution	How to Construct Quantitative Research Questions	07 June, 08:00 NZDT	<a href="#">Here</a>
	Surviving Your Dissertation	10 June, 06:00 NZDT	<a href="#">Here</a>
	General Tips to Fast Track Your Methodology	14 June, 08:00 NZDT	<a href="#">Here</a>
	Why is Theory Important?	15 June, 05:00 NZDT	<a href="#">Here</a>
	Qualitative Data Collection	17 June, 07:00 NZDT	<a href="#">Here</a>
	Breakdown of Regression Models	21 June, 08:00 NZDT	<a href="#">Here</a>
	Mastering Your Discussion	23 June, 03:00 NZDT	<a href="#">Here</a>
Flexible Learning Association of New Zealand (FLANZ)	Bicultural principles for teaching and learning online ( <i>Online</i> )	20 June, 13:00 – 14:00 NZDT	<a href="#">Here</a>
SAGE	How to Get Published Webinar Series - How to secure funding ( <i>Online</i> )	22 June, 03:00 NZDT	<a href="#">Here</a>

Organizer	Event	Date and Time	Register
Taylor & Francis	Research beyond academia: strategies for real world impact <i>(Online)</i>	08 June, 03:00 – 04:30 NZDT	<a href="#">Here</a>
	Excellence in peer review: how to be an effective peer reviewer <i>(Online)</i>	21 June, 20:30 – 22:00 NZDT	<a href="#">Here</a>
	Exploring open access publishing: Successful outcomes <i>(Online)</i>	21 June, 19:00 – 20:30 NZDT	<a href="#">Here</a>
Pearson	Developmental (Complex) trauma and vulnerability to PTSD: Conceptualization, assessment, and treatment considerations	14 June, 04:00 NZDT	<a href="#">Here</a>
Pearson	Developmental (Complex) trauma and vulnerability to PTSD: Conceptualization, assessment, and treatment considerations	14 June, 04:00 NZDT	<a href="#">Here</a>
Elsevier	How to assess your input into SDG? <i>(Online)</i>	13 June, 20:00 NZDT	<a href="#">Here</a>
	Capturing the Sustainable Development Transitions: A Novel Approach to Benchmarking Country-Level SDG-Oriented Research and Collaboration <i>(Online)</i>	08 June, 01:00 NZDT	<a href="#">Here</a>
	Enterprise Management via Research Analytics at an Emergent Research Institution <i>(Online)</i>	15 June, 01:00 NZDT	<a href="#">Here</a>
NR Computer Learning Center	Introduction to Data Analytics <i>(Online)</i>	19 June, 08 – 09:00 NZDT	<a href="#">Here</a>
	Microsoft Excel: Basic to Advanced Features Overview <i>(Online)</i>	12 June, 09:30 NZDT	<a href="#">Here</a>
	Excel: Building a Dashboard in an Hour <i>(Online)</i>	19 June, 9:30 – 10:30 NZDT	<a href="#">Here</a>
	Introduction to Cybersecurity <i>(Online)</i>	05 June, 9:30 – 10:30 NZDT	<a href="#">Here</a>
	Python for beginners Part 1 <i>(Online)</i>	05 June, 08:00 NZDT	<a href="#">Here</a>
	Python for beginners Part 2 <i>(Online)</i>	12 June, 08:00 NZDT	<a href="#">Here</a>
The Education Hub	Supporting Pasifika students through dialogic approaches <i>(Online)</i>	13 June, 19:30 NZDT	<a href="#">Here</a>
	Unschooling and self-directed education <i>(Online)</i>	08 June, 19:30 NZDT	<a href="#">Here</a>
	STEM learning through nature play in early childhood settings <i>(Online)</i>	19 June, 20:00 NZDT	<a href="#">Here</a>
DoctorateHub	Induction versus deduction <i>(Online)</i>	24 June, 13:00 UK time	<a href="#">Here</a>
The Austin Forum on Technology & Society	Understanding and Using Generative AI <i>(Online)</i>	07 June, 11:15 – 12:55 NZDT	<a href="#">Here</a>

\*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](mailto: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](mailto:FGR-Masters-Exams@vuw.ac.nz) or [PhD-Exams@vuw.ac.nz](mailto:PhD-Exams@vuw.ac.nz)

- Submission or examination of theses.

Scholarships and Doctoral Admissions: [pg-research@vuw.ac.nz](mailto:pg-research@vuw.ac.nz):

- Doctoral applications or the doctoral application process
- Scholarships