

The Research Room

May 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

Strategic Publishing: Where to start. 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.

If you're considering publishing in an academic journal, you should first ask yourself: Is your research squarely within the journal's scopes and aims? Is it read among the research communities you want to engage? And is the journal of good quality, reputable and trustworthy? Journal selection tools can help you make the best choice for your research. Once you've selected a journal, you'll want to pay close attention to the submission guide and requirements of that journal, as well as and their style (referencing) guide.

When your paper is accepted for publication, make sure to read your author agreement that the publisher will require you to sign. These outline your rights to share your work online.

Increasingly, publishers are making their journals fully open access, or offering the option to publish open access for a fee. These are called Article Processing Charges (APCs). At the Library, we have [Read and Publish Agreements](#) with a number of large publishers, including SAGE, Elsevier, Taylor & Francis, Oxford University Press, and Springer Nature, to name a few. These agreements waive all APCs for particular journals. To find out if your journal is included, you can search the [alphabetical title list](#) for all agreements (NB: some publishers on the list do not have an agreement with Te Herenga Waka).

[Beware of predatory journals and other unethical publishing practices](#), such as inviting researchers to publish with them but provide minimal or no editing, restricting author's rights, and often charging fees. You'll want to make sure you are publishing in a journal that has been peer-reviewed and that your rights are not restricted.

[Think, Check, Submit](#) provides practical resources and a checklist to help you find the right journal for your work, and discusses the red flags to look for.

[Journal selection tools](#) can help you select journals that may align your manuscript to relevant journals. You can enter your keywords, title and abstract to find similar articles and what journals they are published in.

For more advice on publishing, contact your [Subject Librarian](#).

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

‘The challenging journey towards my PhD’ – Apoorva

It is a common perception that PhD journey only constitutes of the time spent working on a thesis. However, I feel it is important to recognize that the years leading up to that moment are equally integral to the journey. I completed my bachelor’s and master’s degree in psychology in India and gained 5 years of work experience in my field. It took three years of manifesting my dream of working with my supervisor, consistently shaping my research intent and relentlessly manoeuvring the constraints of being landlocked due to the pandemic, all while preparing myself to face academic expectations at a global level.

It took every ounce of faith and courage I could muster to believe I would make it to New Zealand to pursue my PhD at the School of Psychology at Te Herenga Waka – Victoria University of Wellington, while simultaneously tackling self-doubt and others’ expectations on the personal front. This has been nothing short of a roller-coaster ride.

As a student going international for the first time, I anticipated differences in the educational system. However, I had to deal with the challenges of preparing myself to meet the academic expectations at a global level while adjusting to the social and cultural differences here. There were times when I felt like parts of my identity were disintegrating only to get accustomed to the changes. These experiences have helped me realize that change is the only true constant.

As a new PhD student, I may not have enough experience, however, I am learning that change is inevitable and integral to the process. Our perception of the transition phase between the experience of uncertainty to acceptance of change is quintessential. This phase often seems to bring about a range of experiences where we may feel lost, fear the unknown, and find it difficult to let go of our initial ideas. Being stuck in a space where nothing seems to follow a sense of direction can get quickly overwhelming.

What helped me was to acknowledge these experiences as they are instead of trying to avoid them, which was only making things worse. Speaking to my supervisor and colleagues helped me understand that feeling clueless and stuck was part of the process. The consideration of shifting my perspective on how I was approaching my proposal seemed to help me solve the

roadblock I was facing. I learned that attempting to change can be extremely powerful.

Self-doubt has been a relentless partner in this crusade, and I know it will continue to play its part. I am sure everyone has experienced the thoughts that make one wonder ‘will I make it?’ ‘will they call me out on my flaws?’, ‘does any of this even make sense?’ ‘Do I even make sense?’ Being the ‘only one’ working on the project one does makes the PhD journey lonely enough as it is. Such thoughts can cripple our learning and self-perception. I am learning to nurture all aspects of my life, identifying my strengths while acknowledging my challenges which helps dial down the noise in my head. The self-critical person I am, I met wonderful people who helped me acknowledge the life I have created for myself, every step of the way which gave me a lot of strength.

It’s only been five months into my program, and I can already see a lot of personal and professional growth. A professor of mine once told me that there will be days when we question our decision of seeing a PhD through and feel like calling it quits. I took her suggestion on creating a list of reasons why I chose to do a PhD in the first place. This list consistently evolves but becomes a strong justification for support. On my darkest days when I feel like quitting, this list reminds me why I started it all in the first place and I hope this helps you too.

Embarking on a new chapter in life can be exciting. It can however also be a very stressful and demanding time. I think it is important to remain motivated, despite all the challenges we all encounter and endure during our journey.

To other students, please tell yourself that things will improve! I’m sure you’ve survived many difficult days that you thought wouldn’t pass. Remember to be kind to yourself and give yourself time to adjust – do not think you must get everything right straight away. A PhD journey is full of ups and downs, and everyone reacts in their own way and has their own way of coping. But if the problems you face are stopping you from functioning well, speak up and seek help.

Apoorva Sriram, School of Psychology, VUW

Useful resources

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

[The Research Quality Plus \(RQ+\) Assessment Framework](#)

An approach to defining and evaluating the quality of research. You can tailor this framework to your context and purpose

[Research Impact Toolkit](#)

This toolkit provides you with resources and tools to help you plan, capture, communicate and monitor the impact of your research

[LSE Impact Blog](#)

A platform for understanding and increasing the impact of 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	Advanced NVivo (Dual)	01 May, 1:00 – 2:30 NZDT	Here
	Advanced Qualtrics (Dual)	08 May, 12:00 – 1:30 NZDT	Here
Te Taiako Student Learning, VUW	PG Research skills seminars: Methodology chapter (<i>Online</i>)	02 May, 14:10 – 15:00 NZDT	Here
	PG Research skills seminars: Conducting interviews (<i>Online</i>)	09 May, 14:10 – 15:00 NZDT	Here
	PG Research skills seminars: Designing surveys (<i>Online</i>)	16 May, 14:10 – 15:00 NZDT	Here
	PG Research skills seminars: Discussion Chapter (<i>Online</i>)	23 May, 14:10 – 15:00 NZDT	Here
	PG Research skills seminars: Oral Presentations (<i>Online</i>)	30 May, 14:10 – 15:00 NZDT	Here
	Intro to NVivo (<i>In-person</i>)	31 May, 14:10 – 15:00 NZDT	Here
Wellington Careers and Employment, VUW Wellington Careers and Employment, VUW	CV Basics (<i>Online</i>)	01 May, 11:00 – 11:50 NZDT	Here
	LinkedIn basics (<i>In-person</i>)	02 May, 11:30 – 12:20 NZDT	Here
	Networking Basics (<i>In-person</i>)	05 May, 12:40 – 13:30 NZDT	Here
	Interview Basics (<i>In-person</i>)	12 May, 12:40 – 13:30 NZDT	Here
	Science and Health Careers Expo 2023 (<i>In-person</i>)	09 May, 12:00 – 14:00 NZDT	Here
	Tech Careers Expo 2023 (<i>In-person</i>)	12 May, 12:00 – 14:00 NZDT	Here
	Finity consulting – Recruitment evening (<i>In-person</i>)	04 May, 17:40 – 18:30 NZDT	Here
The Library, VUW	Researcher Profile Workshop	11 May, 11:00 – 12:00 NZDT	Here
Lumivero	NVivo Research Networks: Teamwork Spotlight (<i>Online</i>)	01 May, 08:30 – 21:00 EDT	Here
	Creating Job-Ready Health Graduates through Work-Integrated Learning Experiences (<i>Online</i>)	02 May, 17:00 – 18:00 EDT	Here

Organizer	Event	Date and Time	Register
Lumivero	NVivo 14: Mixed Methods Research with NVivo <i>(Online)</i>	03 May, 12:00 EDT	Here
	Literature Review Spotlight <i>(Online)</i>	03 May, 17:00 – 18:00 EDT	Here
	Coding Spotlight <i>(Online)</i>	08 May, 10:00 – 11:00 EDT	Here
	Writing Group for Academics <i>(Online)</i>	10 May, 11:00 – 12:00 EDT	Here
	NVivo Transcription - Going Beyond Words <i>(Online)</i>	10 May, 12:00 – 13:00 EDT	Here
	User Group Meeting - Subjective Probability Assessment in a Data-Driven Decision-Making Environment <i>(Online)</i>	11 May, 11:00 – 12:00 EDT	Here
	Coding Spotlight <i>(Online)</i>	11 May, 12:00 – 13:00 EDT	Here
	Cases & Classifications Spotlight <i>(Online)</i>	12 May, 11:00 – 12:00 EDT	Here
	Quick Bites: Workflows <i>(Online)</i>	24 May, 17:00 – 18:00 EDT	Here
	Survey/Mixed Methods Spotlight <i>(Online)</i>	26 May, 13:00 EDT	Here
DoctorateHub	Staying Motivated at a Club Get-Together <i>(Online)</i>	04 May, 07:00 NZDT	Here
	Build up your thesis with mirroring <i>(Online)</i>	13 May, 24:00 NZDT	Here
SAGE	Image Integrity <i>(Online)</i>	25 May, 03:00 NZDT	Here
Elsevier	Effective literature search on Scopus and ScienceDirect - combining two high-quality sources for best results <i>(Online)</i>	09 May, 20:00 NZDT	Here
	How to identify relevant topics and journals with Scopus and SciVal? <i>(Online)</i>	16 May, 20:00 NZDT	Here
	Elsevier Author workshop <i>(Online)</i>	30 May, 20:00 NZDT	Here
Taylor & Francis	Avoiding ethics issues in publishing <i>(Online)</i>	04 May, 02:00 – 03:30 NZDT	Here
	Sharing sensitive research data: what you need to consider <i>(Online)</i>	10 May, 22:00 – 23:30 NZDT	Here
	Utilising registered reports <i>(Online)</i>	17 May, 19:00 – 20:30 NZDT	Here
	What can open research values bring to research assessment reform? <i>(Online)</i>	19 May, 01:00 – 02:30 NZDT	Here
	Excellence in Peer Review: How to be an effective peer reviewer <i>(Online)</i>	24 May, 20:00 – 20:00 NZDT	Here
	Predatory journals exposed with Think. Check. Submit <i>(Online)</i>	24 May, 19:00 – 20:30 NZDT	Here
Pearson	A Strategic Look at Competitor Analysis <i>(Online)</i>	02 May, 13:00 – 13:30 ET	Here
	Translating Classroom Knowledge to the Real World: Helping Students Make Decisions about Mental Health Care <i>(Online)</i>	04 May, 13:00 – 13:30 ET	Here
	Student Employability – Helping Students See the Forest for the Trees <i>(Online)</i>	04 May, 14:00 – 14:30 ET	Here
	May the Friction Force Be With You: Using Comic Books to Teach Physics Problem-Solving <i>(Online)</i>	04 May, 15:00 – 15:30 ET	Here
	Teaching about Coping: Using Psychological Science to Support Students' Mental Health <i>(Online)</i>	16 May, 15:00 – 15:30 ET	Here
	COVID-19 and Mental Health in Adolescence and Emerging Adulthood: An Enduring Crisis <i>(Online)</i>	16 May, 15:00 – 15:30 ET	Here

Organizer	Event	Date and Time	Register
Flexible Learning Association of New Zealand (FLANZ)	AI is here to stay: Its impact on online, flexible, and distance learning <i>(Online)</i>	18 May, 11:00 – 12:00 NZDT	Here
The Education Hub	Representations of children in social media <i>(Online)</i>	11 May, 19:30 NZDT	Here
	Teachers supporting children, whānau, and communities post-disaster <i>(Online)</i>	15 May, 19:30 NZDT	Here
Alpha Vesta CIC	Core 1: Understanding domestic abuse and its impact <i>(Online)</i>	18 May, 00:00 NZDT	Here
	Core 2: The complexity of domestic abuse <i>(Online)</i>	17 May, 20:30 NZDT	
	Core 3: Impact of domestic abuse in the workplace <i>(Online)</i>	25 May, 21:00 NZDT	
	Core 4: Impact of domestic abuse on children <i>(Online)</i>	31 May, 20:30 NZDT	
	Enhanced awareness: Domestic abuse and eating disorders	04 May, 01:00 NZDT	
	Enhanced: Impact of domestic abuse on young people extra familial harm	15 May, 21:00 NZDT	
NR Computer Learning Center	Microsoft Excel: Basic to advanced features overview <i>(Online)</i>	15 May, 09:30 NZDT	Here
	Introduction to Cybersecurity <i>(Online)</i>	08 May, 09:30 – 10:30 NZDT	Here
	Python for beginners <i>(Online)</i>	08 May, 08:00 NZDT	Here
	Python for beginners Part 2 <i>(Online)</i>	15 May, 08:00 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