

The Research Room

September 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

Master Document – Utilize its power with caution. In Microsoft Word, a [Master Document](#) serves as a powerful organizational tool that allows users to seamlessly integrate content from multiple Word documents, known as subdocuments, into a cohesive and comprehensive whole. By creating links to these subdocuments within the master document, you can easily update and reference content without the need to manually copy and paste, streamlining the editing and collaboration process. Working with master and subdocuments has benefits but also drawbacks, including Word master documents' susceptibility to corruption. They are prone to errors or elements going awry, including tables, special formatting, images, and text boxes. In practice, it is not uncommon for users to encounter issues necessitating a return to an earlier document version or, in extreme cases, a complete restart. This vulnerability to corruption can be frustrating and time-consuming, underscoring the importance of careful management and regular document backups when working with these features.

William Eulath - Doctoral Development Coordinator, FGR, VUW

Creative Commons License: Sharing your work. A Creative Commons license allows an author to define how others use their work, whilst still retaining full copyright protection. Copyright holders of works such as PhD and Master's theses can apply a creative commons license when they upload their work into our Institutional Repository.

[Creative Commons](#) is a global nonprofit organisation that enables sharing and reuse of creativity and knowledge through the provision of free legal tools. Free licenses provided by Creative Commons allow copyright owners to share their material for reuse and remix. These licenses are supported by icons, badges, and a 'human-readable deed' to communicate the rights and responsibilities of reusing licensed material, as determined by the copyright holder.

There are six Creative Commons licenses available to assign to your work to manage the copyright terms. They require that users provide attribution (BY) to the creator when the material is used and shared. The other five licenses combine CC BY with one or more of three additional license elements:

- Non-Commercial (NC): prohibits commercial use of the material.
- No Derivatives (ND): prohibits the sharing of adaptations of the material.
- Share Alike (SA): requires adaptations of the material be released under the same license.

Te Pātaka Kōrero – The Library is available to help you choose the right Creative Commons License. If you have any questions or concerns about sharing your work, please get in touch with the Research Services Team library-research@vuw.ac.nz or your [Subject Librarian](#).

Library 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

‘Balancing motherhood and a PhD: Yes, It’s Possible’ – Mei-Jing Lin

As an international student on my path to a PhD, my journey took an interesting twist when I embraced the role of a mother. Along this unique path, I've encountered and conquered various challenges, from adapting to cultural differences to overcoming logistical hurdles. Along the way, I've built a wonderful support network and nurtured personal growth. This story is a testament to the strength and determination it takes to thrive in academia while also being a loving parent.

Being an international student was an incredible experience that involved fully diving into a new culture, which, despite its challenges, turned out to be incredibly rewarding. Embracing these cultural differences not only helped me become a part of the academic community in my faculty but also allowed me to forge deep and meaningful connections with others - fostering an environment where I could both share my own experiences and learn from others. It was within this diverse tapestry of cultures around me that I found the opportunity to enrich my research and even my parenting methods with a wide range of perspectives, expanding my horizons in ways I had never expected.

Raising a baby while pursuing a PhD as an international student has been quite the adventure! Understanding the intricacies of the local healthcare system, securing suitable prenatal care, and ensuring a loving and safe environment for my little one all demanded meticulous planning and extensive research. Navigating these hurdles, all the while balancing my academic responsibilities, required a great deal of resourcefulness and adaptability.

However, building a supportive community played an incredibly vital role in my life as an international PhD student and a mother. Balancing the pursuit of higher education with the responsibilities of parenthood in a foreign country became so much more manageable thanks to the wonderful connections I made with fellow international students and engaging in parenting groups. These networks not only provided me with a sense of belonging but also offered invaluable opportunities to share our unique experiences. Additionally, forming relationships with my classmates,

professors, and the various university support services proved to be a cornerstone of my academic and personal growth. Their guidance, encouragement, and unwavering belief in my abilities provided a constant source of support throughout my challenging yet deeply rewarding journey.

Balancing the demands of academia and motherhood required meticulous time management and prioritisation. I had to establish a daily routine that seamlessly weaved together my research, coursework, and parenting duties. This meant dedicating focused hours to my studies while still savoring precious moments with my baby. Sure, it meant making some sacrifices and staying flexible, but it also allowed me to relish the joys of being a mom while pursuing my academic dreams. These challenges pushed me to step boldly beyond my comfort zone, challenge stereotypes, and redefine societal expectations. They empowered me to stand as a shining example for my child, showcasing the value of determination and hard work. Along this incredible journey, I discovered inner strengths and abilities I never even knew I possessed.

Every milestone achieved, both in academia and in my child's development, became a good reason for celebration. Completing research projects and witnessing my child's growth filled me with a profound sense of accomplishment and pure happiness. These achievements served as powerful reminders that I was indeed capable of excelling in various roles and responsibilities. They ignited my determination, inspiring me to keep pushing for excellence in both my academic pursuits and my role as a parent.

My PhD journey has been an amazing testament to resilience and determination. I've learned so much about embracing cultural differences, overcoming logistical challenges, building a supportive community, and nurturing personal growth along the way. To all students embarking on this path, know that your unique experiences and perspectives enrich the academic world and inspire others. Embrace the challenges, celebrate your achievements, and remember that you have the strength to excel in both academia and parenthood.

Mei-Jing Lin, Faculty of Psychology, VUW

Useful resources

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

[Emotional Wellness: Juggling act - The five buckle principle](#). Learn strategies for an integrated approach to find balance in the five key areas of life: family/friends, work, giving back, finance and health

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
Rainbow Research Network, VUW	Symposium 'Rainbow Studies Now: Legacies of Community' - Call for Papers	Deadline for submission: 15 Sep Symposium date: 23 Nov rainbowresearch@vuw.ac.nz	Email
Research Services, The Library, VUW	Research Skills Workshop Series – Promoting Your Research: Reach, Visibility, and Engagement (<i>Dual</i>)	18 Sept, 10:00 – 11:00 NZST	Here
Student Learning, VUW	PG Research Skills Seminars: 'Quantitative Research' (<i>Online</i>)	05 Sept, 14:10 – 15:00 NZST	Here
	PG Research Skills Seminars 'Planning and Conducting Interviews' (<i>Online</i>)	12 Sept, 14:10 – 15:00 NZST	Here
	PG Research Skills Seminars 'Designing Surveys' (<i>Online</i>)	19 Sept, 14:10 – 15:00 NZST	Here
	PG Research Seminar; Qualitative research (<i>Online</i>)	26 Sept, 14:10 – 15:00 NZST	Here
Education Now. Harvard Graduate School of Education	Experimenting with AI in the classroom (<i>Online</i>)	07 Sept, 07:00 NZST	Here
Care	The Current Child Care Crisis: How it's hurting employee productivity and retention (<i>Online</i>)	20 Sept, 12:00 ET	Here
The Third Degree	Conducting focus groups (<i>Online</i>)	06 Sept, 20:00 GMT	Here
	Creative Research methods (<i>Online</i>)	13 Sept, 20:00 GMT	Here
	Communicating your research (<i>Online</i>)	20 Sept, 20:00 GMT	Here
Complete Dissertation by Statistics Solution	Conducting T-Test (<i>Online</i>)	07 Sept, 08:00 NZST	Here
	Why is theory Important? (<i>Online</i>)	14 Sept, 03:00 NZST	Here
	Confidently present your qualitative Results Chapter (<i>Online</i>)	14 Sept, 08:00 NZST	Here
	Preparing to defend your research (<i>Online</i>)	15 Sept, 08:00 NZST	Here
	Importing data to SPSS, data cleaning, and management (<i>Online</i>)	22 Sept, 08:00 NZST	Here
	Your discussion chapter (<i>Online</i>)	28 Sept, 06:00 NZST	Here
	Qualitative data collection (<i>Online</i>)	28 Sept, 09:00 NZST	Here
Lumivero	Building realistic schedules with @RISK ScheduleRiskAnalysis (<i>Online</i>)	10 Sept, 04:00 NZST	Here
	You can be a productive scholar (<i>Online</i>)	22 Sept, 05:00 NZST	Here

Organizer	Event	Date and Time	Register
Google Garage	Build a CV and write a cover letter	04 Sept, 09:30 London	Here
	Create videos for YouTube	05 Sept, 14:00 London	Here
	Find your balance with technology	06 Sept, 16:00 London	Here
	Boost your productivity with AI	07 Sept, 12:00 London	Here
	Understanding Machine Learning	07 Sept, 13:00 London	Here
	Safety first: Protect yourself online	08 Sept, 11:30 London	Here
	Build engaging presentations	11 Sept, 15:30 London	Here
	Digital marketing strategy	12 Sept, 09:30 London	Here
	Build your personal brand online	14 Sept, 15:00 London	Here
	Find your career goals	20 Sept, 15:00 London	Here
Taylor & Francis	Peer Review Bootcamp: Science, Technology, and Medicine	05, 06, 07 Sept, 23:00 NZST	Here
	How to enhance academic publications with multimedia content	07 Sept, 01:30 NZST	Here
	Publishing in compliance with the OSTP Nelson Memo: what we know so far	08 Sept, 03:00 NZST	Here
	How to effectively promote your research through social media	12 Sept, 19:00 NZST	Here
	Excellence in peer review: how to be an effective peer reviewer	20 Sept, 20:30 NZST	Here
NR Computer Learning Center	Microsoft Excel: Basic to Advanced Features Overview	11 Sept, 09:00 NZST	Here
	Excel: Building a Dashboard in an Hour	18 Sept, 09:30 NZST	Here
	Python for Beginners - Part II	11 Sept, 08:00 NZST	Here
	Using Microsoft Power BI to develop Reports	25 Sept, 10:30 NZST	Here
	Introduction to Data Analytics	18 Sept, 08:00 NZST	Here
	Introduction to SQL	25 Sept, 09:00 NZST	Here
The Education Hub	Supporting positive food environments in early childhood settings (<i>Online</i>)	06 Sept, 20:00 NZST	Here
	Determining the implications for education from the hype of AI (<i>Online</i>)	18 Sept, 19:30 NZST	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.*

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](#)

FGR

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