

# Evaluation Summary of Seven Secrets

## Griffith University

### 1. What specific steps will you now take towards completing your PhD as a result of this program?

- This afternoon I'll make a plan (with goals) for the next 8-9 months – until my confirmation seminar. I'll show it and discuss it with my supervisors, and make sure we all stick to it.
- I won't feel like an 'impostor' anymore. I now understand the pitfalls in the process and can be more proactive in helping myself deal with these issues.
- Make a new start with how I see my PhD research programme unfolding in the next three years
- Writing more and call for help from editor as student in ESL
- Start writing now. Have a fixed schedule. Be more active in communicating with people in the same field to seek help.
- New plan. Set a dedicated writing time
- Communicate with my supervisor. Allocate time each day instead of waiting for a 'whole' free day. Write more!
- Set up regular meetings with my supervisors. Don't avoid writing. I will hand in my draft with minimal fear.
- Organise regular meetings with my primary supervisor. Write a 6 month plan. Start writing my article. NVivo.
- Get help. Send drafts to supervisor. Keep PhD plan current.
- Do weekly activity plans to keep things moving
- Start writing lit review. Contact other experts
- More organised...be persistent
- Send my stuff to my supervisor. Treat it as a job.
- Turn off email. Have a regular writing time
- Meet supervisors more often. Lessen distraction (checking email less often)
- Improve in all 7 areas, esp. writing
- Send drafts to supervisor
- Job plan it
- Making specific times to accomplish will defined tasks

- Start writing
- Better time management. Handle distractions
- Plan time better – avoid checking emails. Start writing so I can send drafts to supervisor
- I will apply secrets number 4 & 5. Saying ‘no’ to other commitments is something I really need to work on and I think this will help with giving my PhD the priority of a ‘job’.
- Take more specific actions to complete it
- Send writing regularly to supervisor
- Write a plan. Write down things
- Diarise to read this booklet at least once a month
- Send what I have written to my supervisor. Complete my confirmation document sooner rather than later.
- Meet my supervisor regularly. Start writing. Organise my life and tasks.
- Start writing and set up meeting with supervisor
- Better time management. Work to set hours
- I will start to write – no matter how shitty it is and just write; I will set aside 2 hours, 5 days a week to work on PhD – and put marking, teaching students, committee projects, revising papers, accreditation, developing teaching resources, baking, cleaning, walking the dog and answering emails as second (and third and fourth...) on my list every day.
- Taking all the 7 secrets involving with my PhD process
- #2, #4, #5
- Organise regular meetings with supervisors
- Sit down with supervisor and set some goals
- Organise work plan to achieve tasks on a daily or weekly basis and stick to it. Read more. Finish draft and hand it in.
- Withdrawing from committees, recognising them as a distraction and not necessary
- Meeting regularly with my supervisor. Make a specific time to study each day...and stick to it.
- Steady writing for at least three days every week
- Read book on interdisciplinary
- Meet more regularly with supervisor. Negotiate more solid working hours with spouse

## **2. What specifically have you learned from this program?**

- That no matter what, I can make it to the end...I just have to start demanding more from myself (discipline wise) and surroundings!
- To meet regularly with supervisor and more importantly to write!
- It has reinforced some things, eg. Job and being realistic
- 1. to give drafts as they are (I have always believed this was the way to go but was not quite sure) thanks. 2. displacement activities
- Review the learning process of PhD. So familiar and happy with going through well so far
- Believing that I can do it. Should be more efficient in time management.
- Hopefully some new ideas to stop avoiding the thesis
- Many problems that PhD students share. The value of spending small periods of time. Value of supervisor.
- Don't avoid writing. Be realistic – I am not here to solve everything
- That I need to have a proper plan with dates and deadlines even though I hate these things and they make me feel trapped. And that email is evil?
- Ask for help
- Other people are in the same boat – I'm doing ok
- Persistence, getting through ups and downs, Impostor syndrome, other people feel like me. (I saw lots of PhD students are mature age!)
- Be realistic...no one perfect. Just do...try my best.
- Swing mood is acceptable during the process.
- What I should do during a PhD journey
- How I can improve my effectiveness in all 7 areas (esp. writing)
- Insight into fiddling around!
- That I'm doing ok, but can improve
- Doesn't have to be perfect, set aside specific times
- That I am not the only one that thinks I am a fool and just snuck into the PhD – an impostor
- Importance of time management
- Most students are in same place
- I have learned that my problems are not unique to my experience as a PhD student
- Many steps that will help to complete it

- Distractions and 'show as you go' are my biggest blocks right now
- Steps to take to gain my PhD
- I am not an impostor
- How to better manage my candidature. I need to write more and more often. I need to better manage my supervisor
- Many things – all 7 secrets for PhD students
- Set detailed action plans and stick with them. You are not alone!
- I'm not alone!
- Stay motivated. It's not really as BIG as I think it is. That I CAN do it.
- Keep on writing and getting responses. You don't have to be smart but working hard for being a PhD.
- Time management, don't be afraid to send my paper to my supervisor and start writing
- Structure time to remove guilt and meet goals
- I am not alone in my feelings of isolation and despair
- That what I am going through is what other students are facing too
- That most people feel like impostors
- I am clever enough. Others are just like me in PhD race.
- Others have the same experiences
- Impostor syndrome – never heard of this before but it fits me exactly
- The importance of regularly submitting work

### **3. What personal insights or awareness have you gained?**

- I have to treat the PhD as a real job, and demand of my husband to participate more at home. I'm not alone with my fear of not being smart/clever enough.
- That I am not the only one that has issues, concerns about my progress
- Now I am more aware of the traps that I can get myself into
- Reviewing the learning process is important at different stages to figure out my strength and weakness along the journey.
- Not only I have the problem
- Aware many of the problems are not just mine; we all have problems
- Value of supervisor – I feel they can't really help
- I need to treat it like a job. I need to be aware of distractions

- That I'm actually ok with writing and treating this like a job – and achieving things even without having specific timelines. That I'm and impostor, but so is everyone else.
- Just keep going
- I tend to slack off wherever some distraction comes along
- Ok to get help. Consider relationship with supervisor. You don't have to 'get the Nobel prize', it's a learning experience
- Every PhD has similar problems. Talk with each other...share the burden and supports
- Think of PhD study as a 'job' is a good symbol to imply into my study life
- Reaffirmed that I'm good at time management!
- Be prepared. PhD is not difficult but need to have persistence.
- I really need to improve in all 7 areas (esp. writing regularly)
- My need to add emphasis to job plan
- Not the only one to have these sorts of problems – decreases the isolation to some extent
- It will be fine in the end, if it is not fine it is not the end
- I am very good at procrastinating
- That there are a lot of things that I am doing right and how to improve the aspects that need to be improved.
- That it is not as difficult or impossible as it seems
- That all PhD students feel the same, I'm not alone
- Keep good hours. Ignore distractions
- That I am not the only person who thinks they are an impostor
- How to deal with my supervisors. I can do it!
- To trust the process
- Everyone feels much the same as I do
- Writing is a serious block for me and I can only get over this by forcing myself to write everyday – no matter how CRAP I think it will be
- Be both doer and thinker
- Writing, how to start and which chapter I will start to write
- My key weaknesses – avoiding supervisor meetings, distractions
- That I CAN do it – I just need to restructure my days
- I need to get out there and finish my work

- That I am very good at finding distractions, I reckon I have the best radar on campus
- Persistence prevails...continue on
- I need to do more "doing"
- That I'm too attached to the thesis

**4. Would you recommend this course to other PhD students?**

- Yes – 44
- No – 0
  
- It's a must-attend
- Yes, this workshop is awesome
- Definitely, it was really good! Thankyou
- Yes, it's so useful
- Yes – particularly those at the beginning
- No doubt!

**5. How would you rate this workshop?**

Mean rating: **8.70** on a scale of 0-10 where 0 is of no use and 10 is excellent.

**Extra Comments:**

Good practical workshop – perhaps more time...