

# Evaluation Summary of Self-Sabotage Masterclass – Griffith University

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

- Set goals. And stick to them. Don't get stuck
- Not let emails distract. Be more specific about feedback wanted/needed. Don't procrastinate
- Discipline myself. Set goals
- More closely diarise my writing sessions. Ensure that writing sessions are targeted, ie. know what I'm going to writing about before I sit down. Set up smaller and more specific targets within the plan ie, more detailed plan
- Regular meetings with supervisor. Much more focussed time management (using techniques from this program). Reward system.
- Specific goals → timeframes
- Structure a monthly plan – month by month. Divide writing time into a) new work, b) reviewing to focus on cohesiveness. Develop a table for criteria that flow through each chapter with the culmination in results.
- Reserve specific days and times for writing. ACT first, write something! Submit draft chapters, ask for specific feedback.
- Organise my schedule to create time but also to restrict time to stop wasting time
- Structured times and dates. Continue learning to say no.
- Making timeline and sharing it to keep me on track
- The action→motivation→action theory. It is a great reminder of how to keep working! Definitely keeping this going.
- Setting more specific goals/deadlines. Setting specific times to work on specific tasks. Not be so nervous about submitting imperfect

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

- Action→motivation→action. Structuring my day. Remembering to enjoy the process
- Not different to other PhD students
- Models to self-evaluate. Talking to others about my struggles is good.

- Some useful insight into 'procrastination', a natural indulgence that can be managed as opposed to simply happen.
- How to name behaviours. Specific techniques to overcome these behaviours
- Structure in PhD is important. Small goals
- You can progress and review at the same time
- Incomplete chapters are ok. Awareness of writing avoidance
- Important to be structured and disciplined and stick to the structure.
- Better ways to help others (the models, terms, etc.)
- Strategies for dealing with procrastination
- I have learned that during this process we all have negative thoughts and often they are just a part of your imagination.
- Self-awareness. May tips/hints on how to avoid self-sabotage. The 'reasons' behind why we do many of these self-sabotage and some insights into how to defeat this.

### **3. What personal insights or awareness have you gained over the last 2 days?**

- realising I shut myself in a cell and sometimes don't get outside self-awareness of sabotaging strategies
- names/terms for processes/behaviour undergone during PhD
- need to turn PhD into a priority and put structure in place to sustain it
- my processes are effective ie. my planning and purposes and that they are equally shared by others who secure them through the struggle of prioritising the 'wrong' things
- the crucial nature of the relationship with my supervisor
- writing is hard → fear, need to nurture/foster that relationship. Contents pages → deadlines , goals for each section
- I need to focus a sense of urgency
- Distraction is easy. Think about the next step. Set short-term goals.
- I need a more structured approach. Don't be afraid to start writing, writing has to start to be good. I'm not alone
- I know all this, do all the right organisational things, just don't write
- As above! Strategies etc. to deal with what I was already aware of!  
Also realisation that I really need to prioritise the PhD.

- It has made me aware that most PhD students have and feel the same issues. It has reconfirmed the importance of having regular writing blocks.
- Aware I am not the only person that has these problems. Aware I need to have more structure in what I work on to defeat self-sabotage.

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

- Yes - 13
- No – 0
- Yes, I needed to do this straight after confirmation
- Definitely, especially those who are into 2<sup>nd</sup> year
- Yes. Definitely (and I will)
- Yes – this course was restricted and other needy students missed out
- Definitely. It was so useful, especially to hear other peoples' experiences.
- Absolutely!

#### **5. Do you think attending this course will help you finish your thesis?**

- Yes, it concreted many of the processes I have put in place
- It will certainly move me to the next stage of what I need to do
- I have taken notes and hopefully can use them to help me remain aware of the issues raised through the program – because self-awareness is important to the process
- Yes. Very much so!
- I think the course is insightful and supportive so will help to contribute.
- For sure!!
- Somewhat – already doing some of these things before course
- I hope so! ☺Yes I think so.
- Yes
- Absolutely. It has cemented my commitment to the PhD and given me some good ideas to keep going.
- Definitely – will give me the ability to self-regulate my time, set goals, etc, get me done on time