



Australian
National
University

Kickstart your research

ANU Academic Skills

Six things I wish I knew

1. Write early, write often
2. Learn to say 'no'
3. The right tools for the job
4. Manage supervisors
5. Note every decision
6. Consider post-uni life



Set goals



Manage yourself



Use the right resources



Do the work

Time management

- What works for you?

Identify milestones



Break each
one down

Research Proposal

Due October

Milestones

Conduct and write
literature review

- April

Pilot method

- July

Apply for ethics
approval

- August

Write and edit proposal

- September

Literature Review

General reading and
notetaking

- Feb 11 – 28

Examine X

- Mar 1 – April 7

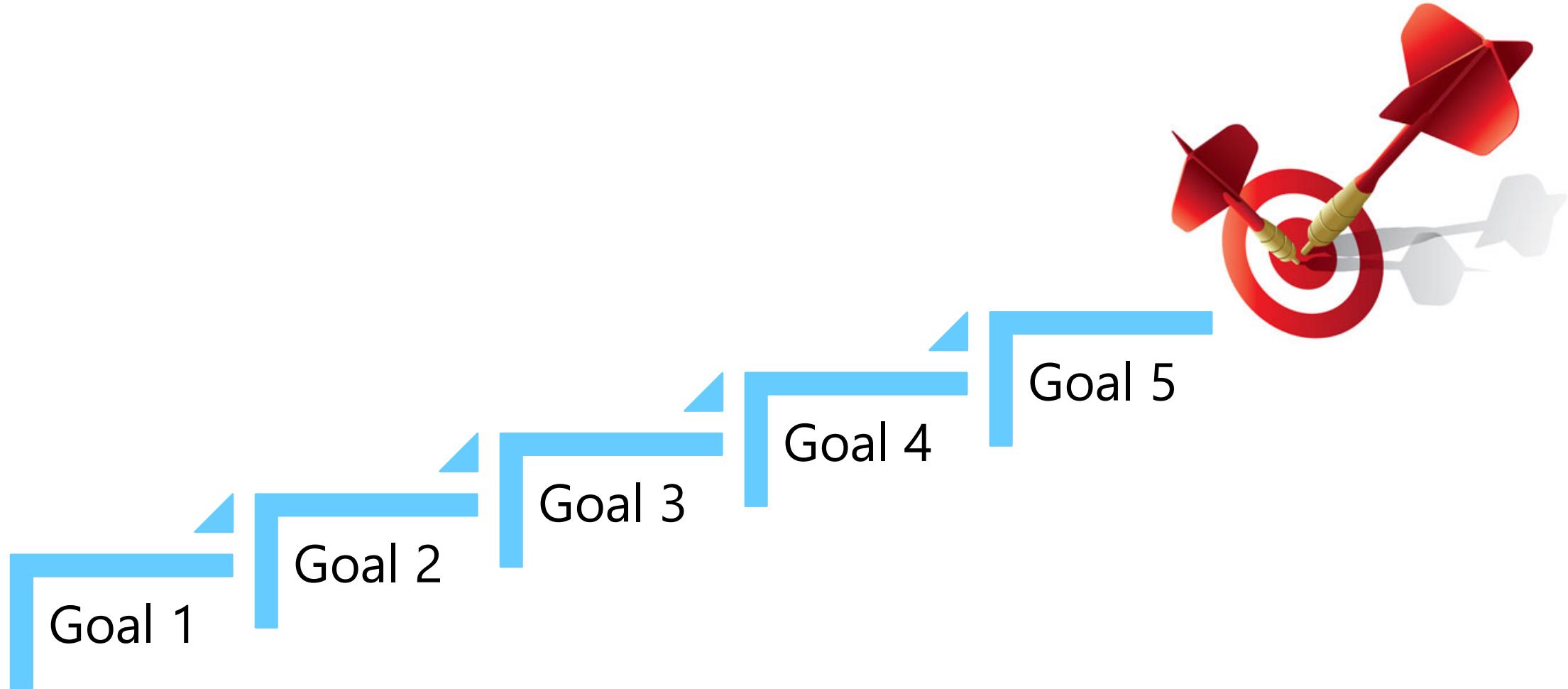
Examine Y

- April 8 – 14

Write up

- April 15 – 30

Set goals



Set goals

SEMESTER PLANNER

Academic Skills & Learning Centre
[W anu.edu.au/students/learning-development](http://anu.edu.au/students/learning-development)
E academicskills@anu.edu.au

T +61 2 6125 2972
Counselling Centre
W anu.edu.au/students/health-wellbeing/counselling
E counseling.centre@anu.edu.au
T +61 2 6125 2442

Access & Inclusion

Access & Inclusion
W anu.edu.au/students/health-wellbeing/diversity-inclusion
E access.inclusion@anu.edu.au

T +61 2 6125 5036
Careers
W anu.edu.au/students/contacts/student-experience-career-development
E careers@anu.edu.au
T +61 2 6125 3593

Medical Services

anu.edu.au/students/health-wellbeing/medical-services
E health.reception@anu.edu.au

T +61 2 6125 3598
ANUSA
W anusa.com.au
E sadmin@anu.edu.au
T +61 2 6125 2444

PARSA

W parsa.anu.edu
E parsa@anu.edu
T +61 2 6125 41

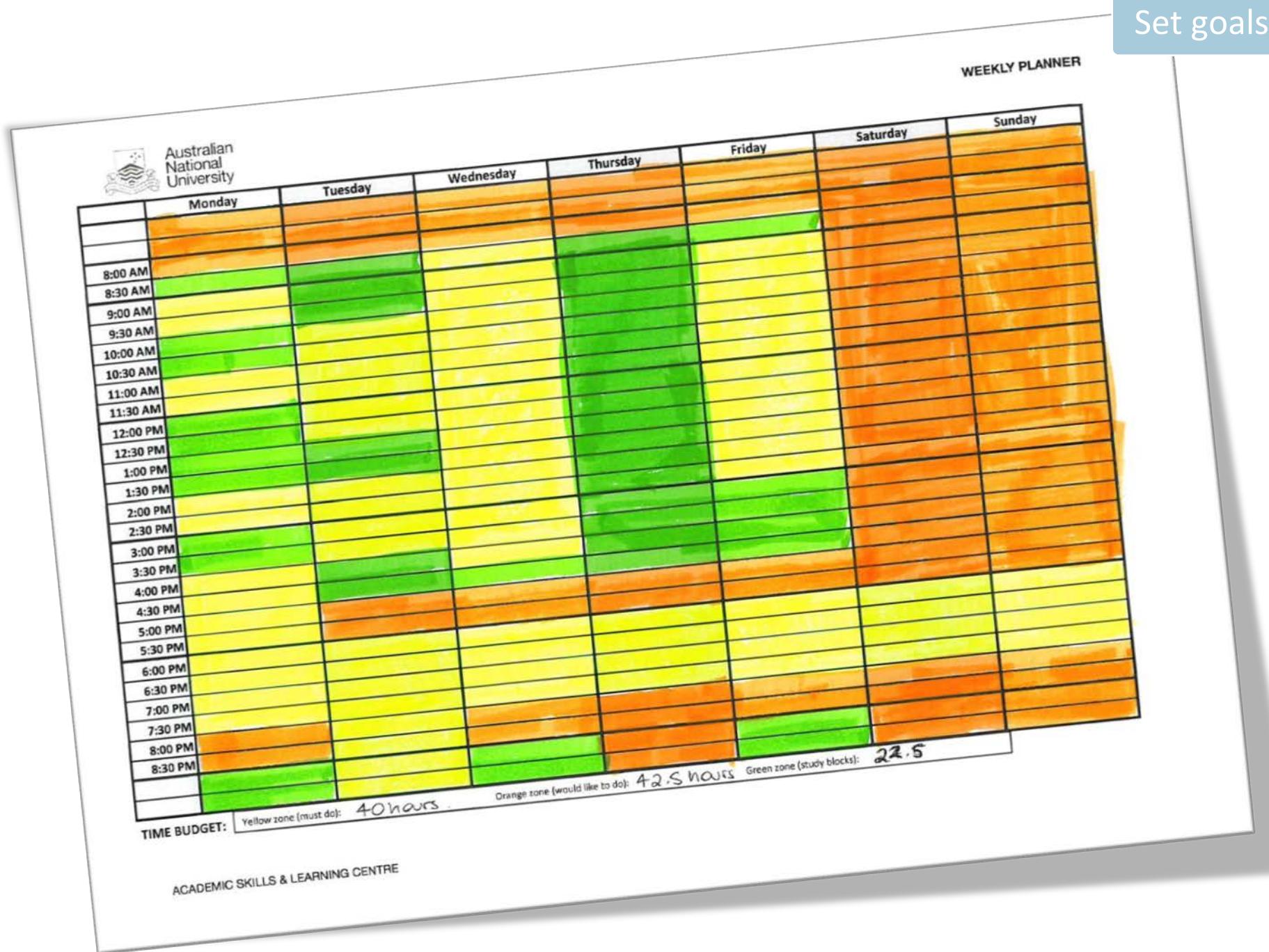
Dean of Students
W anu.edu.au/students/contacts/dean-of-students
E dean.students@anu.edu.au
T +61 2 6125 4184

Chaplaincy

W anu.edu.au/students/contacts/chaplaincy
E chaplaincy@anu.edu.au
T 6125 4245

Emergency
T 000
ANU Security
T +61 2 6125 2249 (Press 1 for Emergency)

Set goals



Themed list task specific

- BUSB Report
- 1) ~~PREPARATION~~
 - choose competitor ✓
 - get background info ✓
 - 2) ANALYSIS
 - gather data ✓
 - perform calculations
 - further research
 - 3) WRITING
 - report plan
 - First draft
 - Re-draft + edit

Today's to-do list time specific

- TO DAY
- * Summarise ECON lecture
 - * Practice for STAT quiz
 - * Prepare for STAT assignment 1
 - * Perform calculations for BUSB report
 - * Revise for ECON tute test



Traditional

- Call Keith back about to figure our where we should eat this weekend.
- Email Heather again regarding the Acme Co release forms for project participants. Need to send out the forms to them and have their signatures before we proceed.

The Acme Co. UX Presentation is due February 12

- Email Leigh about her party that she's having on April 21

The office will be closed on the 13th

I was happily surprised that Margaret seems to have taken her feedback to heart. She volunteered to help manage the assets for the project, and has become a more engaged part of the team. Her work is also showing progress.

- Call to cancel Yoga orientation
- Order Kim a birthday cake for next week on Thursday. It can to be gluten free because she is celiac.
- Add hours for Acme co project to the time tracker

Broadway was blocked on my way to work this morning, so I had to take a detour. On the way I spotted a new coffee shop I have to try. It's also a lot more scenic a rout. I put the windows down and just enjoyed the ride. I get so caught up in rushing to work, that I totally forgot about this route. By the time I got to work, I was feeling pretty good even though I was a little late.

Rapid Logging*

Set goals

04.01.TH

- X Keith: Call. Re-Saturday Dinner
- * Acme Co: Release Forms
 - Heather: Email. Get Forms
 - Email forms to participants
 - Get signatures
- Acme Co: UX Presentation - Feb 12
- Leigh: Re: Apr 21 Party
- Office Closed Apr 13th
- O Margaret: volunteered to help with assets
 - Showing more incentive and engagement
 - Increased participation effort

04.02.FR

- * Yoga: Cancel.
- * Kim: get birthday cake
 - Celiac: needs to be gluten free
 - The party on Thursday
- * Acme Co.: Log hours
- O Broadway blocked, had to take long way.
 - Try new coffee place
 - Much prettier drive
 - Felt more relaxed when I arrived



* 60% less content!

Milestone mapping

- Jot down your milestones this year
- Assign a date to each
 - Are your goals realistic?
 - How will you measure progress towards them?
- Share your plan with your neighbour and discuss

Take a break!

Managing yourself

- How do you balance research and life?



PIE CHART
IDEAL WORK/LIFE BALANCE

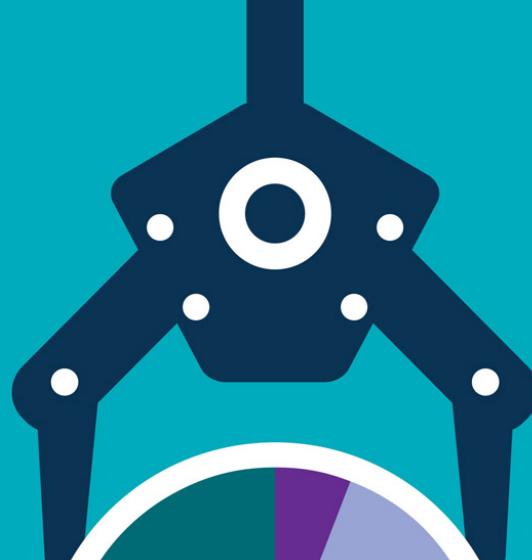


AVOCADO CHART
ACADEMIC WORK/LIFE BALANCE



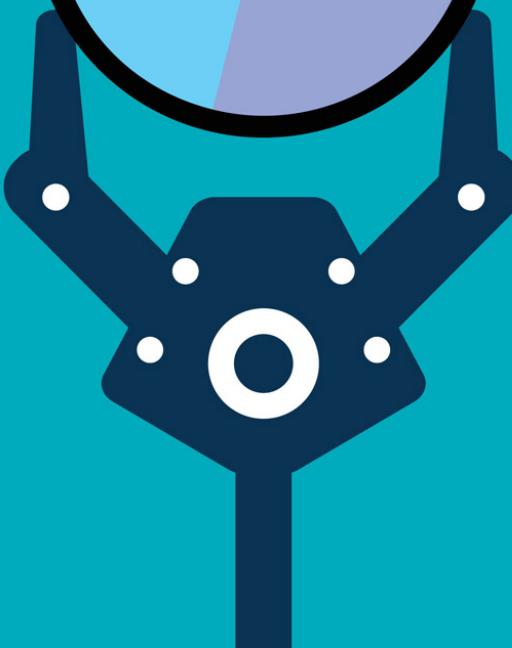
**MY UNIVERSITY
OFFERS A FAIR DEAL
TO ITS EMPLOYEES, IN
TERMS OF PAY**

Academics

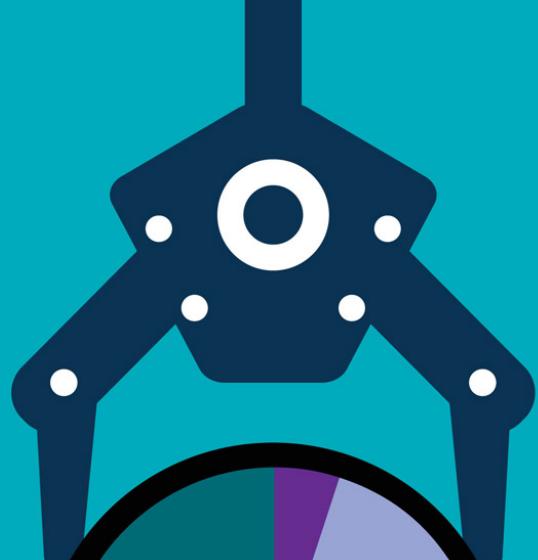


**MY WORK
RESPONSIBILITIES
ALLOW FOR A HEALTHY
WORK-LIFE BALANCE**

Academics



Professional &
support staff



Professional &
support staff

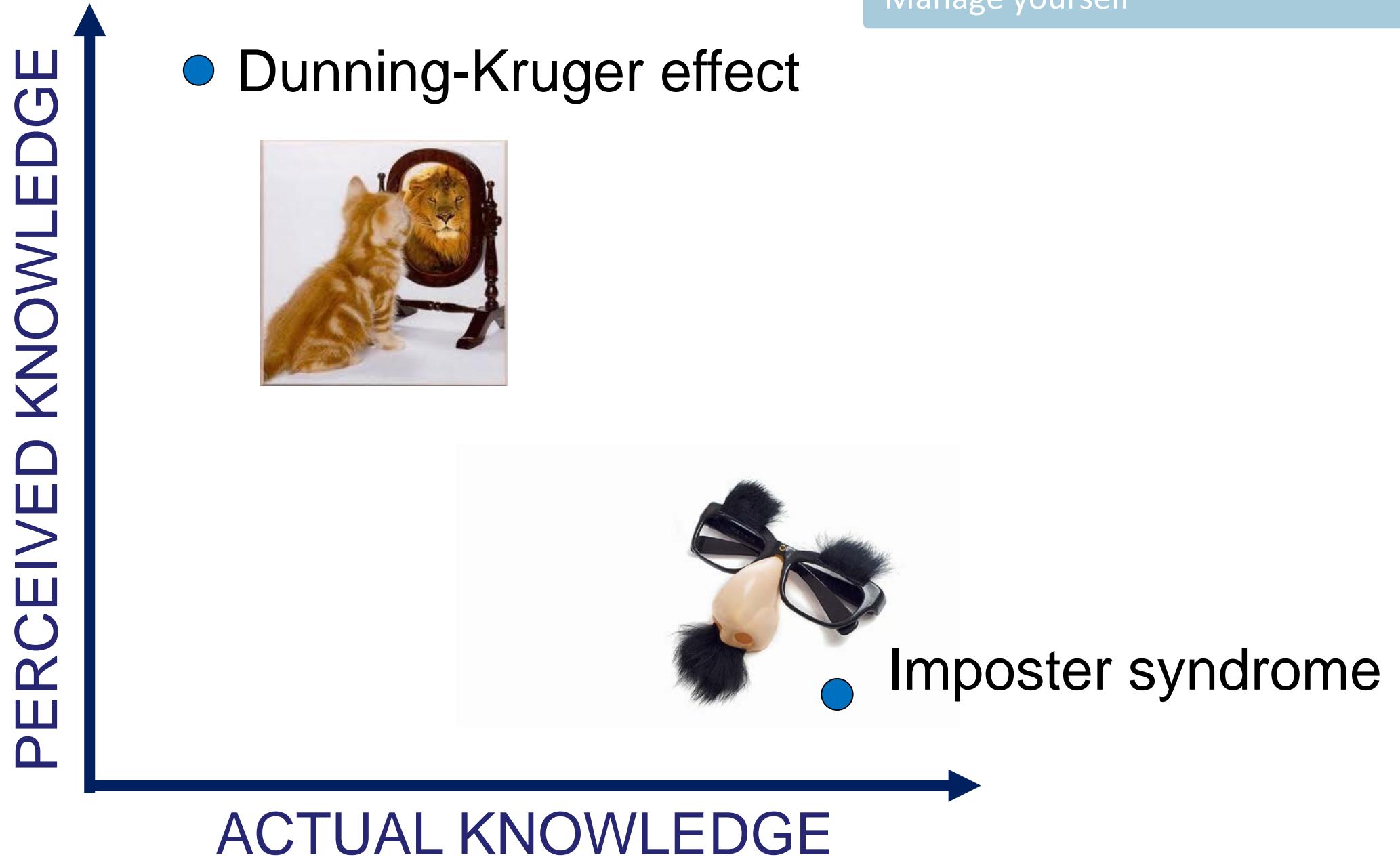
Strongly disagree

Disagree

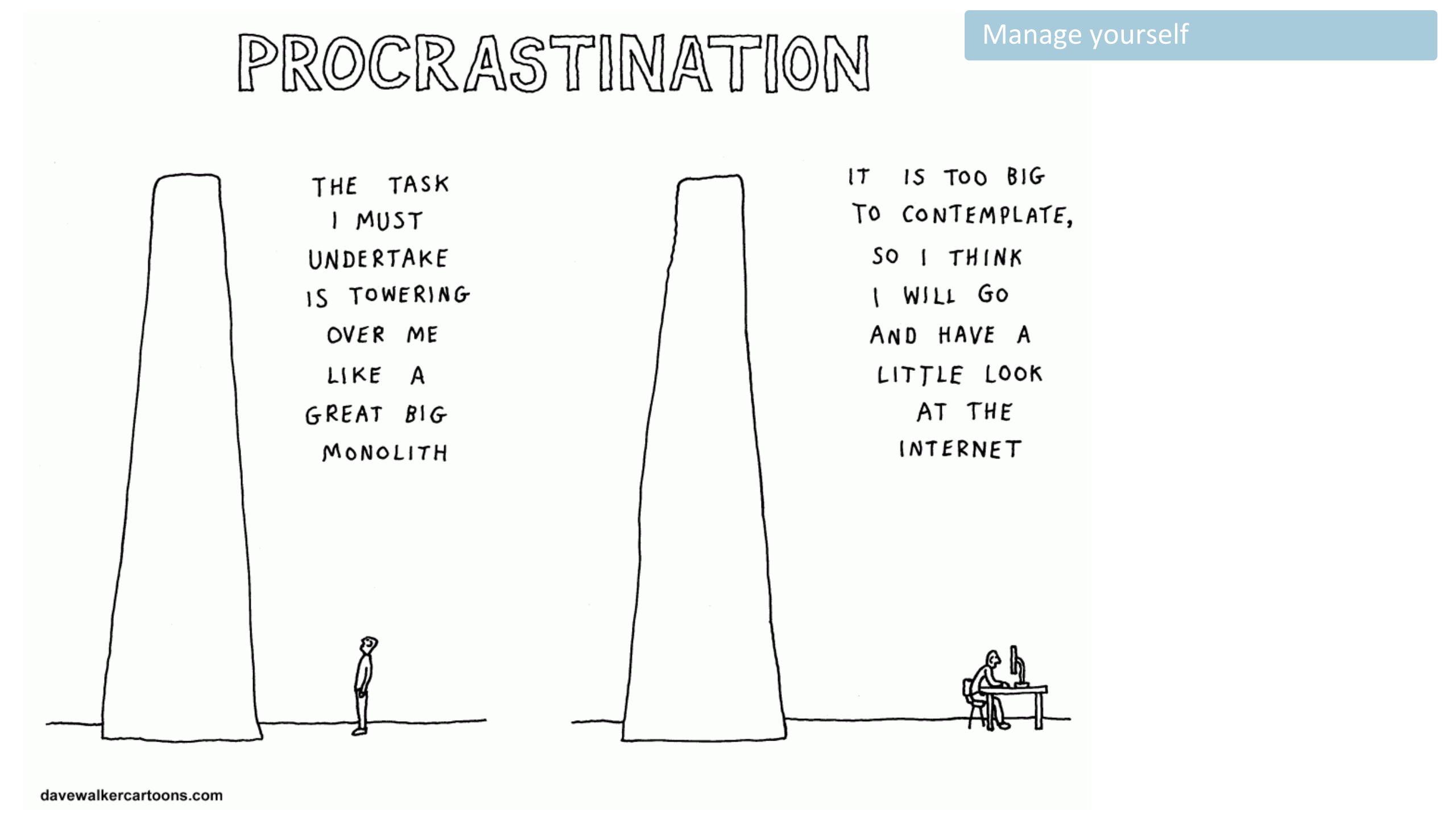
Neither agree or disagree

Agree

Strongly agree



PROCRASTINATION



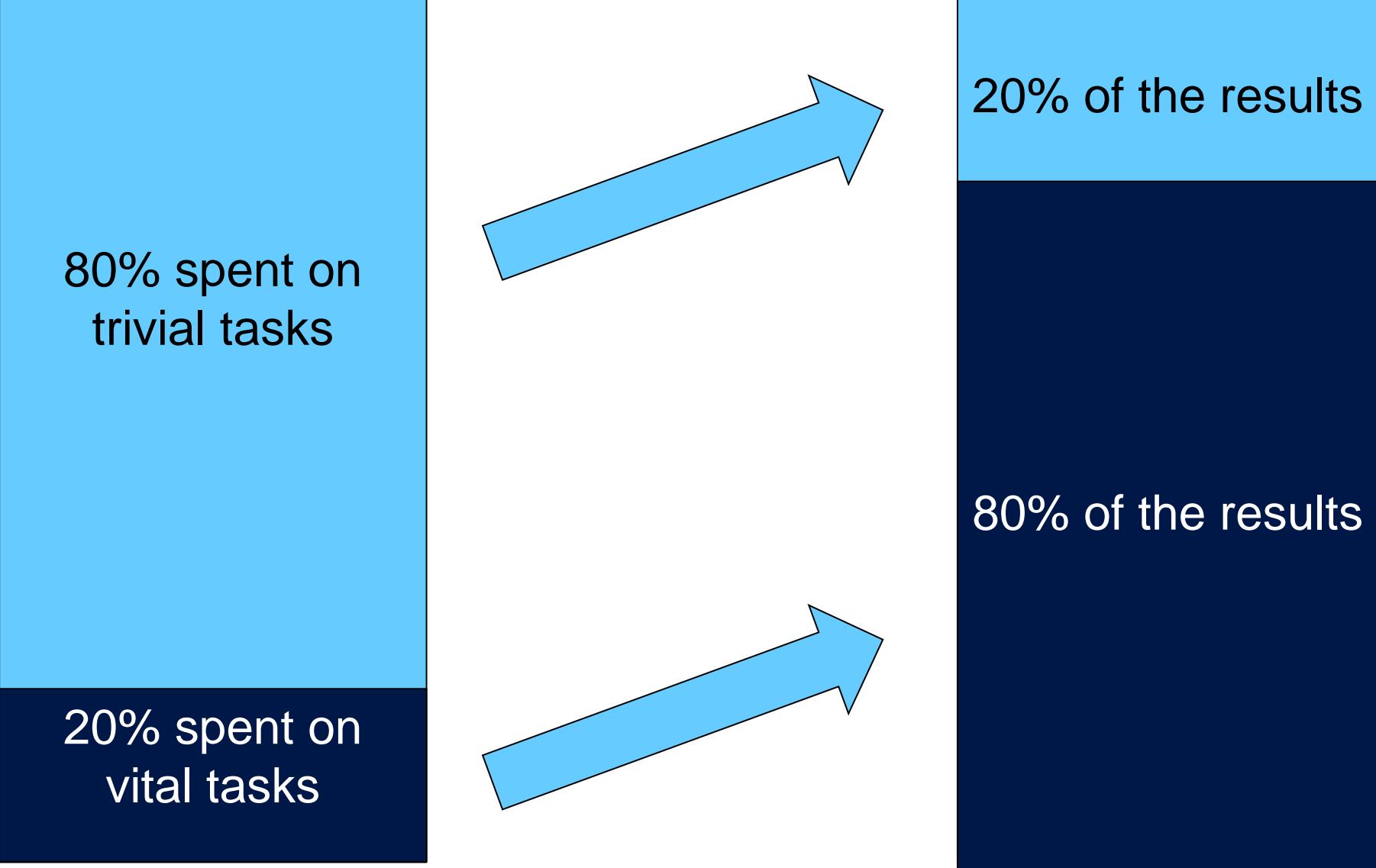
THE TASK
I MUST
UNDERTAKE
IS TOWERING
OVER ME
LIKE A
GREAT BIG
MONOLITH

IT IS TOO BIG
TO CONTEMPLATE,
SO I THINK
I WILL GO
AND HAVE A
LITTLE LOOK
AT THE
INTERNET



SAME OLD WAY

A NEW WAY

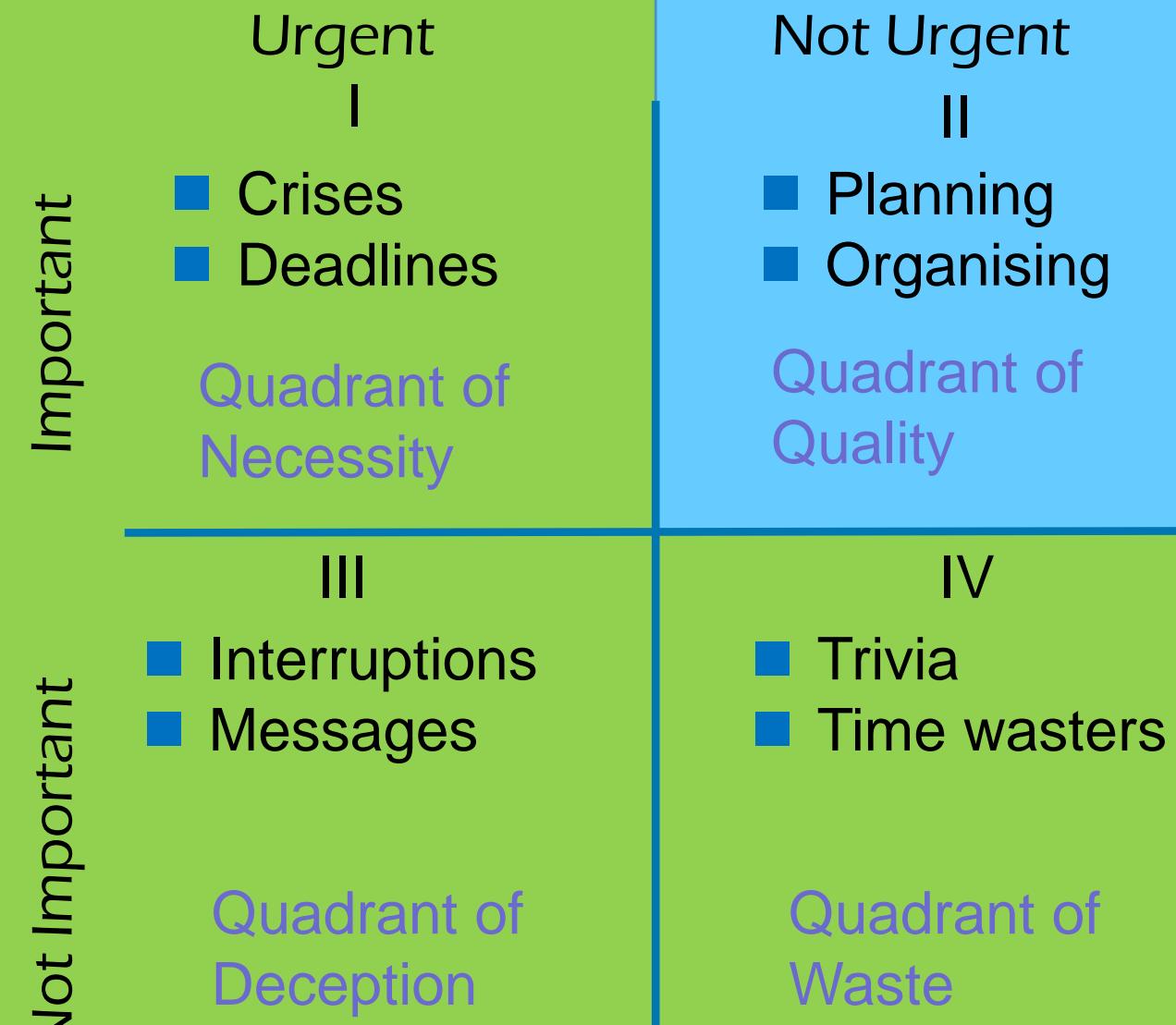


80% spent on
trivial tasks

20% spent on
vital tasks

20% of the results

80% of the results



Use the right resources

- What tools are you using now?



Trello lets you work more collaboratively and get more done.

Trello's boards, lists, and cards enable you to organize and prioritize your projects in a fun, flexible and rewarding way.

Use the right resources



Evernote

PLANS ▾

FEATURES ▾

HELP & LEARNING

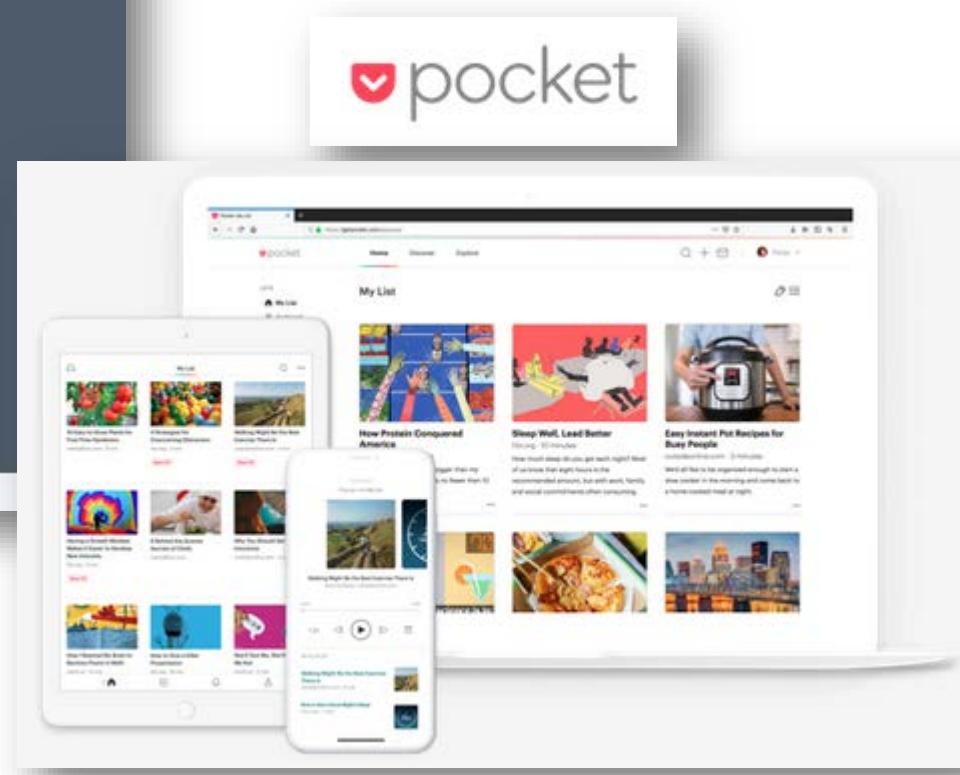
Feel organized without the effort

Evernote helps you capture and prioritize ideas, projects, and to-do lists, so nothing falls through the cracks.

Meet your match, Zuckerberg.

Boost your productivity and reclaim your free time by blocking time-wasting websites, games and applications.

 Download now



Electronic to-do lists

Tool

Wunderlist

Description

A simple list application for making a quick to-do list that you can access on multiple devices

Evernote

Also a list application but includes lots of other tools such as notetaking. Has a free and a paid version

Google Keep

Works like post-it notes that you can colour code. Simple, free and effective

Trello

A more serious project management tool that allows you to share lists with others and allocate tasks across a group

The screenshot shows a digital to-do list application interface. At the top, there's a header bar with the title "Essay" and various icons for "Share", "Sort", and "More". Below the header is a search bar with the placeholder "+ Add a to-do...". The main list contains several items with checkboxes:

- Start broad research
- Decide on argument
- More research
- Decide on structure
- First draft
- Appointment with ASLC
- Final proofreading
- Submit

At the bottom of the list is a button labeled "SHOW COMPLETED TO-DOS". To the right of the main list, there's a sidebar titled "Report" containing a list of tasks:

- Identify parameters
- Background research
- Gather data
- Tentative message
- Refine analysis/research
- Definite position
- Develop structure
- Write plan
- First draft
- Refine and edit

Ellipses (...) are at the bottom of the report sidebar.

Writing software

Scrivener

Mac/Windows/iOS. A writing tool for managing complex and long documents. Popular in the humanities/social sciences

LaTeX

All platforms. A document mark-up tool which requires some time and expertise to master but popular in some disciplines.
Professional-looking results

Ulysses

Mac. Alternative to Scrivener, fewer features, good for focused writing

Ommwriter, Write!, Writeroom, Q10, etc.

Small apps for distraction-free writing, generally output to plain text. Few features

Pages

Mac word processor

MS Word

Needs no introduction

Binder Collections Layouts Add Trash Compose Keywords QuickRef Comment Wrap Compile View Mode Find Synopsis Search Inspector

Binder

- Draft
 - Title Page
 - Contents
 - Quotation
 - Acknowledgments
 - Abbreviations
- Introduction
 - The "Rediscovery" of Pr...
 - An Overview of the Con...
 - History of Research on...
 - Structure and Literary Unity
 - The Purpose of This Study
 - Outline of the Study
 - Chapter 1 - Methodology
 - Chapter 2 - Anna, Widow...
 - Chapter 3 - Mary and the T...
 - Chapter 4 - The Virgin, the...
 - Chapter 5 - The Messiah's...
 - Conclusion
 - Appendices
 - Bibliography
- Research
 - DDO Draft Vanden Eykel 4.0
 - Festal Menaion
 - DissChVariaNotes
 - DissCh1notes
 - Ch1Varia

Optima Regular 12 abc 1.0

The "Rediscovery" of Prot. Jas.

The "Rediscovery" of PJ

A common trope is that PJ was "rediscovered" in the sixteenth century by the French Humanist Guillaume Postel, who acquired a Greek manuscript of the text during a trip to Constantinople in 1551. This narrative is only partly accurate, as the text did fall out of circulation in the West, presumably for failing to uphold the perpetual virginity of Joseph, but it never lost favor in the East where it continued to circulate under its traditional title, *Birth of Mary* (Γένεσις Μαρίας), often with the appendix, *Revelation of James* (Ἀποκάλυψις Ἰωάννου). Postel translated the text into Latin and provided its now-familiar title, *Protevangelion sive de natalibus Jesu Christi et ipsius matris virginis Mariae, sermo historicus divi Jacobi minoris*, and his translation was published by Theodor Bibliander.

Postel may be credited with "reintroducing" the text to the West, but it would be inaccurate to claim that its influence ever really waned. PJ acted as a source document for later "infancy gospels," most notably the *Gospel of Pseudo-Matthew* and the *Gospel of the Nativity of Mary*. Its impact art and iconography well into the middle ages also cannot be overestimated. On this point, Bart Ehrman and Zlatko Plêse write, "No Christian apocryphal text has played a greater role in medieval theology, culture and popular imagination." Moreover, many of the more than one hundred and forty extant Greek manuscripts of PJ (not to mention those existing in Coptic, Syriac, Armenian, Georgian, Ethiopic, Arabic, and Latin) are of a liturgical nature, suggesting that the text formed a regular part of Christian worship. It is therefore not fully accurate to speak of PJ's having been "lost," at least not entirely. So Charles Bertram Lewis writes, "although [PJ] was banned as heretical and spurious...its popularity was no whit diminished." All this is not to say that Postel's translation and subsequent publication of PJ were somehow without value. To the contrary, he is rightly credited with reintroducing to the West a source that had long influenced the theological imaginations of many generations, largely without their knowing.

Comments & Footnotes

Footnote:
So {Frey, 1997, #2040@73; Bouwsma, 1957, #1131@36-37}. Details of Postel's trip are sparse. Boyd Daniels reports that Postel obtained his MS of PJ after hearing it read in a church (-Daniels, 1956, #1663}).

Footnote:
Paul Foster ([Foster, 2007, #992@577]) calls Joseph's perpetual virginity a "theological novelty of the fourth century." On this topic, see Jerome, *De perpetua virginitate beatae Mariae adversus Helvidium* (citation?); Pope Innocent I, *Letter 6 to Exuperius of Toulouse* 7.30. The *Decretum Gelasianum* (ca. 500) lists a number of works that may refer to PJ (*Evangelium nomine Iacobi minoris; Liber de infantia salvatoris; Liber de nativitate salvatoris et de Maria vel obstetricie*), but this is uncertain.

Footnote:
So Zervos notes in his dissertation, "any suggestion that the [*Genesis Marias*] had to be "rediscovered" by an eccentric adventurer from western Europe in the middle of the sixteenth century is refuted immediately by the list...below of 167 known Greek manuscript witnesses containing this anocryphon."

150% Words: 346/500 Chars: 2,157

HackingTheThesisDemo01 – Manuscript

Binder Collections QuickRef Add Targets Snapshot Compile Compose Comment Footnote Group Mode Inspector Find Synopsis

Binder

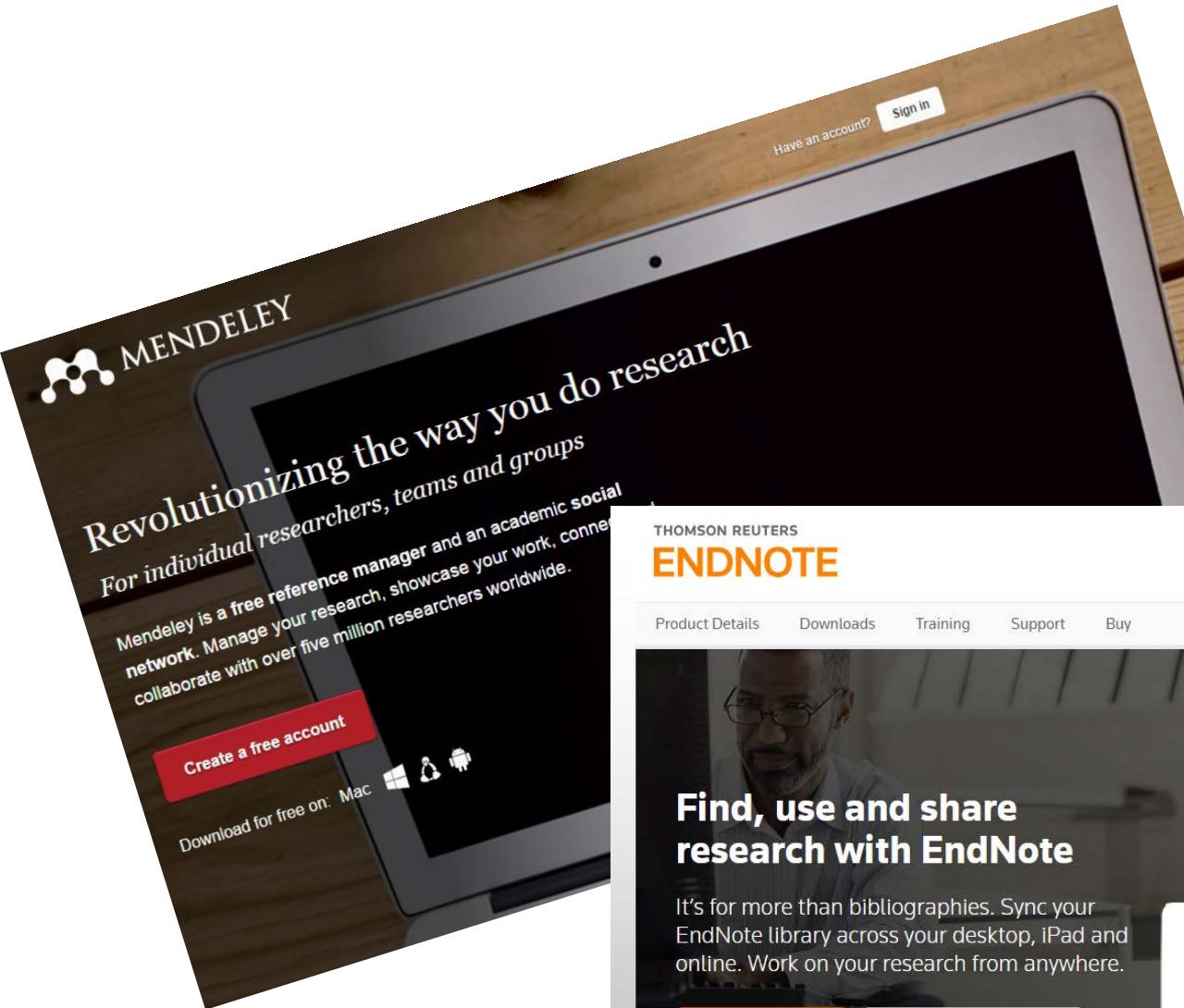
- Non-Fiction Format
- Front Matter
- Manuscript**
 - Introduction
 - Problem Statement
 - Aim & Scope
 - Thesis Overview
 - Cultural Context
 - Chapter Overview
 - Conclusion
 - Framing Design Education
 - Chapter Overview
 - Conclusion
 - Preliminary Investigations
 - Chapter Overview
 - Conclusion
 - Mapping the Learning Ma...
 - Chapter Overview
 - Conclusion
 - Discussion
 - Chapter Overview
 - Conclusion
 - Conclusions & Future Work
 - Chapter Overview
 - Chapter Conclusion
 - Bibliography
 - WriteAThesis

Manuscript

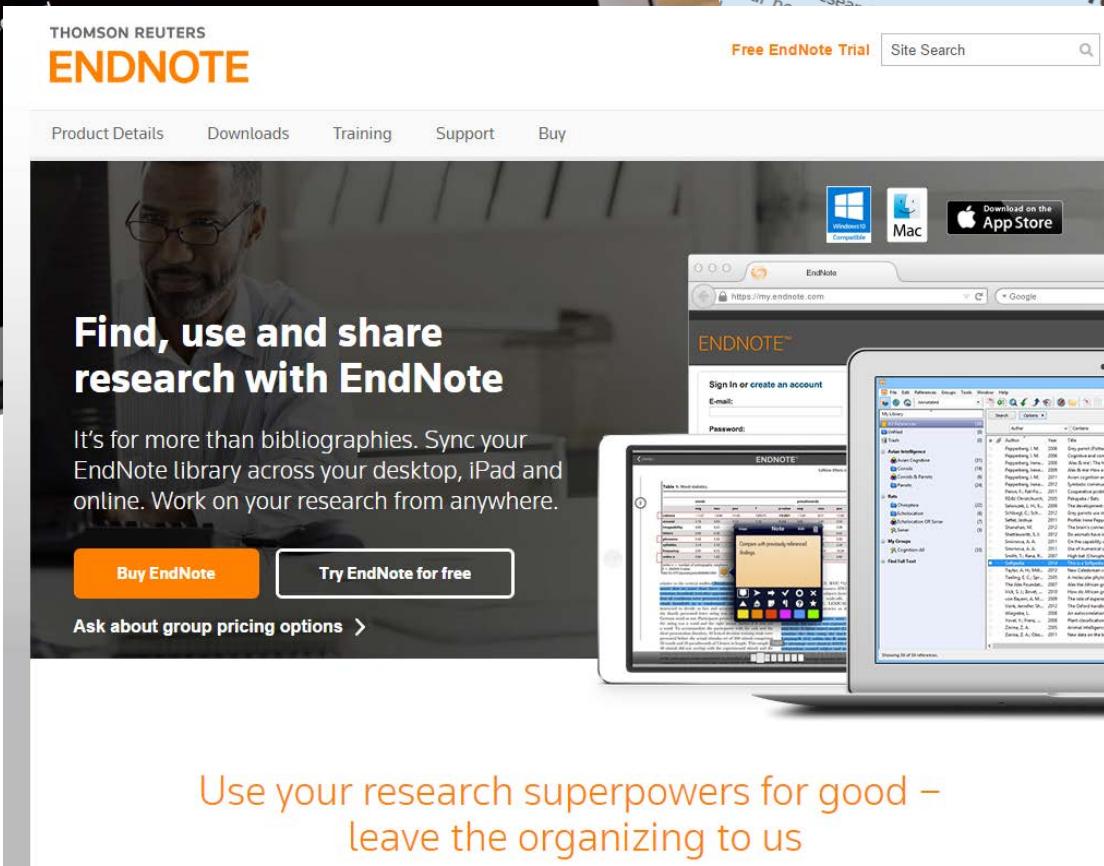
| Title and Synopsis | Status | Total Words | Target | Total Target | Total Progress |
|--|---------------------------------|-------------|--------|--------------|---------------------------------|
| Introduction Word Count Goal: 1500 – 5% of total | To Do | 248 | 1,500 | 1,500 words | <div style="width: 16%;"></div> |
| Problem Statement | Fragments Towards a First Draft | 164 | 0 | 0 words | <div style="width: 0%;"></div> |
| Aim & Scope | Fragments Towards a First Draft | 84 | 0 | 0 words | <div style="width: 0%;"></div> |
| Thesis Overview | Fragments Towards a First Draft | 0 | 0 | 0 words | <div style="width: 0%;"></div> |
| Cultural Context Word Count Goal: 3000 – 10% of total | Fragments Towards a First Draft | 462 | 3,000 | 3,000 words | <div style="width: 15%;"></div> |
| Framing Design Education Word Count Goal: 4500 – 15% of total | First Draft | 381 | 4,500 | 4,500 words | <div style="width: 8%;"></div> |
| Preliminary Investigations Word Count Goal: 3000 – 10% of total | Revised Draft | 1,294 | 3,000 | 3,000 words | <div style="width: 43%;"></div> |
| Mapping the Learning Map Framework Word Count Goal: 4500 – 15% of total | Fragments Towards a First Draft | 645 | 4,500 | 4,500 words | <div style="width: 14%;"></div> |
| Discussion Word Count Goal: 4500 – 15% of total | To Do | 481 | 4,500 | 4,500 words | <div style="width: 10%;"></div> |
| Conclusions & Future Work Word Count Goal: 4500 – 15% of total | To Do | 932 | 4,500 | 4,500 words | <div style="width: 20%;"></div> |
| Bibliography | Done | 15 | 0 | 0 words | <div style="width: 0%;"></div> |

+ - * Hide Synopsis

Use the right resources



The Mendeley website features a dark-themed header with the brand name in white. Below it, a large banner headline reads "Revolutionizing the way you do research". A subtext below the banner states: "For individual researchers, teams and groups. Mendeley is a free reference manager and an academic social network. Manage your research, showcase your work, connect with over five million researchers worldwide." A prominent red button at the bottom left says "Create a free account". To the right of the banner, there's a "Download for free on:" section with icons for Mac, Windows, Linux, and Android.



The EndNote website is presented by Thomson Reuters. It has a dark header with the "THOMSON REUTERS" logo and the word "ENDNOTE" in orange. Below the header, a main heading says "Find, use and share research with EndNote". A subtext explains: "It's for more than bibliographies. Sync your EndNote library across your desktop, iPad and online. Work on your research from anywhere." Buttons for "Buy EndNote" and "Try EndNote for free" are visible. At the bottom, there's a link "Ask about group pricing options >".



The Zotero website has a light-colored header with the brand name in large, bold, black letters. Below the header, a main heading reads: "Zotero [zoh-TAIR-oh] is a free, easy-to-use tool to help you collect, organize, cite, and share your research sources." A navigation bar includes links for Home, Groups, People, Documentation, Forums, Get Involved, Log In / Register, Upgrade Storage, Search support, and Search. A large red button on the right says "Download Now Available for Mac, Windows, and Linux". The page also features sections for "Collect", "Organize", "Grab your research with a single click.", "Cite", "Sync", and "Collaborate". A sidebar on the right shows a screenshot of a web browser with a "Save to Zotero" button.

Use your research superpowers for good – leave the organizing to us

Simple Reading Matrix

| Author | Title | Year | Purpose | Study design | ... relevant topics |
|---------------|--------------|-------------|----------------|---------------------|----------------------------|
| | | | | | |
| | | | | | |
| | | | | | |



ANU Research Training

Research news, information and events for students and staff at The Australian National University and beyond.

LIVE EVENTS 12 PAST EVENTS 117

| | | | | |
|---|---|------|---------------------------|--|
| A photograph of several people standing in rows of red theater-style seats in a large hall. | WED, 14 SEP 6:00 PM ANU 3 MINUTE THESIS COMPETITION FINAL 2016 #ANU3MT Llewellyn Hall, The Australian National University, Canberra | FREE | #FamilyEducation #Seminar | ↑ Bookmark |
| A portrait of a woman with glasses, smiling, in front of bookshelves. | MON, 19 SEP 2:00 PM Official welcome to the research community for higher degree research students (*repeat event) Common Room, Acton | FREE | #FamilyEducation #Seminar | ↑ Bookmark |
| A pink rectangular graphic with a white horse icon and the text "RESEARCH TRAINING". | TUE, 20 SEP 2:30 PM Thesis Whisperer: Tragic research mistakes and how to avoid them (repeat session) Seminar Room, CHELT building 10T1, Australian National University, Acton | FREE | #FamilyEducation #Seminar | ↑ Bookmark |

[JOIN US #ANU3MT](#) [Australian National University](#) [3MT WITH A TWIST](#)

[f](#) [t](#)

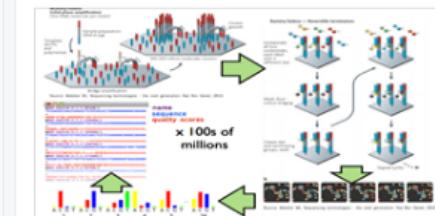
ANU Research Training [Liked](#) 3.4k likes

You and 1 other friend like this



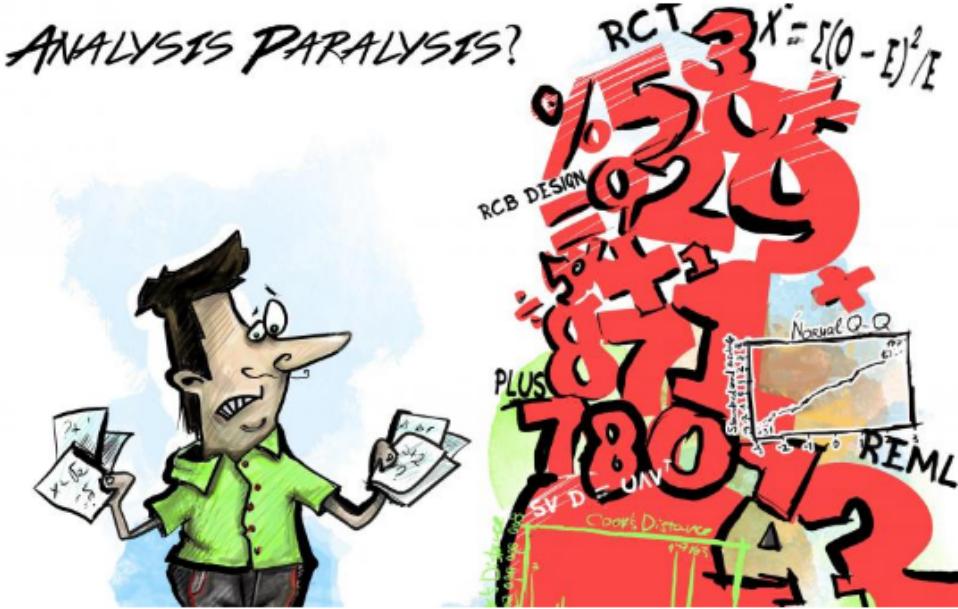
ANU Research Training 1 hr

What do we mean when we say "raw" data. #data #statistics



The relativity of raw data · Si...

Statistical Consulting Unit



The Statistical Consulting Unit is a research collaborative unit that specialises in statistical applications in research.

The Unit is staffed by experienced practising statisticians who maintain regular contact with other statisticians at the ANU, CSIRO and elsewhere. Staff profiles are available below. We have expertise in experimental design, survey design, data management, statistical software packages, exploratory data analysis, statistical modelling and data presentation.

Consulting support is available, free of charge, to Honours students with research projects, graduate students and staff in all parts of the University.

Researchers and research students can get statistical advice through:

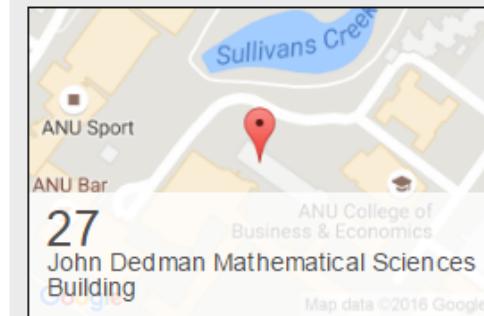
- [Face-to-face consultations](#)
- [Online courses in introductory statistics, experimental design, and statistical modelling](#)
- [Targeted courses and workshops upon request](#)

[Request a Consultation](#)

Related links

- [Statistical Consultation](#)
- [Statistical Courses](#)
- [Software](#)
- [Data Organisation Guidelines](#)

Location



ANU Academic Skills



Take a break!

Do the work

- How do you make yourself 'just do it'?

Manage the reading

- Have a clear purpose
- Don't read every word
 - Use lit strategically
- Have a system
- Write while you read

Be strategic

Search

- How is the article laid out?
- What are the sections?

Skim

- Look at the abstract, intro, headings, topic sentences, key words

Select

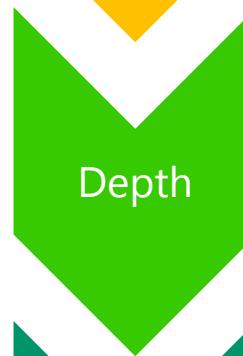
- Which sections or paragraphs are relevant?

Study

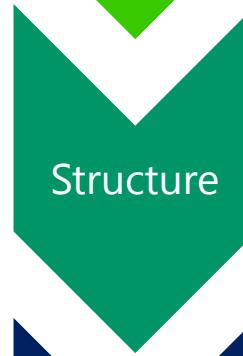
- Closely read the relevant parts in detail and take notes



- What bodies of literature do I want to get into and why?



- How much detail do I need to provide?



- What is the relationship between the different sources, and how do I convey this?



- Where do I fit in relation to them?

Cue column

5
function can be broad

6
not just about security

Summary section

Summary: security architecture can be defined with seven characteristics which refer to the design, function and structure. Should be unifying, bottom up, not focused just on security.

that 'security architecture' be (or as if) the result of a conscious act could be interpreted as rigidly implying a structure that is meticulously planned and the work of a single 'master builder.' The aforementioned analysis of **Maull** is pertinent to this concern, and the RSCs' of **Buzan and Waeber** at least envision a largely self-contained and relatively concrete complex of regional interaction that resembles a grand design. Yet, we certainly recognise that the process of architecture building is not always inherently neat and tidy. Our suggested guidelines therefore leave open the possibility that 'security architecture' can emerge from the work of two or more competing architects and can be worked out on a 'bottom-up' basis over time. The experience of ASEAN's security discussions eventually morphing into the ARF as a means of engaging great power regional interests and agendas illustrates this point. Frost offers the metaphor of a 'jumbled' Asian architectural construct to which numerous conference rooms are allotted 'to help tame the many bilateral rivalries that are in the region' and that facilitates a 'variable geometry approach' of countries participating only in those deliberations that are most critical to their own national security concerns.⁷¹

Fifth, the term 'security architecture' should only be used with reference to a structure that addresses specific **functional needs**. The range of functions that 'security architecture' might conceivably perform – including collective defence, collective security, crisis management and the protection of members against non-military security challenges – can be quite broad. Under the terms of our guidelines, the composite elements of 'security architecture' should certainly interact in such a way that **collectively and coherently contributes to specifically designated policy objectives**. It is possible that a range of different functions may be assigned to various components of the architecture – a division of labour that has been characterised by analysts of European regional security politics as 'functional differentiation'.⁷² Our suggested guidelines also do not overlook the possibility that the purpose and function of 'security architecture' can evolve over time, both as a consequence of changing internal architectural preferences or in response to significant shifts in the regional and/or global strategic environment. Nevertheless, we suggest that 'security architecture' cannot exist simply for 'security architecture's sake, and that the embodiment of purpose ought to be regarded as an **indispensable feature** of any structure to which the terminology is legitimately applied.

Sixth, although the purpose or function of 'security architecture' ought to be security-related, this does not mean that its various components **need necessarily be limited to security mechanisms**. This observation is especially pertinent to the Asian region, where understandings of security have tended to be comprehensive, and where economic institutions are so often used for security ends. The APEC process, for example, is ostensibly a vehicle for trade facilitation but began with an oblique security function – that of 'enmeshing' and 'tying down' the region's great powers – and has taken on additional security functions as it has matured. **Vinod Aggarwal and Min Gyo Koo** have characterised this process as creating 'impetus' for organisational transformation in response to external shocks to the region that

⁷¹ Ibid., p. 148.

⁷² See Carsten Tøns, 'The Functions of a European Security and Defence Identity and its Institutional Form', in Helga Haftendorn, Robert O. Keohane and Celeste A. Wallander (eds), *Imperfect Unions: Security Institutions over Time and Space* (Oxford: Oxford University Press, 1999), pp. 80–103.

Notes column

Do the work

THESIS ARGUMENT MAP TEMPLATE

Research Question/Aims:

Argument:

Introduction

- Opening hook/example
- Context
- Academic debate
- Gap in the academic literature
- Research question
- Methodology / approach
- Argument (overall answer to the research question)
- Signposting / outline of the thesis (can include more specific answers to the research question)

Chapter 1: title

Broad purpose:

Argument:

Chapter 2:title

Broad purpose:

Argument:

Chapter 3: title

Broad purpose:

Argument:

Chapter 4: title

Broad purpose:

Argument:

Conclusion

- Remind readers what you set out to do/what research question you sought to answer
- Summary of argument/ what you found in relation to the central research question
- Implications of your findings
- What next for this research/issue?

Section
I will argue:

Do the work



NEWS >



THINGS TO DO IN YOUR
5 MINUTE BREAK



THIS YEAR, KEEP YOUR
RESOLUTIONS!



POMODORO
TECHNIQUE HOLIDAY
SALE



THE POMODORO
TECHNIQUE EBOOK
NOW AVAILABLE!



NEW FC GARAGE
STORE



IGNORE THE UNICORN:
POMODORO FOR
THOSE WITH A.D.D.



DO SOMETHING
PHYSICAL DURING
YOUR BREAKS!



THE POMODORO
TECHNIQUE 3RD
EDITION

DO MORE AND HAVE FUN WITH TIME MANAGEMENT

WHAT IS THE POMODORO TECHNIQUE?



WHY DOES IT WORK?



EASY for anyone to use!



Improves productivity
IMMEDIATELY!



FUN to do!

Do the work

TomatoTimer

Log

FAQ

Settings

Tweet about us!

Pomodoro

Short Break

Long Break

25:00

Start

Stop

Reset



Pomodoro Timer Lite

Tatkov Lab Productivity

3+

This app is compatible with your device.

★★★★★ 22,715

Add to wishlist

Install



Be Focused - Focus Timer

Focus Timer & Goal Tracker

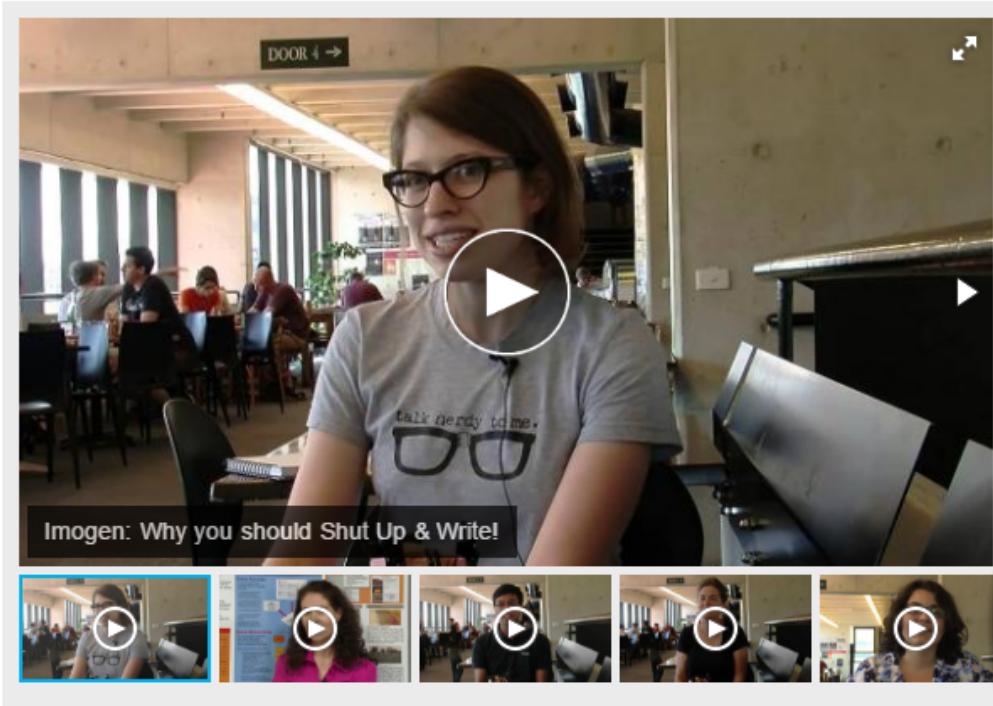
Denys Yevenko

★★★★★ 4.6, 1K Ratings

Free

Shut Up & Write!

Provider business unit: Research Training »



The Postgraduate and Research Students' Association ([PARSA](#)) Shut Up & Write! group has been run by students, for students, on The Australian National University (ANU) campus since 2012.

Generally a Shut Up & Write! group will use the [Pomodoro Technique](#), which involves writing in silence for 25 minute bursts with regular rests for coffee, food and chatting in between. Chatting is a good way to have a 'brain break' between intense periods of focus. Break time is good for problem solving, to discuss writing progress, or simply making friends. Writers work on their own tasks - there are no set exercises or group work. Read more about [how Shut Up & Write! works](#) on the Thesis Whisperer Blog.

Contact

- Research Training
- [Send email](#)

Who can join?

Last but not least...

Your supervisor(s)

- From student to colleague
- Clear expectations
 - Set them early
- Meet regularly
- Constant communication
 - Pre-meeting agenda
 - Meeting minutes/summary
- Deal with feedback





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How about you?

- Did any tips today resonate with you?
- Do you have any habits you want to break?
- What challenges do you see ahead of you?
- Will you do anything differently this year?
- Chat to your neighbour