

# My PhD Journey: Lessons, Milestones & Motivation

- 读博旅程之经验、里程标与动力



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# KEY LESSONS LEARNED

## Manage Expectations 预期管理

- Supervisors, timelines, and research outcomes often change.
- Importance of staying flexible and adapting quickly

## Mistakes as Growth 错误=成长

- Early research misunderstandings, writing errors, or failed experiments are part of the journey.
- Embracing mistakes as learning opportunities.

## Build Strong Academic Habits 良好的学习习惯

- Consistent reading and writing schedules
- Keeping notes, progress logs, or research journals.

## Ask for Help Boldly 寻求帮助

- Importance of peer support, discussion groups, and academic community.
- Supervisors



# MAJOR MILESTONES

## Crafting a Focused Proposal (突出重点)

- Difficulty of narrowing down a topic
- The importance of a clear problem statement

## Taming the Literature Ocean (大量文献)

- Feeling overwhelmed with information.
- Strategies: structured reading, mapping tools, categorizing papers.

## Executing Data Collection (数据收集)

- Sample size determination/ Validity and reliability assessment/ Quality of interview samples/Analysis methods

## Writing and Revising Smart (写作以及修改技巧)

- Overcoming writing blocks.
- Breaking chapters into smaller manageable tasks

## Pre-Viva and Submission Sprint (准备与提交)

- Managing stress and expectations.
- Preparing with mock sessions and feedback.

# STAYING MOTIVATED

## Purpose-driven mindset (初心)

- Remembering why you started the PhD
- Aligning research with personal or societal impact

## Maintaining consistency (持续)

- Small daily progress is more effective than last-minute rush.

## Emotional resilience (情绪处理)

- Handling self-doubt syndrome
- Learning to reset, rest, and continue

## Support (支持)

- Family, friends, lab mates, supervisors.
- build your own support circle

# STAYING MOTIVATED



# PERSEVERANCE OVER PERFECTION

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# Thank You

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