# Overview of Thesis Writing/How to Start Thesis Writing?



Assoc. Prof. Dr. Mohd Yusmiaidil Putera Mohd Yusof

BDS (Mal) MForenOdont (Leuven) PgDip Adv. Med. Imaging (Leuven) PhD (Ghent) FPFA FICD

#### **Fellow**

Institute of Pathology, Laboratory and Forensic Medicine
(I-PPerForM)
Universiti Teknologi MARA

#### Lecturer

Center for Oral &Maxillofacial Diagnostics and
Medicine Studies
Faculty of Dentisty
Universiti Teknologi MARA

yusmiaidil@uitm.edu.my

How to
Write Your
Thesis in
Ten
Minutes
a Day

It's that simple!



Step 1. Spend ten minutes each day for the first X number of years filled with anxiety, stress and doubt about whether you'll ever finish your thesis, what you're doing with your life, and whether you made the right decision to come to grad school.



Step 2. On your last year, sleep for ten minutes a day and spend the rest of the time writing your thesis.

JORGE CHAM @ 2013

WWW.PHDCOMICS.COM

### Introduction

What is Thesis?

- An argument
- An exposition of an original piece of work
- The product of an apprenticeship
- Probably the largest (most self-indulgent) piece of work you'll ever do
- Something that could be published

"A thesis for the PhD must form a distinctive contribution to the knowledge of the subject and afford evidence of originality shown by the discovery of new facts and/or by the exercise of independent critical power." (U. of London regulations)

### Introduction

Who-is-who?

#### IPSis

- Research/Coursework/Mixed Mode
- Seminars/Programs
- UiTM Thesis Template
- Thesis Guidelines
- DD Postgraduate/Head of Postgraduate Studies
  - Defense of Research Proposal
  - Thesis Submission
  - Viva
- Supervisor
  - Serial Progress Meeting
  - Go/No-go



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2017



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## Traditional Thesis Vs. Thesis by Publication

This is what 90% of you are doing

#### **Traditional Thesis (Monograph)**

Based largely on the supervised research project, examined on the basis of the thesis

Advantage	Disadvantage
The most familiar system	More reviewing time by supervisor
More elaborate literature review, more detail on the analyses, lengthier	Delay in publication; obselete data
discussion	

#### Thesis by Publication

Based largely on the supervised research project, but examined on the basis of a series of peer-reviewed academic papers which have been published or accepted for publication, usually accompanied by an over-arching paper that presents the overall introduction and conclusions

Advantage	Disadvantage
Provide skills that are required for a modern academic	Longer study period; rejected paper etc
Lesser reviewing time by supervisor; peer-reviewed work	Less room for thesis improvement 6 (traditional examiner perspective)

## 7 Tips on How to Write a Strong Thesis

- 1. Know What Questions You're Asking
- 2. Break Your Thesis Into Defined Stages
- 3. Don't Rely On Your Academic Advisor
- 4. Realize You Will Never Feel Like Writing
- 5. Don't Write Your Thesis Chapters In Order
- 6. Never Write "work on thesis" In Your Calendar
- 7. Write In Very Short Bursts

## 1. Know What Questions You're Asking

- You always need to know what your hypothesis is or what questions your thesis is asking.
- This may seem obvious, but so many graduate students fail to define their overall hypothesis before beginning their thesis.
- You must be able to summarize your thesis in one sentence such as:
   "The purpose of this thesis is to...."
- If you don't know what your thesis question or hypothesis is, meet with your supervisor (See #3).









## 1. Know What Questions You're Asking

• Over the years, I've encountered a few exceptions to this rule.

For example...

Some PhD students spent > 4 years (full-time) in graduate school working on many small projects because no one project was viable enough for an entire thesis.

These students had what I call a "hodge-podge" thesis.

- The only reason their thesis committees let these students graduate is because the students had been in school for so long.
- While it is possible to pull a group of small projects together into one thesis, you don't want to be at the mercy of your thesis committee.
- It's best to always know what question you are asking.
- Your question will probably evolve over time, but the more clarity you
  have about the purpose of your thesis, the more efficient your research
  will be.

## 2. Break Your Thesis Into Defined Stages

- i. Idea collection
- ii. Editing and data analysis
- iii. Polishing
- The purpose of the first stage of writing is to get as many ideas as possible on paper, without judging, editing or formatting your document.
- By allowing yourself to collect your ideas without criticism, you can spark your creativity and overcome the fear of imperfection that may be holding you back from starting to write your thesis.
- It is during the second stage, editing and data analysis phase, that you need to be rigorous with your writing and editing.
- At the end of the second phase your goal is to produce a manuscript that
  has a clear structure and a logical flow of arguments so that you can
  submit it to your supervisor for review.
- In the final polishing phase, you need address the feedback from your committee and fill in any gaps in the logic.
- Polish, polish, and polish some more until your document is ready to be handed in to your university's library.

## 3. Don't Rely On Your Academic Advisor

- Your academic advisor will not give you all the answers.
- Some advisors are either too busy to mentor you properly or are micromanagers who want daily updates on your progress.
- Other <u>academic advisors are simply bad mentors</u> who don't want you to graduate in the first place.
- Either way, you shouldn't rely on your mentor to give you all the answers.
- You also shouldn't rely on your advisor for a second reason...

#### Writing your thesis is your job and your job only.









11

## 3. Don't Rely On Your Academic Advisor

- The role of your advisor is to mentor you so you learn how to be an independent researcher, not to hold your hand for the rest of your life.
- Your advisor may or may not be a good mentor, but you need to be in agreement regarding the direction of your research because you need their approval to graduate.
- The most effective way to meet with your advisor is to schedule meetings far in advance and come to every meeting with a clear agenda.
- Students who plan proactively before talking with their supervisors have much more efficient meetings than those who don't plan.
- If your advisor is a difficult person, continue to be proactive about planning meetings and developing solutions to your problems.
- Keep a record of every meeting you have or every meeting he or she refuses to have with you.
- Finally, reframe your situation into a learning experience for your career.

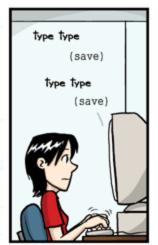


## 4. Realize You Will Never Feel Like Writing

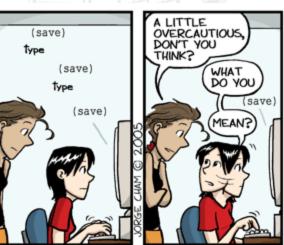
- You will never feel like writing your thesis.
- Even the most famous and prolific authors in history had daily battles with writer's block.
- You won't be any different. There will be times when you sit down to write when you feel like you're dying.
- That's okay—just start typing gibberish. Type sentence fragments. Type anything. Just get something down on paper.
- Also... Don't wait to be inspired to write. Instead, go out and look for inspiration.
- Listen to music that puts you in the mood to write. Watch a short video that motivates you to take action. Visualize all the things you will do once your thesis is done.
- Warming up your "writing muscles" and seeking out inspiration are the only cures for writer's block.
- Once you're warmed up and inspired, words will start to flow more naturally. They may even start to form cohesive sentences and paragraphs.
- Overtime, your warm-up period will get shorter and shorter until clicking into writing gear becomes an automatic habit.

## 5. Don't Write Your Thesis Chapters In Order

- Begin with the abstract, then the introduction, then an in-depth literature search, then chapter one, chapter two, on and on all the way to the conclusion. <u>This is the worst way to write your thesis.</u>
- Writing your thesis in order can lead to several months of agonizing writer's block.
- · Don't start writing your thesis by writing the abstract first.
- Instead, the abstract of your thesis should be the last section you write
- By definition, the abstract is a summary of the highlights of your thesis, and therefore you should only be able to write a quality abstract once you finish all of your chapters.

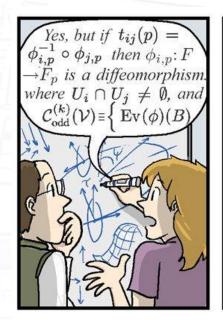


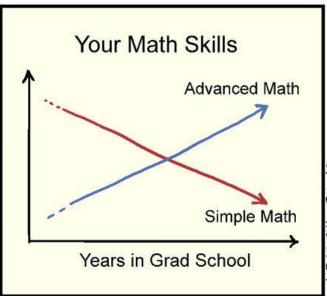




## 5. Don't Write Your Thesis Chapters In Order

- Don't start writing your thesis by diving into the most difficult chapter either. If you do, you will inevitably face writer's block.
- Instead, start writing your thesis by writing the easiest section first—the methods section.
- The methods section is the easiest section to get started and the quickest to finish. Start here to get a few pages under your belt and boost your confidence before you try any heavy lifting.







## 6. Never Write "work on thesis" In Your Calendar

- "Work on thesis" is too vague.
- If you put this phrase in your calendar it will either lead to you taking a nap, surfing the web, or staring at a blank computer screen.
- Even if you do manage to put some words on paper or analyze some data, you'll do so randomly.
- Instead, you need to turn your work hours into measurable progress.
- You need to be very deliberate with how you allocate your time.
- Once you decide on the order in which you will write your chapters, continue breaking them down into smaller chunks.
- This will allow you to set up specific goals for every block of time you have.
- Instead of inserting "work on thesis" into your calendar, insert measurable goals like "finish Figure 1" or "write two pages of Chapter 2."

## 7. Write In Very Short Bursts

- Writing in several short bursts is more efficient than writing in a few, long extended periods of time.
- If you ever tried to write for several hours in a row, you may have noticed that your concentration becomes weaker after about 45-60 minutes.
- Writing requires creativity, and it is difficult to sustain your focus for several hours in a row over the course of months (or even years) until you finish your thesis.
- If you have a 3-4-hour block of time in your calendar, resist the temptation to glue yourself to the chair for the entire period.
- You're only fooling yourself if you think that more hours of writing leads to more progress.
- Instead, break up your writing time into short blocks with rest periods in between.
- I suggest alternating 45 minutes of writing with 15 minutes of rest.
- These rest periods are crucial. Many students get sudden insights when they are away from their desks and they become more efficient when they return to work.

## 7. Write In Very Short Bursts

#### Also...

- Turn off your email and phone alerts when you're writing.
- Don't be tempted to check these updates during the rest periods. It's far too easy for an update to distract you from your work and derail your next writing period.
- Bad writing habits are tough to break. If you try to eliminate your bad habits overnight, your brain and body might rebel against you. A better strategy is to change your habits slowly and one at a time.
- Don't take on all 7 of the above thesis writing guidelines at once. Instead, take on one, complete it or master it, and then move on to the next tip. The toughest part of writing is the beginning. The sooner you start writing your thesis, the easier writing it becomes. A good writer is not someone who never struggles, but someone who keeps writing even when they're struggling.







#### **Some Armours**

Before You Go to Battle

#### **Reference Manager**

✓ EndNote/Mendeley

#### **Statistical Software**

✓ SPSS/R/Stata

#### **Data Visualization Software**

✓ RStudio/Infograpia/Tableu

#### **Writing Software**

✓ Grammarly/Turnitin



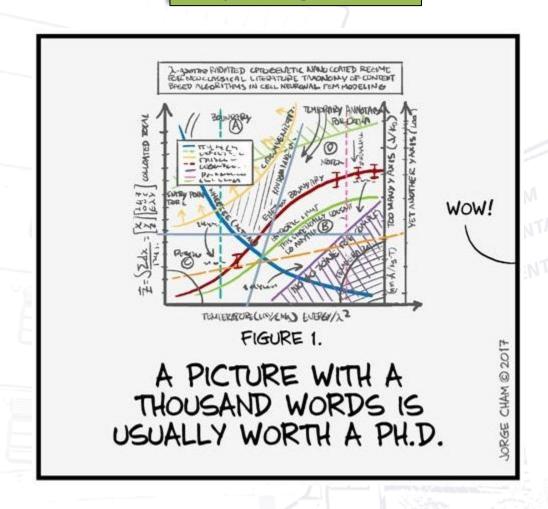






Some Skills
Be 'Graphicate'

#### **Graphically Literate**



## Some Acquired Skills

My Experience (Table vs Figure)

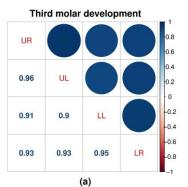
Table 2

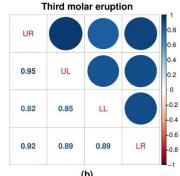
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	UL	LL	LR	LL	LR	LL-LR	UL	LL	LR	LL	LR	LL-LR
Pearson's r	0.94	0.91	0.91	0.92	0.93	0.95	0.94	0.89	0.90	0.90	0.90	0.97
VIF	21.32	8.53	9.02	7.14	8.59	12.90	11.50	7.44	6.15	8.08	6.42	20.05
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Pearson's r	0.97	0.84	0.91	0.86	0.89	0.91	0.89	0.78	0.83	0.81	0.83	0.87
VIF	15.89	3.49	5.68	3.76	4.70	6.00	4.92	2.55	3.17	2.93	3.14	4.03

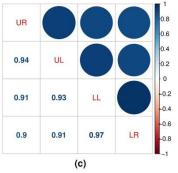
 $\it VIF$  variance inflation factor,  $\it UR$  upper right,  $\it UL$  upper left,  $\it LL$  lower left,  $\it LR$  lower right Pearson's r  $\it p$ <0.0001

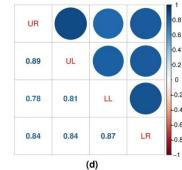
First submission; rejected 4 times! (at 4 different journals...)

Mohd Yusof et al., 2015. Stages in third molar development and eruption to estimate 18-year threshold Malay juvenile. Arc Oral Biol. 2015 Oct;60(10):1571-1576 (WoS Q1 IF:2.05)









After changes; ACCEPTED as it is! (at first submitted journal...)

## Some Acquired Skills

My Experience (Table vs Bar Plot)

 Table 4

 Regression estimates for males and females based on all third molar present

Males	TMD	TME	Combined
	9.4025+0.4944UR+0.6870	11.0456+2.8258ur-	9.6143+0.3700UL+0.4987LR+1.
MLR	LR	1.1805ul+0.7335ll	8005ur-1.1022ul
Adj R <sup>2</sup>	0.76	0.69	0.78
RMSE	1.55	1.71	1.52
95% CI	1.26-1.85	1.37-2.06	1.22-1.83
PCR	18.4926+1.2665Md	18.4926+1.2143Me	18.4926+0.9223Mc
Adj R <sup>2</sup>	0.76	0.67	0.76
RMSE	1.66	1.81	1.51
95% CI	1.20-2.13	1.39-2.23	1.09-1.93
Gunst et al			
RMSE	1.71		
95% CI	1.38-2.03		

Mohd Yusof et al., 2015. Application of third molar development and eruption models in estimating dental age in Malay sub-adults. J Forensic Leg Med. 2015 May;32:40-44 (WoS Q2 IF:0.87)
10/15/2019

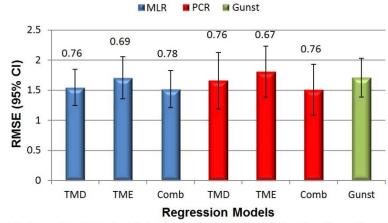


Fig.1 – Regression estimates for males based on all third molar present. Values above the error bars denote the adjusted coefficient of determination (R<sup>2</sup>), RMSE root mean square error, 95% CI confidence interval, TMD third molar development model, TME third molar eruption model, Comb combined model, MLR multiple linear regression, PCR principal component regression, Gunst Gunst et al. (2003) 9.

## **Be Graphicate**

Special Mention

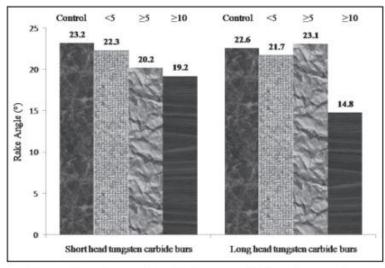
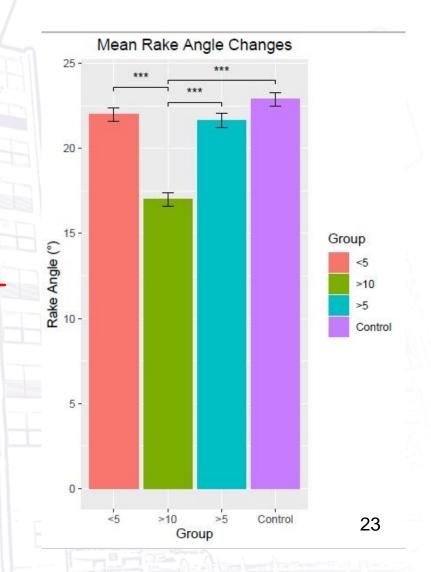


Figure 2. Changes in mean rake angle of tungsten carbide burs after repeated use.

Table 1. Multiple comparisons of the mean rake angle

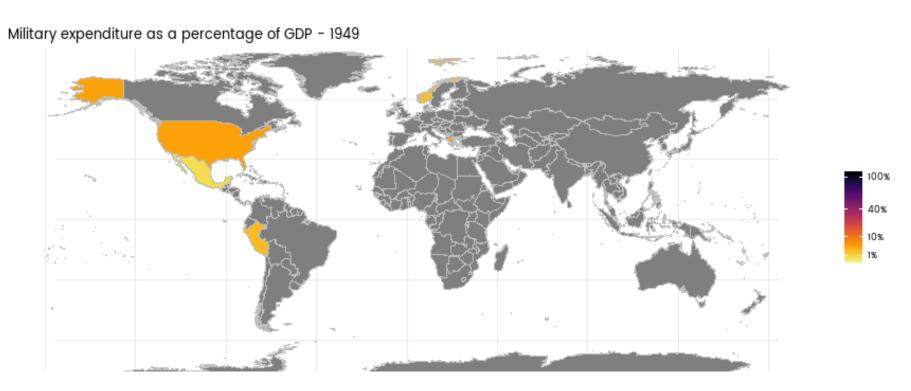
No. of cavities prepared		Sig.	95% Confidence Interval			
			Lower Bound	Upper Bound		
0 (Control)	< 5	0.879	-2.3690	4.1490		
	≥5	0.784	-2.3004	4.7604		
	≥ 10	0.001*	2.2983	9.5617		
< 5	≥5	0.985	-2.2729	2.9529		
	≥ 10	0.000*	2.2776	7.8024		
≥ 5	≥ 10	0.001*	1.6065	7.7935		

<sup>\*</sup> Significant at .05 level (Games Howell post hoc test)



## **Be Graphicate**

Special Mention (Choropleth)



Source: Stockholm International Peace Research Institute

### **Some Other Useful Softwares**

According to Forbes

- Tableau
- Qlikview
- FusionCharts
- □ Highcharts
- Datawrapper
- □ Plotly
- Sisense









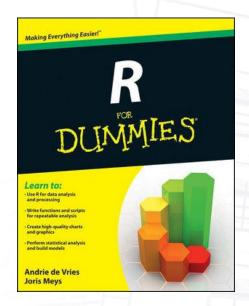
HIGHCHARTS

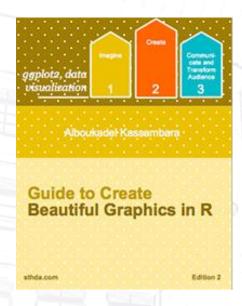






#### References







Visualization in R

Conducting Meta-Analyses in R with the metafor Package

Wolfgang Viechtbauer

Journal of Statistical Software



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journal homepage: www.elsevier.com/locate/jflm



Application of third molar development and eruption models in

estimating dental age in Malay sub-adults



Mohd Yusmiaidil Putera Mohd Yusof a.c.\*, Rita Cauwels a, Ellen Deschepper b, Luc Martens a

\* Department of Paediatric Dentistry and Special Care, PAECOMEDIS Cluster, De Friedman 185, F8, Chent University, 5000 Chent, Belgium \*\* Biostatistics Unit, Department of Pablic Feedils, Zwipsaurdustenweg; 264, Block F, Chent University, 5000 Chent, Belgium \*\* Centre of Oral A Medil Belgicial Dispussics and Medicines Studies, Faculty of Dentistry, (Inversity Tribonology MAM), 444 59 Sheh Alam, Malaysis

ARTICLE INFO

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Acystorus: Third molars Dental age estimation Forensic odontology Principal component analysis Multivollinearity

#### ABSTRACT

The third mobile development (TMD) has been widely utilized as one of the radiographic method for dental age estimation. By using the same cadograph of the same individual, third mobile enough common (TML) information can be incorporated to the TMD degrees of model. This study aims to waitar the performance of the incorporated to the TMD degrees of the CMD and the study aims to waitar the performance of the classic regressions of multiple linear and principal component analysis. A sample of 205 digital parameter caladigraphs of Adalay ab-addists age between 14.1 and 23 Ayes was collected. The techniques described by Celevra and Hunt (modified by Robber) and Other were engloyed to stage the TMD and TML registerity. The data was deviced to the expert we model to be and on the rost of the common stage of the individual models. All the common stages of the common stage of the common stage of the common stage of the individual models. All the common stages of the common stage of the individual models. All the common stages of the common stage of the individual models. All the common stages of the common stage estimation is better predicted using combined model in multiple have are registeration when a displaced if an old high TMSC except in naive were exhibited in combined models. Dental age estimation is better predicted using combined models in multiple harm registeration models. mule were exhibited in combined insolved and a combined with a combined and a com

Archives of Oral Biology 60 (2015) 1571-1576



Contents lists available at ScienceDirect Archives of Oral Biology

journal homepage: www.elsevier.com/locate/aob

First edition



Stages in third molar development and eruption to estimate the 18-year threshold Malay juvenile



Mohd Yusmiaidil Putera Mohd Yusofa,b,\*, Rita Cauwelsa, Luc Martensa

Department of Preditaric Dentistry and Special Care, PAECOMEDIS Cluster, De Hintelaan 185, P& Ghent University, 9000 Ghent, Belgium
Description of Oral & Macellogical Diagnostics and Medicine Studies, Faculty of Dentistry, University Teknologi MARA, 40430 Shah Alam, Malaysia

ARTICLE INFO

Article history: Received 26 March 2015 Received in revised form 11 July 2015 Accepted 26 July 2015

Third molar eruption Third molar development Dental age estimation

Age 18 years is considered as the age of majority by most countries. To ascertain the age of interest, both third molar development (TMD) and eruption (TME) staging scores are beneficial without needing multiple imaging modalities. This study aimed to assess the chronological course of TMD and TME in a Malay sub-adult population and evaluate predictions when specific stage(s) of TMD and TME have been attained that are pertinent to the age group of interest (<18 years or >18 years). A sample of 714 digital panoramic images for subjects stratified by age between 14.1 and 23.9 years was retrospectively collected. The techniques described by Gleiser and Hunt (modified by Kohler) and Olze were employed to stage TMD and TME, respectively. A binary logistic regression was performed to predict the 18-year threshold with staging score as predictors. Stages 4-6 (TMD) and A-B (TME) for males and stages 4 (TMD) and A (TME) for females were found to discriminate the <18-year group. For both genders, stages 9-10 (TMD) and D (TME) can be used as reference stages to estimate whether a subject is likely to be ≥18 years, with 94.74–100% and 85.88–96.38% correct predictions, respectively. Stages 4 (TMD) and A (TME) can also be used to identify juveniles (<18 years) with a high degree of correct predictions, 100%. The juvenility of an individual is easily anticipated by using the specific staging scores of both third molar variables (TMD and TME) without complex calculations

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