UEL-CN-7000 Mental Wealth; Professional Life (Dissertation)

Weeks 20-22 – Reading Material

Conclusions and Recommendations

You have the chance to go into further detail about the implications and importance of your findings in the conclusions and recommendations. This is especially crucial if your study used a unique or creative way to looking at the research challenge, presenting potential fresh or enlarged approaches to the research challenge. The conclusion of a report frequently includes recommendations, even if they have different objectives. While a conclusion gives you the chance to restate or review your report's key points, recommendations prescribe steps that should be followed in response to the report's findings. Even though you may have well-planned and suggested an intriguing and valuable idea, it still needs to be carefully managed and controlled once it is in motion or it will fail. You shouldn't believe that after finishing a thorough project plan and a thorough literature review, the project itself will be simple and you can unwind. You must be aware of potential issues, maintain motivation, manage your time wisely, and complete your research or dissertation. These topics are covered in this chapter (Dawson, 2005).

By the end of this week, the students will be better able to comprehend the conclusions and recommendations of the research:

1. Control the five elements in your project as it progresses.

2. Understand problems that can occur and be aware of ways of dealing with them.

3. Manage your time effectively.

4. Completing your research/dissertation within the time period.

5. You'll take a broader perspective, reporting on the main research outcomes and how these addressed your research aims.

Five components make up a dissertation project: the project's scope, its quality, and three consumables: time, resources, and money (which are employed to generate the project's product). As your project advances, management and control of these five components are required.
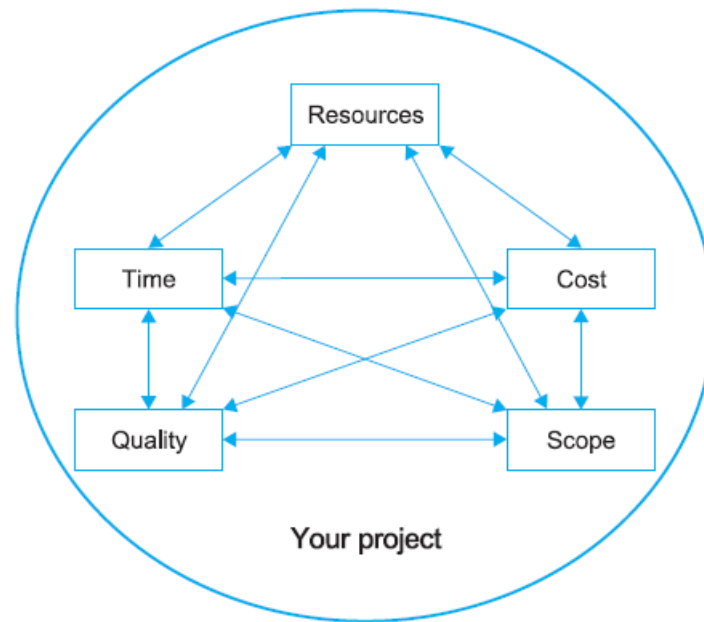

Figure 1 Balancing five project elements against one another

Resources play a crucial part in all five of these elements, which are highlighted in Figure 1 at the top of the figure. The components of your project are balanced in relation to one another and in relation to the goals and objectives of your project through your own organization. The illustration highlights how these components can be traded off and how each is connected to the others in some way. The following section goes over how tradeoffs are made between various factors (Berndtsson et al., 2008).

Time is the most crucial of these components, which you seem to require constantly.

Money (cost) is another aspect that you have little control over.

Quality and scope are the areas that you have the most control over and, therefore, the most responsibility for.

Resources are arguably the most crucial component of all.

TAKING CARE OF ISSUES

This section examines various dissertation-related problems that may arise as well as solutions. If the conclusion of your dissertation goes off without a hitch, you are undoubtedly really fortunate. Almost all dissertations run into issues at some point, whether they are written by top academics working on cutting-edge research, first-year college students working on a brief assignment, or massive industrial project teams whose work can extend for years. Project failure is more likely to result from how you handle problems than the actual nature of the issues you face.

The secret to solving any difficulty is to remain calm, approach it professionally and objectively, and make the best of the circumstance. Typically, problems don't resolve themselves. You will frequently need to take some action to fix a problem. The following six points list the potential issues you will run into while working on your project, along with recommendations for how to fix them (Levin, 2012).

Weakening is possible at any point in the writing of your dissertation. It may result from a lack of drive, a lack of confidence in your abilities, a change in course, straining yourself too hard and burning out, or the impression that you have tried to do much too much in the allotted time. Weakening is typically something that can be directly linked to the first section of your dissertation, which is its definition.

Addressing the issue at its source, or starting your dissertation with it, is the obvious first step in solving it. Make sure to choose a topic that truly interests you, to define and plan it carefully, and

to build some flexibility into your project. Moving on to something else is another approach to get over a lack of motivation for your task. It's possible that you are becoming bogged down in a certain area of your project and are paying attention to details at a point where they are becoming unmanageable.

Personal problems There is a probability that you will encounter a personal incident of some kind during the course of writing your dissertation, whether it takes six months, a year, or longer. This might include joyful events like getting married, having a baby, celebrating a milestone birthday, etc., as well as sadder, harder-to-handle situations like illness, family bereavement, breaking up with your partner, etc. You might also experience other personal "issues" like moving, changing professions, getting chosen for a varsity sports team, etc. Whether these changes are positive or negative, they will certainly take up a lot of your time and emotional energy.

Telling someone what happened is crucial in any of these scenarios, whether it's your supervisor, private tutor, or course instructor. Your own institution should have policies for who to contact first with concerns of various kinds, and you should abide by their recommendations.

Hardware failure These days, computers are utilized to some degree in practically all undertakings. They could just be used to word process your final report, or you could utilize them for the full duration of your project to build a software or analyze data. Whatever the situation, it's possible that your computer will malfunction and all of your data and files will be lost or permanently deleted. Making a ton of backups on a regular basis is the only way huge solve these kinds of issues. These can be created on memory sticks so you can carry them with you, or on the file server owned by your institution.

Data Availability is a common issue with school projects. You can't find the journal or book you need, you can't access certain data, you lose contact with the local business where you planned to do your case study, or you get a bad response to some questionnaires you sent out. Whatever the issue, it appears that your project will suffer from a lack of data. However, if data availability issues are discovered much later in your project, they need to be addressed right away. In other words, the data are either available or they are not.

Discovering your research/dissertation has been done before with a taught degree, you won't be expected to advance human knowledge, but with a research degree, you will. Students pursuing research degrees frequently question whether their work is original and not just a rehash of previous research. They worry that they won't be making that contribution if someone else has already started the project they are pursuing.

The first way to prevent this issue is to make sure that your initial literature review was comprehensive. You should learn about (and/or attend) conferences in your profession in addition to reading any pertinent periodicals and books linked with your particular area. Even if you are confident that the work you are producing is original, you can still be concerned that someone else will publish your concepts or findings before. Internal reports inside your own department are one approach to get around this. Frequently, departments include a way for staff and students pursuing research degrees to submit working materials.

Other matters taking precedence Your project shouldn't and won't ever be your only area of interest. Other topics, homework, your part- or full-time employment, a social life, a personal life, and other things will need your attention. All of these tasks take time, therefore you'll

frequently find that at some point, your project falls behind all of them. The only solution to this issue is improved time management. The subsequent section addresses this (Levin, 2012).

USING YOUR TIME WISELY

No matter who you are, you have a limited amount of time because there are only 24 hours in a day and 7 days in a week. Some people use the remaining useable time more effectively than others, even if everyone needs to use some of it for necessities like sleeping, eating, and getting dressed (referred to here as vital time). The goal of time management is to help you spend your serviceable time more effectively.

While there are certain specific time-saving methods you may apply, the only way to significantly improve how you use your time is to approach time management from a fundamental viewpoint. Figure 2 provides a summary of the three stages of this fundamental analytical procedure.

- Choose your course of action.

- Examine what you are doing right now.

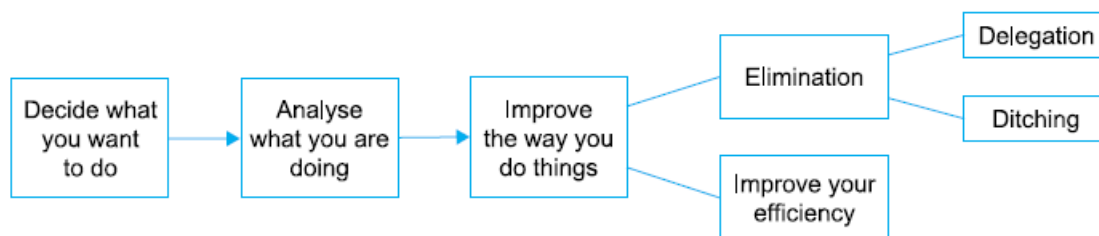- Modify your actions to better attain your goals.

Figure 2 The Technique of Time Management

Employing certain strategies that are found in the third stage of this process may be tried by many people in an effort to enhance their use of time. But skipping phases one and two of this

process and failing to understand how you now use your time will only result in modest gains in your time management (Dawson, 2005).

THE DIFFICULTY TO BE OVERCOME

As you approach the "end-game" of your project, being aware of your impending deadline will help you focus and raise your blood pressure. It makes sense to try and reduce uncertainty at this point. Your anxiety level rises when there is uncertainty, which puts more pressure on you. You have already had enough of this.

As a result, you need to make a strategy for what you'll do with the time you have left. This entails planning ahead, making sure you have enough time for the work you believe your project still needs and for writing up your dissertation, and removing any surprises that could force you to have an excruciating change of heart. I lay out the tasks you must complete in the end-game level in this section of the book. The section headings show how, when you finish working on your project, the focus moves to your dissertation. Work on your dissertation has been separated into a series of four stages: finalizing your outline and producing a first draft; enhancing your draft; verifying that your dissertation complies with good academic practice; and final editing of your dissertation. You may find it useful to proceed as follows: to recognize the various stages and proceed through them in this sequence (Blaxter et al., 2006).

COMPLETING YOUR RESEARCH/DISSERTATION

You must establish a "cut-off" date for finishing your project work at the end-game phase. This deadline needs to be reasonable in two ways. First, you must have a reasonable expectation that you will really finish your project work by that deadline; you must determine whether it is viable

to do so based on your recent output rate. Second, the timeframe needs to be reasonable so that you have enough time to write up your dissertation well before the submission deadline.

Students all too frequently set a deadline and then exceed it. This is a recipe for disaster. They could not know when to stop, which is the root of the issue. Students in this situation frequently ask themselves: How can I know when I've accomplished enough? If this is the case, change your inquiry to: Have I said enough in my discussion and conclusions? Almost definitely your answer to this query will enable you to realize how you can wind up your project job swiftly.

There is always more you could do, regardless of your project or where it is in its development. Keep a look out for "diminishing returns" if you haven't reached your deadline yet, which occurs when adding a valuable point to your findings will entail an excessive amount of work. A brief line about "additional research needed" can always be added to demonstrate that you have thought about how your work might be expanded.

Rethinking at the last minute you should establish a deadline and stick to it is to provide you with perfect advice. The unexpected does occur frequently, and students frequently find themselves doing a last-minute rethink. It could be that they recognized a chance to add something spectacular and couldn't resist the urge to include it in their work. Follow these steps before to your deadline to prevent having to make a last-minute decision:

- Review the literature. Do you think there is anything I may have missed?

- Verify that you remain satisfied with all of your earlier assumptions.

- Check your preliminary findings.

- Examine the notes you made for yourself. Check to see if there is anything you would like to alter. Verify your logic. Search for contradictions and open endings. Make sure it

would be lucrative to follow up on any leads you come across before doing so. You cannot afford to be sidetracked in any way (Phillips and Pugh, 2005).

SUMMARY

Time, money, quality, scope, and resources are the five factors that all projects must manage to some extent as they advance. To fulfill the goals and objectives of your project, you must balance these factors against one another. Cost is the one of these five factors that you generally have the least concern with or control over. The two aspects you have the most responsibility and control over are quality and scope. You, your manager, and your project team are all examples of resources that can be used to complete your project. the time allotted for completion. Since your project can rarely be extended, you must use time management strategies to better manage this period of time. The three steps of time management are to decide what you want to do, assess what you are already doing, and adjust how you do things. There are only two ways to spend less time doing things: give them up (perhaps by delegating them to someone else) or be more efficient with the time you already have. Your supervisor is a very helpful person. Most likely, you won't see your supervisor outside of prearranged meetings, so make the most of them.

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