

BORDEM P YEETERSON



12 RULES FOR LIPh

AN ~~ANTIDOTE~~ TO CHAOS
antecedent

"One of the least important student zine to emerge on the world stage for many years." THE SPECTATOR

WELCOME

welcome to postgrad. it is an incredibly difficult, stressful, isolating, amazing, exciting and enjoyable time. this zine was created as a way to pass down some useful advice regarding phd life, the challenges you may face, and the tools that might make your experience more fruitful and less stressful. this information has been gathered via the honest reflections of a variety of postgrad students. we thank them for their assistance and vulnerability – a special thank you to the anonymous contributors from marginalised populations who contributed their perspectives and experiences.

all of the information regarding procedures or resources is correct at the time of writing (~~JUNE~~ Jan 2019) hopefully related services will be developed over time, do not expect that this information is correct forever!

finally, this guide is in no way endorsed by the university nor the school. the school produces an in-depth handbook which covers more technical aspects regarding paperwork, booking flights etc. we do not cover any of that information here and we encourage you to check regularly on lms for updated versions of the handbook.

Ask for help early - don't
want tell something
is dire before admitting
you want help. You are
here to learn, not to
know everything.

↑
this zine features
thoughts & advice ^{Quest}
from a range of
experienced current
phd students.

Working Hours + Expectations

starting your phd youre probably gonna feel like you have to work 24/7 on your project. some of this might be because youre

super hype

but another part is probably because you feel obligated and anxious to do so.

while it is wise to work while the spirit is good to you, working all the time is exhausting and overwhelming and stressful and a great way to burn out in the first six months.

if youre on a scholarship you get paid to work 30 hours a week. it is expected you work, **on average, 30 hours a week**. some of that time is "thinking time" not "producing time". still important. still work.

phds are a marathon not a sprint. make sure you take weekends off and make time for hobbies and things you enjoy.

fun fact: everyone has days (weeks, months) where they feel useless because they cant get anything done. it happens. reach out to your friends and lab mates - they'll have similar experiences and youll lessen the burden of

shame

ON TIPS FOR SELF CARE:

Yoga

+
Don't check emails
after hours!

Actually take time off -
you think it will make
it worse but chuck on
out of office reply on and
turn your email notifications
off ~~then~~

For UWA, a PhD is...

“a substantial and original contribution to scholarship, demonstrating mastery of the subject of interest as well as an advance in that field of knowledge.”

For students, a PhD is...

“A mistake”

“Proudly half Dead”

“*Pain*”

“Accepting that I will always be behind

Self doubt

20% excitement and 80% dread

A long time”




“*The most absurd, ridiculous bullshit with*

the most absurd, ridiculous people”

“not ideal/ nor complete/ nor nearly complete...
but that's not what my annual review documents say”

USEFUL TOOLS






Referencing Software

- Endnote 
- Mendeley 
- Zotero 

List making/ task scheduling

- Gitkraken glo boards
- Trello
- Gmail tasks plugin/ todoist

Writing

- Microsoft word – look out for thesis and paper templates online 
- Open office 
- Office online/ google docs 
- Overleaf 
- Rmarkdown 

Evernote/OneNote/Notepad

- note taking
- keeping favourite discarded paragraphs






Boomerang plug-in for gmail

- Schedule email send times



Google scholar alerts

- Automatically search new literature for your key words

Data analysis

- SPSS / ATOM 
- JASP 
- R 
- Mplus 
- Matlab 

Experiment design

- JsPsych 
- Qualtrics 
- PsychoPy 
- zTree/ oTree 
- Inquisit 

Programming/ text editor

- Atom/ Notepad ++
- Pycharm/ Django
- Jupyter Notebooks / repl.it
- Sublime text

Version control

- GitHub
- Git client – e.g., GitKraken, Sourcetree, Gitlab

File backups

- Gdrive/ google file steam
- Google Backup and Sync
- Paragon/ FreeFileSync/MEGA



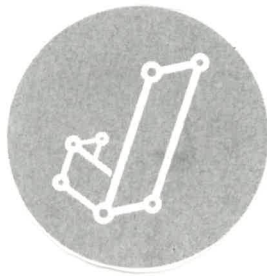
FREE



PAID SERVICE
ACCESS AVAIL.
VIA UWA AFFILIATION

I wish I knew that our options for having the most popular and necessary statistics software on our uni laptops would be a) pay \$250 a year or b) don't get it.

Check out:
jasp-stats.org
for a download & tutorials



JASP

- *Free
- *A lot like SPSS
- *Easy to use

Fun fact: JASP stands for "Jeffreys's Amazing Statistics Program"

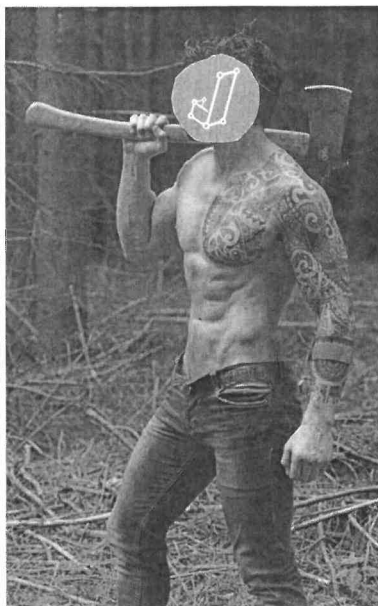
R & RStudio

- *Free
 - *Can do everything + more
 - *Write out analyses as computer code
 - *Sounds intimidating, but you get the hang of it
- Fun fact:** R is the 12th most popular programming language



To download, go to the RStudio website & download the free version.
Check out www.w3schools.in/r for free tutorials
(tonnes of other tutorials can be found on the web)

Who would you date?



Preppy SPSS

- *Tells you he's the best thing that has ever happened to you
- *Make you pay for everything
- *Works for a large corporation
- *Your parents love him

LumberJASP

- *Low maintenance
- *Charming
- *Approachable
- *Loves having you around
- *Independent
- *Easy to talk to
- *Lives a simple life

Hipster

- *Acts like he's more complex than he is
- *Writes out every line of his novel with incredible care on his typewriter
- *Not like the others
- *Unique fashion sense
- *Loves intellectual discussions

Referencing software (Tag yourself)

Endnote

- old school – integration with microsoft word
- broke my computer
- barely adequate but also popular ???

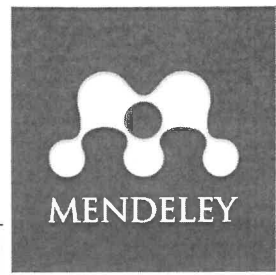


Zotero

- no gf - essentially the same as Mendeley, but people don't love it?
- social – allows you to create groups to share references with lab/ supervisors
- art girl – allows you import youtube videos somehow???
- free spirit - open source

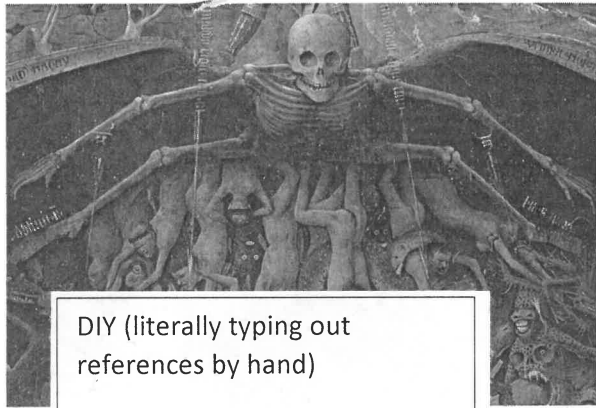
Mendeley

- micromanager – works as a library where you can collect and organise pdfs
- mom friend, looks after you – automatically retrieves metadata info for pdfs
- tech-head app-nerd – produces bib files for use with LaTeX, R Markdown, plug in for word
- meme queen – lets you tag pdfs with keywords to find faster

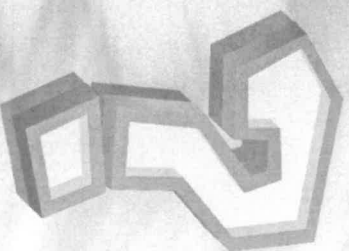
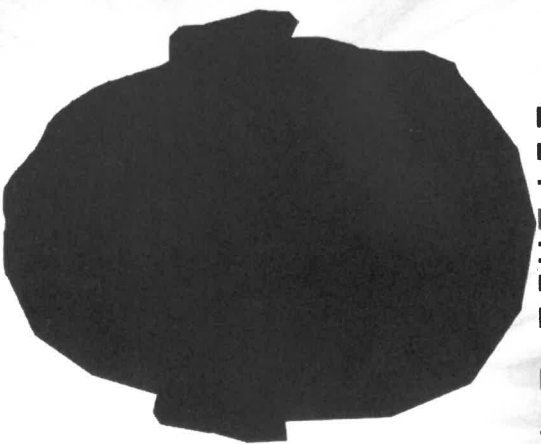


DIY (literally typing out references by hand)

- brave and also stupid
- On god no
- the darkness



Can you name the School of Psychological
Science's Research Integrity Advisor?



AnswerKey
X

How can we, as the future of our field, make more space for - and act in solidarity with- Aboriginal and Torres Strait Islander undergrad students and post-grad peers?

Language

- Be comfortable and confident with respectful terminology when talking about or to Indigenous people (for help see: <https://bit.ly/2MI1vEG>). While it is important to be careful with our language, it is also important not to be paralysed by fear; don't let your fear of messing up make you (or your students) hesitant or distant to interacting with Indigenous students.
- Capitalise "Indigenous", "Aboriginal", "Torres Strait Islander", "First Nations" etc. in your written work, encourage students to do the same
- Noongar Language – think about learning some introductory level Language e.g., how to greet people or introduce yourself (<https://bit.ly/2tuslyo>). This can help signal cultural safety to Indigenous students.
- Recognise and reject deficit discourse (<https://bit.ly/2X4LkFy>). Discussing people in terms of negatives, deficiencies and failures, is disempowering, overlooks structural inequalities, and discounts diversity, capability and strength.

Country

First Nations people have had a relationship since time immemorial with the land you are standing on. Acknowledging so is a sign of respect and recognition, and can only ever be a positive thing. Acknowledging the land is also a small act of resistance against the continued erasure of Indigenous people and their rights.

- As a tutor acknowledge whose Country your class meets on at the beginning of your first class (whether or not you think First Nations people are present).
- Know whose land you are on when travelling overseas or interstate. Acknowledge these people(s) if the conference fails to do so. <https://www.whose.land/en/> is an app designed to help you

acknowledge First Nations peoples around the world. Ask locals for help with pronunciation.

- In your acknowledgement, personal sincerity is more important than reading the correct script disinterestedly off a piece of paper.
- When organising conferences acknowledgement of country should be considered the minimum; for larger conferences look into organising a Welcome to Country.

Content

- Aboriginal people are relevant to all areas of psychology; integrate Aboriginal perspective throughout content rather than treating as a separate module.

"Nothing about us, without us!"

- Where discussing Aboriginal people involve Aboriginal educators to the extent possible – make sure papers or resources are written by Aboriginal people, have Aboriginal people speak about their experiences or contribute to class content.
- However, remember that Aboriginal academics are experts in their fields, their knowledge is not confined to "Aboriginal issues". Diversity in panels or discussions should not be limited to discussions of Indigeneity; Aboriginal people should be invited to share their work or perspectives on other discussions in psychology.
- Actively seek out Indigenous voices in Academia – follow them on twitter, listen to their podcasts, find their lectures on youtube, go to their public lectures (e.g., those hosted by the Institute of Advanced Studies).



@TracyWesterman
@AmyThunig
@AnitaHeiss
@drCBond
@gregoryabstarr
@sandyosullivan
@IndigenousX

@AboriginalAstro
@Blacademia
@ISCollaborates
@BlakAcademic
@atsimaAU
#DeadlySTEM
#IndigenousSTEM

Imposer Syndrome

Diagnostic Criteria

302.83 (F65.51)

Diagnostic Features

a gremlin which lives inside your brain.

he tells you that you are a dumb idiot fraud powered by deception and luck. he fears failure but also feels guilty about success. he will deny your ability and reject the praise you earned

I don't deserve this

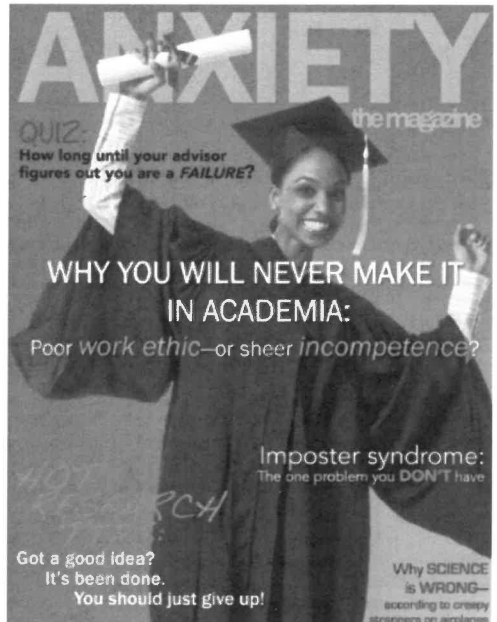
Development and Course


You will never be good enough for the gremlin. You can never win his game.

REMOVE HIM FROM
YOUR BRAIN AND
BEAT HIM WITH A
STICK.

IT'S ONLY A
MATTER OF TIME
TILL THEY FIND ME OUT.

everyone else
is so much
smarter than
me





Simon is "Research Integrity Advisor" who can help advise you on navigating issues of: ethics, authorship, conflicts of interest, and data management.

For more info, see:
www.research.uwa.edu/staff/research-integrity-advisors

Simon Farrell

Advise-You

Navigating Grievance – Sexual Misconduct, Harassment and Assault

Whispered conversations in halls and threads on twitter have long established inappropriate behaviour of staff and students in science and academia. We have tried to summarise university policy and avenues for complaint if you are confronted with comments/ actions you are uncomfortable with or if you witness something as a third person.

This guide is not intended for assistance with sexual abuse or violence – SARC (6458 1828) or 1800 RESPECT are dedicated help services.

Sexual harassment in employment and education is unlawful.² An employer **must** take action to respond to allegations of misconduct.

This behavior can be perpetrated by people of any gender or sexuality. And covers behaviour at conferences and social functions as well as on campus.

sexual harassment

Behaviour of an unwelcome, unsolicited and unreciprocated sexual nature which offends, intimidates, embarrasses or humiliates you. This includes physical, verbal and non-verbal behaviour. This may be a single incident or persistent ongoing behaviour.

1. University policy on: Sexual Misconduct (<https://goo.gl/tghPXA>)
Sexual Harassment and Assault: UWA Prevention, Response and Support (<https://goo.gl/CfBN9h>)

2. WA Equal Opportunity Act 1984
Commonwealth Sex Discrimination Act 1984a
Fair Work Act 2009

This page was presented to the head of the School panel for Gender Equality Working Group to ensure accuracy and completeness.

Grey areas

Something about a indeterminant multi-year project with no job security makes the entire phd experience somewhat like the mental equivalent of tv static. You get used to grey areas.

This uncertainty is a pretty detrimental thing when you start doubting your own experience of reality. Heres a list of warning signs and behaviours you can feel justified in being concerned about.¹

- Leering, staring
- Persistent unwelcome contact – calls, emails, invites, following, stalking, declarations of affection
- Sexually explicit emails, texts
- Sexually suggestive words, gestures
- Physical touching – kissing, brushing against, embracing

Avenues of complaint

If you wish to take action on this or similar issues there are a number of avenues. Each has different requirements and characteristics regarding anonymity but choosing one doesn't preclude you from another avenue at a later stage. You may choose the avenue you see as most appropriate or with which you are most comfortable.

If you feel safe, you can raise the issue with the harasser themselves (including via email) to ask they stop. This is not required in order to escalate the complaint.

You may contact **Student Assist** (assist@guild.uwa.edu.au; 6488 2292). This is part of The Student Guild's Welfare portfolio and they will provide you with confidential, impartial help. Student Assist Officers can help you identify grounds for complaint. They will also help with lodging a formal complaint and assist with developing formal statements.

Head of School – is expected to take “appropriate action” where they become aware of possible sexual misconduct (even if a complaint hasn't been lodged). In the case where you do not feel comfortable discussing with the Head of School you may consider approaching one of the **Deputy Heads of School** or your supervisor. A Student Assist Officer can attend meetings with you or advocate on your behalf.

You may make a **Disclosure** – this doesn't start an investigation, but does give access info and support, assistance making a report (see next). This may also be useful to help reschedule classes or academic accommodations. Disclosure may be confidential except where the University must disclose info to external agencies (e.g., police) or investigate, when required by law, or in cases with the potential for “significant harm”. Make an appt with the Disclosure Officer (6488 2427; disclosure@uwa.edu.au). You can elect for someone can come with you for support.

You may make a **Report to the University** – this starts an investigation. Again, this may be confidential except where the University must disclose info or investigate itself. You may also make a report as a third party. Student Assist may also help with navigating this process. Make an appt with the Complaint Resolution Unit (complaints@uwa.edu.au; 6488 8547)

Finally, you may **report a personal safety incident** to UWA security (<https://goo.gl/K3BMxB>) – this is an official record. Reports may be made anonymously and may be made for events witnessed (i.e., you are a third party) though the burden of proof they demand is significant.

More help:

Sexual assault or violence:
Sexual Assault Referral Centre
6458 1828

National sexual assault,
domestic and family violence
counselling and information
referral service
1800RESPECT

Yogrum – Aboriginal service
9218 9477

Anonymous student

Guest contributor

12 Rules for LiPh

- How to select journals to submit to
- How to write cover letters to journals when submitting
- How to navigate the revisions process.

Dear anonymous student:

We thank you for contributing to our publication. The journey to publication can feel dubious and puzzling. We refer you to Figure 1 for a depiction of this process.

Ultimately, your publication will be rejected or accepted, but the pathways to these outcomes can vary.

Your supervisors know both your research and the journals in their field. We advise consulting your supervisors for their recommendations. Alongside your submission, you will need to upload a cover letter. This is brief, and your supervisors can provide examples to assist you.

Your article may receive a revise and resubmit (see Figure 1), and this is a fantastic outcome! You will be sent the reviewers and editor's¹ comments and recommendations. You will need to resubmit your article with the appropriate amendments. You will also be required to send a cover letter, responding to each comment. A useful strategy is to copy the feedback into a document and take notes under each comment as you make amendments to your draft.

Best of luck in your academic ventures,
B & M Publishing

¹ The editor coordinates the review process. They will synthesise review comments and give you a verdict on your article.

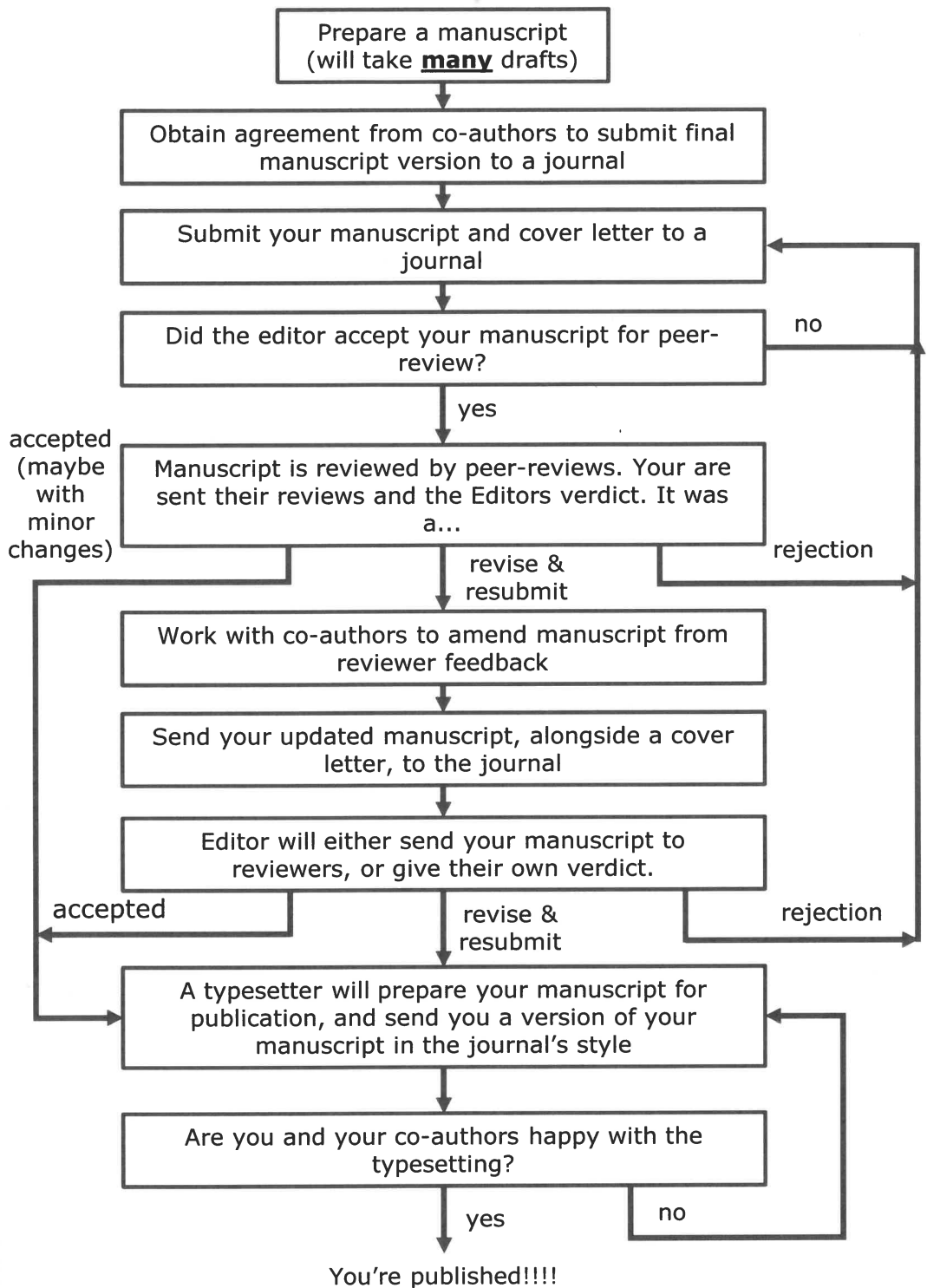


Figure 1. The Path to Publication

Being a PoC in academia

Advantages	Disadvantages
<ul style="list-style-type: none">• Always having the best food at the lunch table• <u>A cool and nuanced perspective on issues in psychology</u>• A good knowledge of power structures that can help many different types of people feel understood• Being an excellent support for other PoC• Being able to listen to jokes about white people without feeling uncomfortable	<ul style="list-style-type: none">• Racism

Helpful twitter accounts:
@blackSTEM
@POCsquared

Helpful facebook group for resume re
and advice in navigating the big bad w
WoC & NB PoC Study & Career Netw

'it was
and see
good. th
grow a p
you want
because yo

ive seen man
years, whethe
excuses'



paletero papi

@pablocurates

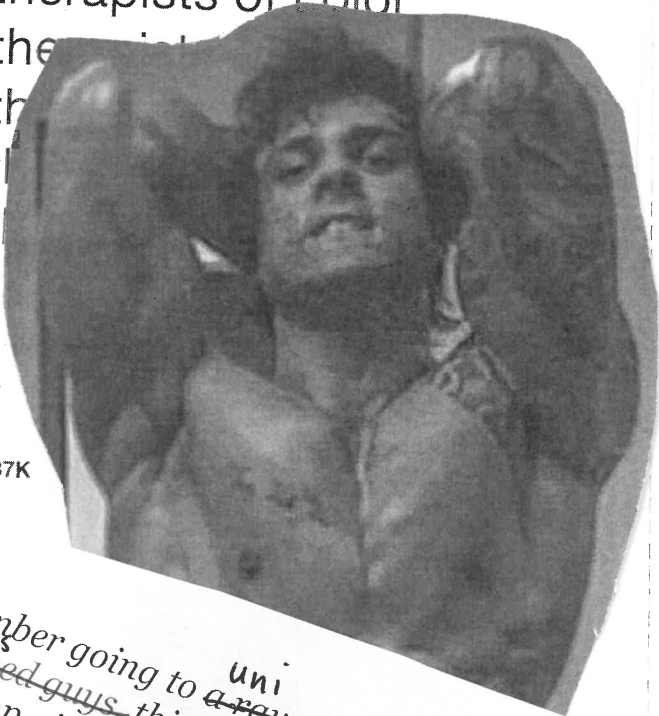
Follow



we need more therapists of color
 we need more therapists of color
 d more therapists of color
 d more therapists of color
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 ed more th
 ed more th

5 Feb 2019

tweets 87,338 Likes



24K



87K

a gradual process. i remember going to ^{campus} uni ^{when i was 17}
^{white ppl} thinking fuk they have it
^{being culturally diverse in head} thinking fuk they have it
 en started training, you stop giving a fuk about ^{white ppl} girls and
 passion for it because you love it. If you dont enjoy it and
 to do it just for the ^{end result} result, might as well give up,
 u wont be consistent.
^{writing training}
 y fall. ive been ^{5 days a week for the last 4}
 r or not i go on holiday, am sick, injured, etc. no
 2422

reading
 world:
 ork

QUEER KIDS KNOW YOUR RIGHTS

"Every individual member of the University has the right to safety, security and dignity on campus, as well as the opportunity to reach their full potential with access to all rights and opportunities"³

It is unlawful to discriminate in employment and education on the grounds of sex, sexual orientation, intersex status, gender history¹

This includes admissions or recruitment, scholarships & awards, health & safety, complaints, disciplinary procedures and termination.²

Same-sex partners and "diverse family structures" are recognised re: parental leave, carers leave³

TRANS PEOPLE "SHOULD" BE REFERRED TO WITH PREFERRED NAME AND PRONOUNS²

The language here seems deliberately unclear; an expectation rather than required and enforceable.

TRANS PEOPLE MAY USE THE TOILETS AND CHANGE ROOMS OF THEIR AFFIRMED GENDER²

Gender neutral bathrooms: 2nd floor of sanders and across from the pride room (guild building).

SURGERY OR HORMONE THERAPY ARE NOT PRE-REQUISITES FOR RECOGNISING A CHANGE OF GENDER IN UWA RECORDS^{2,3}

"sufficient evidence" of affirmed gender:

- GP/ psych statement
- current passport
- birth certificate
- gender recognition certificate
- "recognised details certificate"

UNI DEPT. RECORDS "SHOULD" PROVIDE MORE THAN BINARY GENDER OPTIONS

Individuals should be given the option to select M. (male), F (female) or X (intersex/ indeterminate/ unspecified)² This does not specify the need for gender neutral titles (e.g., "Mx.").

Correspondence with UWA Human Ethics indicates there are no formal regulations or requirements as to how we as researchers are required to collect gender information. The ABS⁷ currently recommends "Male. Female. Other" options and a "please specify" entry textbox.

HEADS OF SCHOOLS MUST ENSURE TRANS^{2,3} and SEXUALLY DIVERSE PEOPLE³ ARE NOT BULLIED, OUTED, HARASSED, OR DISCRIMINATED AGAINST BY STAFF/STUDENTS.

HoS should take "all appropriate action" to provide a safe and supportive environment^{2,6}, respect individuals identities³, ensure structures are free from discrimination³ and promote an inclusive campus culture³.

Elsewhere⁶, UWA defines this campus culture as one marked by mutual respect, personal dignity, a safe and civil environment free from threatening or violent behaviour.

Repeated behaviour, rumours or exclusion that degrades, humiliates, undermines or threatens you is not okay- the uni defines it as bullying.^{4,6}

Feedback on your work should also be given respectfully and objectively.⁴

Additionally "unnecessary or degrading references to an individual's gender/sexual diversity" is specifically noted as bullying.⁶

HoS MUST take appropriate action when they become aware of un-inclusive or disadvantageous behaviour^{3,6}.

1. WA Equal Opportunity Act 1984 (<https://goo.gl/N6ggTG>); The Sex Discrimination Act 1984 (<https://goo.gl/Rt397r>)
2. University Policy on: Transgender 2016 – 2019 (<https://goo.gl/FJ9tkb>)
3. University Policy on: Diverse Sexualities and Genders 2012- 2016 (<https://goo.gl/kTqV8B>)
4. Equal Opportunity and Affirmative Action Policy Statement (<https://goo.gl/UNglgc>)
5. University Policy on: Prevention and Resolution of Bullying on campus (<https://goo.gl/EbxuZY>)
6. Code of conduct (<https://goo.gl/ThFCiH>)
7. ABS Standard for Sex and Gender Variables (2016; <https://goo.gl/3MSvbc>; <https://goo.gl/e1RSuj>)

This page was presented to representatives at PSA equity, The Guild Pride Department and Equity and Diversity Panel as well as the NTEU to ensure accuracy and completeness.

QUEER RESOURCES AT UDUB

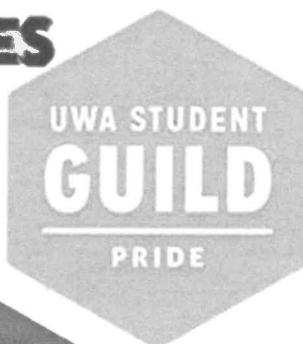
The PSA Equity Officer:

- Represents postgrad equity groups and liaises with the PSA and guild groups and services (e.g., Women's Department, International Student Service, Welfare, Student Assist) to communicate equity needs.
- Implements PSA welfare policy

Contact the PSA for:

Assistance with advocacy or policy needs, especially when this intersects with other guild services or marginalised groups

psa-equity@guild.uwa.edu.au



Pride Department:

A social and advocacy space for all LGBT+ students at UWA including postgrads.

Contact the Pride Department for:

- Assistance navigating and interfacing with Student Assist (<https://goo.gl/zAm6os>) on issues related to homo/transphobia etc. **Student Assist** is where students can seek help and confidential advice with lodging a complaint – e.g., with supervision quality, conduct of staff or students, harassment or discrimination.
- Pride room #safespace
- Free safer sex supplies – condoms, lube, dental dams

pride@guild.uwa.edu.au
2nd floor Guild building



**National Tertiary
Education Union**

NTEU

Bullying & Harassment Complaints

10-12 Parkway Crawley Campus UWA (next to SciLi).

6488 3013

uwa@nteu.org.au

CRISIS

**Mental Health Emergency
Response Line (24/7)**

1300 555 788

nmahsmh.health.wa.gov.au/
emergency/

**Specialist Aboriginal Mental
Health Service**

9235 2400



PHONE & CHAT
1800 184 527
QLIFE.ORG.AU
**3pm-12pm
Everyday**

QLife:

Confidential LGBTIQ+
peer support

HOW TO SEE A PSYCH

date

Observation

Name

Here's a quick 101 for domestic students with Medicare coverage. International students are able to contact a GP or psych directly; cost will depend on your insurance provider.

1. Make an appt with a GP. UWA medical centre bulk-bills post-grads (<https://bit.ly/2XEi5Xb>; search for bulk-billing GPs; <https://bit.ly/2R9irT0>). Tell the GP what's been going on; it might help to write a list beforehand. Your GP will likely schedule you in for another longer appointment to create a Mental Health Care Plan (MHCP). This plan allows you to access up to 10 sessions a year covered through the Medicare rebate. There will likely be a gap fee, though a small number of practices bulk-bill (Some low-cost options: <https://ibb.co/lvm7tFj>).
2. Research psychs that might be suitable for you. Look to see who is in your area, if their specialities meet your needs and if their approach sounds right for you (the APS has an online search function; <https://bit.ly/2Oy0Q3y>). Bring deets to your next GP appt.
3. At the MHCP appt you will likely require a formal diagnosis and will probably do depressing tests like the K10 or DASS-21 which will take approx. 5 mins. Your GP will be able to write a referral to a psych and will likely fax it to the practice directly. (You'll have to consent for the GP to share personal info such as diagnosis).
4. Call or email the practice to book an appt. There may be a waiting list.
5. Bring your Medicare card (+ private insurance if applicable) to appts.
6. Revisit your GP after 6 visits to get up to another 4 sessions covered.
7. If the first psych isn't the right fit, you're able to see another, using the remaining appts on your MHCP without re-visiting your GP.

What to do when things fuck up

As a full-time professional fuck up, I am here to advise on what to do when your idiot brain gets you in trouble. I got you friend.

Ask for help

Completing a PhD is supposed to be difficult. But wanting to kill myself 24/7 made PhD life frankly undoable. I told the postdoc in my lab I was gonna quit my PhD and neck myself. And she said "okay, instead you can ask for help". She helped me book a meeting with my GP and another with my supervisor. My supervisor adjusted the goals and expectations we had set and checked in on me during future meetings. Best shit I ever done, even though I didn't want to at the time. This is also why I believe so strongly in developing a positive culture in our labs and our student body.

Suspending Candidature – Sick Leave

Eventually I suspended candidature to deal with mental health issues and to try catch up with PhD work. We are entitled to up to 12 weeks paid leave. I provided documentation from my GP and psych and filled out the online form on student connect. Took a few weeks for GRC to approve online. Tough but worth it.

Guild loans (<https://goo.gl/pA96Wx>)

Coming back from sick leave you are required to submit paperwork – your payments transition back from sick pay to scholarship payments. I forgot to do this and had also just returned from an overseas holiday intended to reduce my stress. Basically I had just moved into a new house, had rent due and had 0.00 in my bank account. I got a Guild Ordinary Loan (interest free). The application took a while to be approved (two weeksish) which was not ideal but the Student Assist Officer was super helpful with filling out the forms. Apparently the guild can also help with \$400 grants (<https://goo.gl/5WVo5k>) and emergency loans (50 – 200\$; <https://goo.gl/Ur7rqf>).

Guild food pantry

Student Assist office - first floor of Guild Village (8.30am-5pm weekdays). Free non-perishable foods and toiletries. Confidential though you need a student card. Once I fucked up bad and had to get a guild loan. The student assist officer wouldn't let me leave her office without taking bread and pasta sauce because she was worried about me.

UWA Student Guild Mental Health Directory (<https://goo.gl/LPR13Y>)

A guide to on and off campus mental health services separated by condition/ topic with low cost and free services.

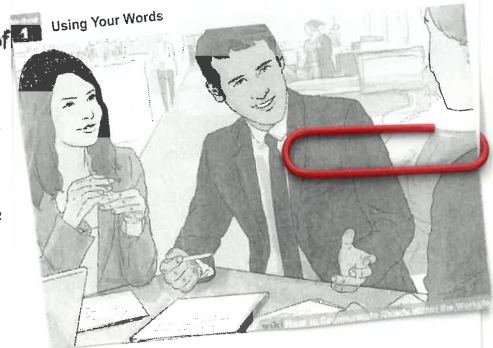
The UWA medical centre (bulk billed baby; <https://goo.gl/w1hsrd>)

UWA medical centre has mixed reviews but I've seen Dr Alison Stubbs several times to get referrals for mental health services as well as to get documents required to suspend candidature.

How to win friends and influence supervisors

Your PhD depends on the coordination and cooperation between you and your supervisors. To help things run smoothly, we've compiled a list of helpful tips for working with your supervisor.

1. **Share mutual expectations** of each other. Have a discussion with your supervisors about what is expected of you, and vice versa. If you can, commit to writing these down or recording the conversation (with your supervisors' permission). If you don't wanna talk, consider using the UWA SPORS form (Student Perceptions of Research Supervision).
2. Try to be **assertive**, even when you feel vulnerable or disagree with your supervisors. When conflict or disagreements arise, state the facts and clarify your reasoning about the situation. Explain what your goals are, and how you'd like the situation to be resolved.



3. Come prepared to meetings with a **clear agenda**. By reflecting on your thesis' needs, you can ensure you have clear direction after the meeting.
4. Write down your meeting agenda ahead of time as **meeting minutes**. As you discuss your agenda, write down your discussion and next actions. If you struggle to write in meetings, ask your supervisor if you can record them instead. That way, you can rely on objective recording of conversation rather than your own memory.
5. When emailing a draft to your supervisor, include an **deadline to return feedback**. This can always be amended. However, at least you and your supervisors can be clear about your expectations.
6. Talk to your supervisor about the gritty **details of ownership**. Who owns your data? What happens when you leave? Before beginning a study, try to clarify the authorship order on future papers.

wikiHow How to Increase Your Social Status at University



- 1 **Assert your dominance.** T-posing will let you know you are superior.

Supervisors

TOP COMMUNICATION TIP:

Set up expectations with your supervisors - when to read drafts etc. Find out what their expectations of you are and agree on a conflict resolution process.



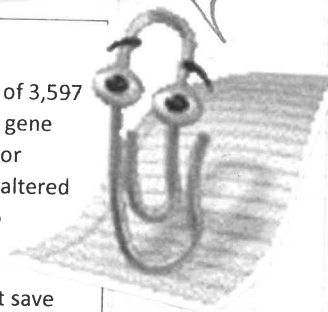
THE EXCEL FILES

Hi! It looks like you're trying to ruin your phd. Can I help?

fun fact:

in 2016 the *washington post* reported that 1 in 5 genetics papers (704 of 3,597 scanned) contain errors caused by auto formatting in microsoft excel. gene names in spreadsheets were automatically changed to calendar dates or numerical values. gene symbols like sept2 (septin 2) were found to be altered to "september 2"; gene identifiers like "2310009e13" are converted to exponential numbers (2.31e+19).

if you use excel to examine your data before analysis, make sure to not save any changes to your data file. if you're using excel for data analysis, don't (or just be extra vigilant).



THERE IS POWER IN A UNION

What is a union?

Your boss may be a really friendly and chill person. But it is important to remember that your boss is not your friend. Employers make money from your labour and all the money your boss spends paying a fair wage or changes to the environment that keep you safe, is money that is not going towards the profit margin or your boss's bonus.

When an employee seeks improved working conditions or better pay - which is not in the financial interest of the employer - this single individual is taking on this massive powerhouse of the employer and all of their company resources.

The worker has very little power in these negotiations. They are in a vulnerable position of being fired and even black balled from an industry for complaining or seeking to improve their workplace. So they don't. In this way workers can be exploited by employers.

A single worker may be replaced easily, but it is much harder for an employer to replace the labour and knowledge of an entire group of employees. Other workers in similar fields are likely to be experiencing similar issues in the workplace, so it is in the interest of all these individuals to stand together as a united force. This collective has much more power than the individual worker.

When this group of workers become "formalised" this essentially forms a union. This union negotiates with employers, representing the interests of workers.

My boss said unions are evil communist thugs?

Interesting. I wonder why? Unions have long been demonised in this country. You are probably familiar with allegations of corruption and raids on union offices in recent years, which have turned up next to nothing.



Billy Bragg.

Look it up you heathens

Why would I join?

Join your union if you are interested in having a body of people who have your back regarding your safety at work and receiving fair financial compensation. The union will help represent you in internal disputes, issues and grievances. There are specific subgroups which focus on the issues queer and Indigenous people for example, face and to prevent discrimination in the workplace.

Our Union

Everyone in this country is entitled to join a union. Which union you should join depends on the nature and location of your work.

The NTEU represents academic, professional and research staff, postgrads as well as the Student ^{~ jild.}



**National Tertiary
Education Union**

Cost

Postgrad members: free

Casual staff (e.g., if you get paid for teaching or RA work): between \$9 and \$21 a month, depending on your wage.

How can I join?

Visit: <http://www.nteu.org.au/join>

This page was presented to representatives at the NTEU to ensure accuracy and completeness. Editorial control was retained by the writers.



How Internet Bad Guys get access to Forbidden Knowledge

A shocking and completely hypothetical investigation into the dark underground of accessing papers behind paywalls

Anyone who completed their studies before the proliferation of the internet has both my fear and my respect. The science library is a luminescent monument to the failures of men, guarded by a throng of first years. And the thought of opening a book with my own two human hands? Disgusting.

Now you may have noticed that the internet is not quite perfect. While you can normally search a paper on google scholar and find a record, access is not guaranteed. The amount of times that (logged in under my uni library), the full copy of a paper is behind a paywall because the uni doesn't have rights to this particular journal, im gonna cite it as grounds for scholarship extension.

Onesearch is inevitably a useless wreck every time. The search function is entirely useless and the access to papers is no better than google.

While the abstract available on google scholar may be enough to get you through an undergrad essay, I just don't need that unread paper feeding my fear everyone will notice I am a terminal idiot who deserves to be executed for having the audacity to assume I could science.

Considering Elsevier sued sci-hub and was awarded \$15 million damages in 2017, the information provided here is a purely hypothetical illustration of the evils of the internet and how some scum and not me access this cyber hell.

1. Firstly these evil gremlins try google scholar. It's probably where ~~you~~ they found that paper in the first place.
2. If there is no accessible copy, they grab the doi. They find that by clicking the "citation" graphic attached to the search result.
3. <https://sci-hub.tw>.
If I were the kind of scum who pirated papers online, I would use a tor browser such as torch or a VPN service, even though the website is currently available on unifi using chrome.
4. The bad guys enter the paper's doi in the search bar and download the pdf. Congrats on your ill-gotten paper scumlord.

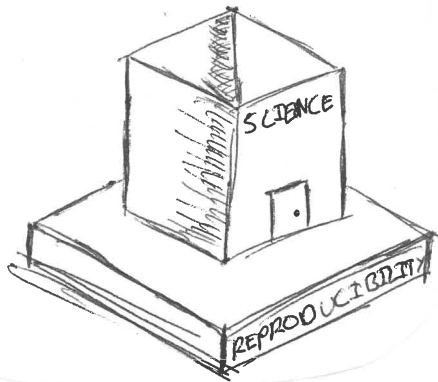
Other tools that are more work but less illegal:

<https://openaccessbutton.org/>

<https://unpaywall.org/>

<https://www.researchgate.net/>

The Reproducibility Project



Reproducibility is the foundation on which science sits. When we discuss psychology, our arguments should be rooted in studies we trust & we believe can be replicated.

However, scientific practices & institutions can jeopardise the reproducibility of studies.



To test the reproducibility of psychological studies, Brian Nosek & 200+ scientists conducted high-powered replications of 100 articles published in 2008. Where possible, original materials were used.

Their findings

DOI: 10.1126/science.aac4716

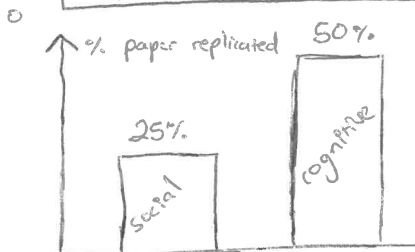
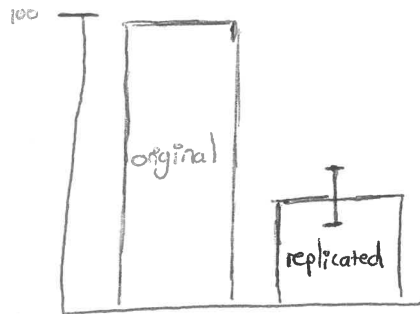
Findings

① Did positive results

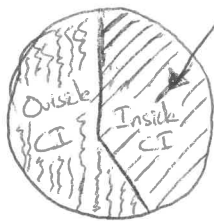
- 97 of the 100 original studies reported a positive results. Only 35 replications produced a positive result.

- Replication rates differed across disciplines, with lower rates for social psych. vs. cognitive psych.

($p < .05$) replicate?

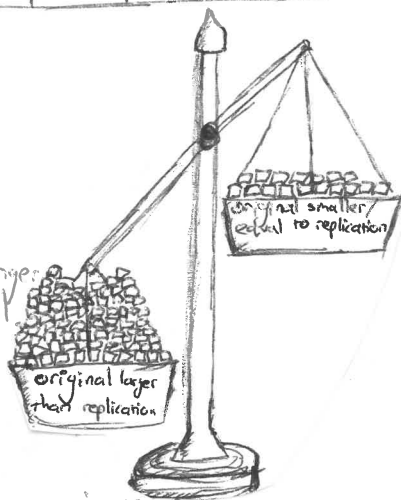


② Did effect sizes replicate?



- 47-4% of studies' original effect sizes fell within a 95% confidence interval of the effect size estimate from the replication.

- 82 studies showed a stronger effect size in the original studies compared to the replication



Is Science DEAD?

Nah. But there is clearly room to improve. Some psychological scientists have backed an 'open science!' This movement encourages researchers to share their methods, materials, analysis, & predictions more openly. Want to find out more? Have more questions?

Keep an eye out for an upcoming zine on reproducibility & send any question or recommendations to blake.matt.zine@gmail.com



If you're still having
issues, contact IT

Uwa.service-now.com/sp
(sign in with Phone details)

looks
different,
same
location

did you know?

you still can
do this

In Sanders
(2nd floor)

As a postgrad, you can scan
documents and send them to
your computer. You can also
print in black & white for

FREE

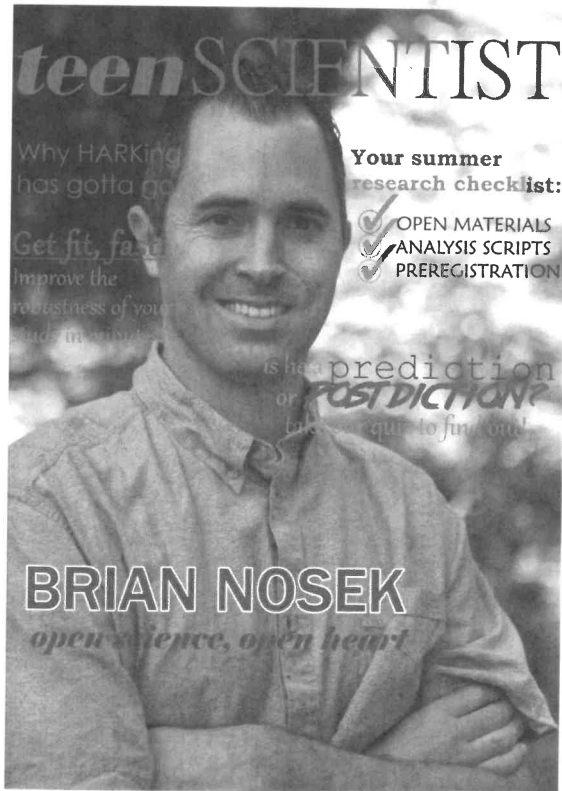
PRINT

scan

They changed
the printer recently.
It can still do all these
things, but we have no
idea how to connect
to it.

Contact IT at:
IT-science@
uwa.edu.au
to arrange access

Go to the printer,
press "Scan" &
add yourself to
the "address book"



NEXT EDITION

Do you wanna be the coolest PhD kid on the block, yeet poor scientific practices into the sun, and dab on statistics?

Or perhaps you have stumbled upon an antediluvian artifact, and your mind is now plagued by maddening alien tongues proclaiming 'open science', 'registered reports', 'preregistration', and 'reproducibility'?

Whatever the reason, read the next edition of ***Teen Scientist***, where you'll learn the ins and outs of 'open science'.

We make these zines (the thing your reading) for you, the people. If you have any feedback on this zine, we'd love to hear it. We'd also love to hear from you if you have any questions about open science you'd like answers **or** would like to collaborate with us.

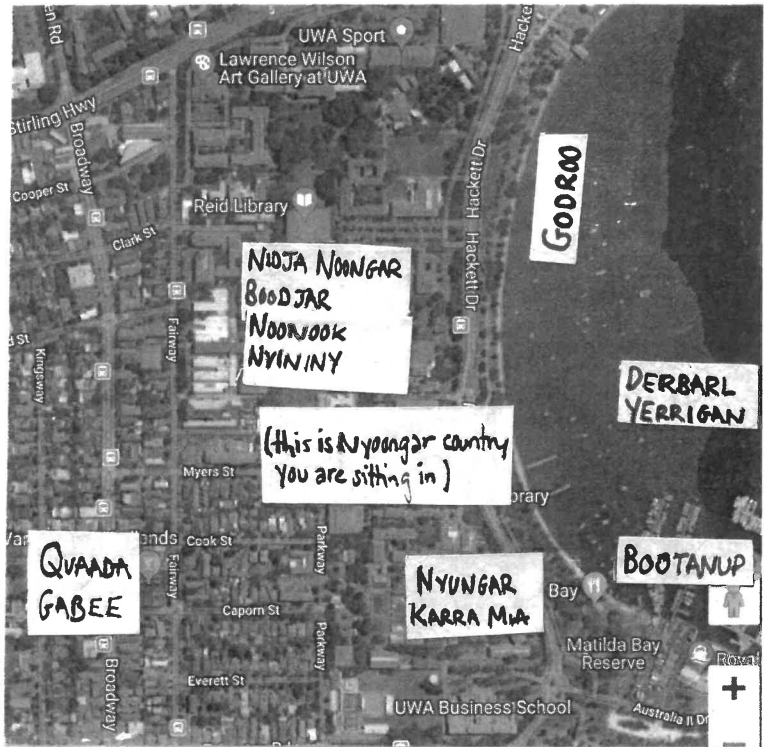
If you liked this zine, please consider donating to AIME (Australian Indigenous Mentoring Experience). AIME build a bridge for Indigenous high schoolers to enter university by providing mentoring and sick apparel. Check them out:

<https://aimementoring.com>

xoxo Blake & Matt

blake.matt.zine@gmail.com

"lands now occupied
by the University
of Western
Australia,
served as a
Noongar
battleground"



We acknowledge that our offices are situated on
Wadjuk Noongar land. We stand on this land as
beneficiaries of an uncompensated and
unreconciled dispossession which began over 200
years ago and continues to this day.

We would also like to reflect that within
acknowledgement there should be action. How do
we act against economic and social systems which
reinforce racism, oppression and subjugation?
Specifically, as the future of our field, how do we
act in solidarity with First Nations peoples?

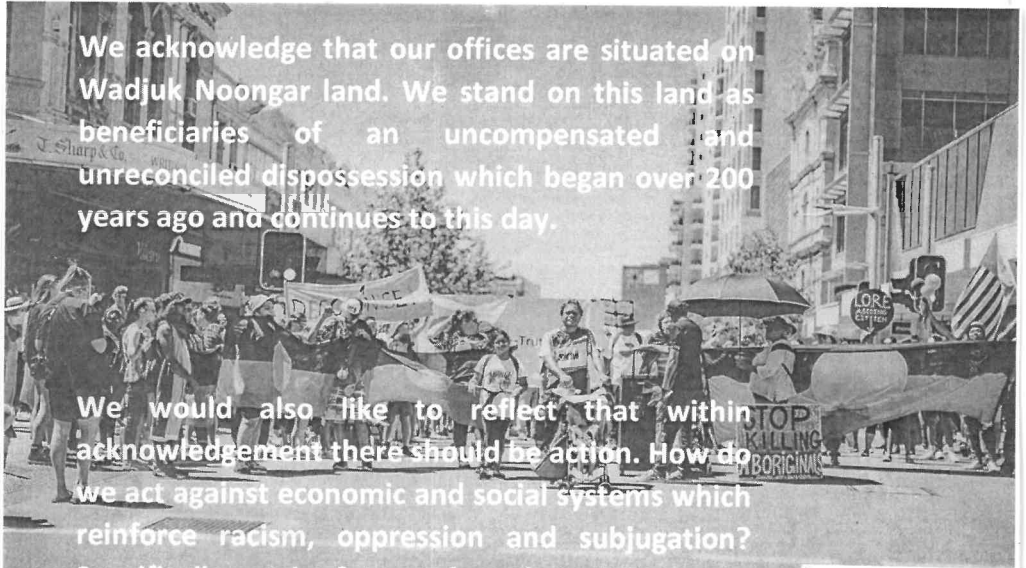


Photo: Invasion day rally
Boorloo* (perth) 2019
Giselle Natassia