Monday 11 May		Tuesday 12 May		Wednesday 13 May		Thursday 14 May		Friday 15 May	
9:30 – 10:30am **New HDR Student Induction** ORI, OIS, Library, Equity services	9:00am – 12:00pm **Completions Masterclass** Maria Gardiner	9:30 – 11:30am **Introduction to human research ethics** Marilynne N Kirshbaum	9:00am– 12:00pm **Cognitive behavioural coaching for high performers** Maria Gardiner	9:00am - 12:00pm **Information Skills for Research** Bernadette Royal & Iftikhar Hayat	9:00am – 12:00pm **Time for Research** Maria Gardiner	9:00– 12:00pm **NVIVO Basics** Linda Sweet	9:00 – 10:30am **Pomodoro training** Natasha Stacey	9:45 – 11:45pm **Developing an analysis plan for quantitative research** Mirjam Kaestli	8:30 – 11:30am **NVIVO Open/ Drop in session** Linda Sweet
10:30am – 12:00pm **Research Integrity** Simon Moss & Marilynne N Kirshbaum									
Break		Break		Break		12:15 – 1:15pm **Dealing with Stress** Simon Moss		12:15 – 1:15pm **Working with Industry** Simon Moss	
1:30 – 4:30pm **Planning your PhD** Maria Gardiner	1:00 – 2:30pm and 3:00 - 4:30pm **How to write a lot** Steven Bird	1:30 -4:30pm **The 7 Secrets of Highly Successful Research Students** Maria Gardiner	1:30 – 4:30pm **Visualise your thesis training** Will Tinapple	1:30 – 4:00pm **Research Proposals and Confirmation of candidature** Simon Moss	1:30 – 4:30pm **Visualise your thesis trouble shooting** Will Tinapple	1:30 – 4:30pm **NVIVO Intermediate** Linda Sweet	1:30 – 4:30pm **Visualize your thesis training & feedback session** Will Tinapple		

Research Enhancement Program Block 1 2020

Please note that due to COVID-19 related measures in place in the Northern Territory and at Charles Darwin University, this workshop block will be offered entirely online, at this stage. Details for how to join online workshops will be provided closer to the date.

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Colour key – workshop is aimed at:		
First year HDR students	Second year+ HDR students	All Research Community
First year students are strongly encouraged to attend the first year's workshops		

New HDR Student Induction & Morning tea

Attendance at this workshop is essential for all students commencing either a PhD or Master by Research degree, (Higher Degree by Research (HDR), and ensures a smooth transition to research study at CDU. Supervisors are also welcome to attend.

The workshop will be opened by the Dean of Graduate Studies. It will provide new research candidates with important information on:

• the Office of Research and Innovation;

• College support;

• progression and scholarship administration; and

• services provided across the University for research candidates such as:

    • Library Services

    • Office of International Services

    • Equity Services Respect. Now. Always

The Induction will be followed by a morning tea so that new students get a chance to meet each other as well as key University staff.

Date:	Monday, 11 May	Time:	9:00 to 10:30am
Presenter:	ORI HDR Team plus other CDU Services	Max:	30

Research Integrity

Research Integrity lies at the heart of scholarly work. This session is for HDR students beginning their candidature, as well as those preparing to apply for ethics approval. Also, a good refresher for Researchers.

We will discuss:

(1) The dimensions of research integrity

(2) The Australian research ethics framework

(3) Why you should prepare an exemplary research ethics application

(4) How you can ensure straightforward, prompt ethics clearance for your project

Date:	Monday, 11 May	Time:	10:30am to 12:00pm
Presenter:	Simon Moss, and Marilynne N Kirshbaum	Max:	30

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Completions Masterclass for 3rd years+

Are you losing momentum and enthusiasm as you approach the final stages of your thesis? Perhaps you are in the "writing up" phase or maybe you haven't started writing at all and are daunted by the size of the task ahead. Or maybe you just need some motivation and support to keep going.

This workshop is designed to assist research students who are close to completion to focus their efforts, deal with specific obstacles, increase writing productivity and maintain momentum. It will also assist students to prioritise and plan their final months.

The workshop has limited places to allow for individualised coaching.

This workshop will cover:

- identifying the next steps
- strategies for overcoming blockages
- getting words on paper
- ensuring you get feedback
- developing a completion plan

Date:	Monday, 11 May	Time:	9:00am to 12:00pm
Presenter:	Maria Gardiner	Max:	15

Planning your PhD

A PhD is a major undertaking yet many never sit down and develop a plan for how they are going to fit it all in. This generally leads to missing deadlines, running overtime, regular crises and lots of stress. If you want to finish on time and enjoy the process along the way then it is important to have a good plan. Many people find that they have way too much to fit into three years once they sit down and plan out their PhD. We think it is better to find this out at the start than half way through.

You need very specific skills and tools that you can use to plan your PhD. This workshop will introduce you to the PhD Planning Toolkit.

You will learn how to:

- create your big picture thesis plan
- unpack your thesis down into logical parts
- estimate times and schedule tasks
- keep on track as you implement your plan
- plan your writing
- identify risks and deal with setbacks

Date:	Monday, 11 May	Time:	1:30 to 4:30pm
Presenter:	Maria Gardiner	Max:	40

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How to write a lot

A good writer is like a good painter... not the kind that produces masterpieces that sell for $100,000, but the kind that shows up at your house each morning with tins of paint and rollers.

This session will be light-hearted, personal and practical, helping you to turbocharge your writing, increasing the quantity and quality of your written output.

Recommended reading in connection with this session is:

(1) How to Write a Lot, by Paul Silva;

(2) The War of Art, by Steven Pressfield; and

(3) Deep Work, by Cal Newport.

Date:	Monday, 11 May	Time:	1:00 – 2:30pm and 3:00 - 4:30pm
Presenter:	Steven Bird	Max:	20

Introduction to Human Research Ethics

This Human Research Ethics session is for HDR students beginning their candidature and open to everyone who feels they would benefit from a review of the underlying concepts and processes involved in obtaining ethics approval at CDU.

The first part of the session aims to:

• Illustrate why ethics matter

• Provide insight into what constitutes merit in ethical research

• Explore common ethical issues and how these might be addressed

In the second part of the workshop, participants will be taken through the application form with the Chair of the CDU Human Research Ethics Committee and key sections will be highlighted for guidance and discussion.

The aims are to:

1. Familiarise participants with the requirements of the Human Research Ethics Committee (HREC) application form

2. Assist participants to construct a clear, succinct and ethically reflective application.

Please note that this session is not suitable for Menzies students, who apply for ethics via a different Committee. Menzies students may contact Menzies Research Degrees researchdegrees@menzies.edu.au for details about a similar Menzies workshop

Date:	Tuesday 12 May	Time:	9:30 to 11:30am
Presenter:	Prof Marilynne Kirshbaum	Max:	20

Cognitive Behavioural Coaching for High Performers

Thirty years of the best research in psychology has shown that it is possible to change habits and behaviours that can get in the way of us achieving our full potential. It is possible to change the beliefs that underpin our behaviours and consequently our successes. Despite there being an incontrovertible evidence base for how to improve our thinking and therefore our behaviours, the skills required to do this are not readily available to those wanting to maximise their performance. This unique workshop will bring you the latest research and practice in cognitive behavioural coaching (CBC) and show you how to apply it to your everyday (and academic) life.

This workshop is an excellent one to do if you have already attended other ThinkWell courses, although it will still be useful for those who are attending for the first time.

In this workshop you will:

- find out what CBC is
- understand the fundamental thinking errors that reduce our performance
- discover how we can use CBC to improve our performance
- develop the skills you need to use it for yourself
- explore other things that CBC is good for – writing, confidence, resilience, work/life balance, good mental health and more!

Date:	Tuesday 12 May	Time:	9:00am to 12:00pm
Presenter:	Maria Gardiner	Max:	40

Visualize your thesis training - Developing an effective and winning story plan

Plan, plan, plan. A big part of creating a good digital story is the effort and thought that you put into your plan. What are the big ideas of what you are studying? What are you trying to find out? And why? When you have your head in the details, sometimes it can be difficult to pull back and talk about the big picture. In this session, we'll take a look at some of the main ideas that you'd like to across in your thesis visualisation and experiment with some of the ways you might be able to get your messages across effectively. We'll take a look at audience, impressions, timing and structure as well as messaging and impact.

**Bring along what you've put together so far for your project.

Date:	Tuesday 12 May	Time:	1:30 to 4:30pm
Presenter:	Will Tinapple	Max:	10

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The Seven Secrets of Highly Successful Research Students

What do research students do to finish on time, to overcome isolation and doubt and to enjoy the process? And just as importantly what do they do in order to spend guilt-free time with their family and friends and perhaps even have holidays? Do you find that you engage in anything but work on your thesis, constantly telling yourself that tomorrow you'll organise a meeting with your supervisor or get started on your data analysis? And do you find you are highly productive when it comes to organising the postgrad symposium, but not so much when it comes to things related to your research higher degree? Are you really busy and doing a lot of things, but just don't seem to be making as much progress as you would like?

This workshop describes the key habits that our research and experience with thousands of students shows will make a difference to how quickly and easily you complete your research higher degree. Key aspects of this workshop have featured in the journal Nature.

This workshop will help you to understand how to:

* take (at least some) responsibility for your relationship with your supervisor
* improve the supervisory experience
* structure your study time so you get more done in 2 hours than 8
* overcome perfectionism
* get the help you need when you are stuck
* deal with multiple commitments
* keep on going when the going gets tough

Date:	Tuesday, 12 May	Time:	1:30 – 4:30pm
Presenter:	Maria Gardiner	Max:	40

Information Skills for Research

This workshop will introduce students to key tools and techniques that will improve research skills and build confidence.

Topics covered:

* Literature searching
* Key databases such as Web of Science and Scopus
* Citation tools
* Publishing for impact
* Research data management
* Research output metrics
* EndNote

Date:	Wednesday 13 May	Time:	9:00am to 12:00pm
Presenter:	Bernadette Royal & Iftikhar Hayat	Max:	40

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Time for Research

As a busy academic/student do you feel like you never have enough time to get to your research, particularly the writing part? And that other things like students, administration, committees, emails, project management etc demand all your time?

This workshop shows you how to guarantee you spend high quality time on your research outputs. It covers prioritising, goal setting and managing competing demands in a university context. If you want to increase your research output without compromising your work/life balance, then this workshop is for you. Key aspects of this workshop have featured in the journal Nature.

This workshop will show you how to:

- take control of your time
- prioritise
- stop procrastinating and stay motivated
- avoid distractions
- say NO (and understand why it is so hard to do so)
- balance competing demands
- manage email and paperwork
- work the slightly less hard way
- think more realistically about your research productivity

Date:	Wednesday 13 May	Time:	9:00am to 12:00pm
Presenter:	Maria Gardiner	Max:	40

Research Proposals and Confirmation of Candidature

During this workshop, Simon will clarify how to pass the confirmation of candidature (without needing to bribe anyone). In particular, you will learn skills that will not only help you write a compelling research proposal and present a convincing oral presentation, but will also help you improve your profile, attract collaborators, secure grants, and achieve other important career goals.

Date:	Wednesday 13 May	Time:	1:30 – 4:30pm
Presenter:	Simon Moss	Max:	40

Visualize your thesis troubleshooting - Successful filming and good content

You've now got a plan for the digital story you want to tell, but how do you put this into practice? How do you acquire the engaging and clear video, audio and other content that you need for your presentation. We'll cover filming tips and tricks, audio recording and other aspects to gather good raw material for your digital stories.

**Bring along your digital story plan, existing content and any equipment that you'd like to use for your project.

Date:	Wednesday 13 May	Time:	1:30 – 4:30pm
Presenter:	Will Tinapple	Max:	40

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NVIVO Basics

In this workshop participants will be introduced to the NVivo software program and learn the essential skills of setting up and starting a project. Skills will include creating and importing files, creating and linking annotation and memos, and coding processes including auto coding. Importing from Endnote and working with PDFs will also be covered to assist with literature reviews. Whether new to NVivo or needing a refresher this workshop will provide the essential skills to get you going on your research project.

Date:	Thursday 14 May	Time:	9:00am – 12:00pm
Presenter:	Linda Sweet	Max:	21

Dealing with Stress

In the incredibly unlikely event that your PhD or Masters is not the epitome of paradise and ecstasy, this seminar is for you. Actually, research degrees can be very challenging, distressing, and upsetting at times. During this seminar, we will discuss the latest strategies you can use to enhance resilience--in yourself or in other people--as well as the various opportunities you can utilise to optimise your mental health.

Light lunch provided.

Date:	Thursday 14 May	Time:	12:15 – 1:15pm
Presenter:	Simon Moss	Max:	40

Pomodoro training

The Pomodoro Technique is a time management method which uses a timer to break down work into intervals, traditionally 25 minutes in length, separated by short, five-minute breaks. The goal of the technique is to reduce the impact of interruptions on focus and flow, and provides workers with maximum creative freshness, allowing them to complete projects faster with less mental fatigue. The process is simple. For every project throughout the day, you budget your time into short increments and take breaks periodically. It may be useful to HDR students to help improve productivity in writing their thesis, papers and research proposals.

In this session Natasha will run through the details of the technique and discuss some of the challenges with making the most out of your time to write. This is also a great opportunity to develop or join a regular HDR writing group to put skills into practice after the session. See ORI staff after the event for help with room bookings and promotion.

For more info visit this Thesis Whisperer Blog Post

Date:	Thursday 14 May	Time:	9:30am – 10:30pm
Presenter:	Natasha Stacey	Max:	

NVIVO Intermediate

This workshop is designed for those with some familiarity of NVivo and who want to extend their skills, or as a follow-on from the basics workshop. Working with multi-media files including picture, audio and video, including transcription processes, as well as the use of survey based data will be covered. Setting up classifications and performing coding queries and matrix coding queries will be included. Whether new to NVivo or needing a refresher this workshop will provide the more advanced skills to help with your research project.

Date:	Thursday 14 May	Time:	1:30 - 4:30pm
Presenter:	Linda Sweet	Max:	21

Visualize your thesis training & feedback session - Putting it all together editing, feedback and finalising

You've planned your work, and worked your plan. And arrived with a pile of good content to shape into a masterpiece. But, now how do you edit all of this together again? How do you make it flow, look and sound good, and effectively "sell" your efforts? We'll cover the mechanics of editing, pace, effective storytelling in edit, transitions, text and music. We'll test out your concepts and look at group feedback. Does your product hold up to your original plan and goals? This part of the workshop is about putting it all together.

** Bring along the equipment that you'd like to edit with plus any content that you'd like to edit into a workable piece.

Date:	Thursday 14 May	Time:	1:30 - 4:30pm
Presenter:	Will Tinapple	Max:	20

Developing an analysis plan for quantitative research

You have chosen your research topic and started to formulate your research questions. Now is the time to fine-tune these to clear testable questions, develop your working hypotheses and create a plan of action on how to address them. An analysis plan is a step-by-step road map from what variables need to be collected to address your questions to how do you plan to summarize your data, model building and sensitivity analyses. We will discuss statistical power and sample size estimation, common issues such as missing data, hierarchical data structure as well as the importance of data cleaning and visualization.

An analysis plan not only reduces the risk of an untargeted data fishing expedition but makes data analysis less overwhelming and it is also a useful platform to discuss your project with your supervisors and collaborators.

This workshop is relevant to first year HDR students planning to conduct quantitative research, before they start data collection.

Date:	Friday 15 May	Time:	9:45 to 11:45am
Presenter:	Mirjam Kaestli	Max:	40

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NVIVO Open/ Drop in session

This workshop will be unstructured and provides an opportunity for you to bring along your work in progress or come along to learn specific skills you need to learn and seek individual support from the trainer. Whether you stay 5 minutes or three hours is entirely up to you and want you want to learn from the trainer to continue to progress you project. So, come prepared with a list of questions and let me help you!

Date:	Friday 15 May	Time:	8:30am to 11:30am
Presenter:	Linda Sweet	Max:	13

Working with Industry

Which opportunities could you pursue now to enhance your career skills for the future? During this seminary, we will discuss opportunities, such as APR internships or mentoring programs, as well as other avenues to accrue helpful knowledge, skills, and experience in industry. Light lunch provided.

Date:	Friday 15 May	Time:	12:15 – 1:15pm
Presenter:	Simon Moss	Max:	40

Presenter Information

Bird, Professor Steven
Steven and his colleagues work with members of minority and indigenous communities to develop new ways to keep oral languages strong. Steven loves and hates writing in equal measure, and will share his ideas about writing from positions of both strength and weakness. In his spare time he likes to learn languages, read literary fiction, and play classical guitar.

Gardiner, Dr Maria (ThinkWell™)
Maria is a leading coach, psychologist and researcher. She has worked with many of Australia's medical and academic leaders over the last fifteen years. She particularly specialises in the psychology of high performance and works with leading research groups at universities around Australia. She is a sought after presenter and communicator, delivering powerful and engaging presentations to thousands of participants in seminars in Australia, New Zealand and the UK. Maria's passion is understanding what characteristics and attitudes create high performance and then translating this into practical, useable strategies.
Maria is also a widely respected researcher, holding a research associate position in the School of Psychology at Flinders University. She has a strong research record, which provides a rigorous evidence base for her specialisation in high performing individuals and teams. As a co-author with Hugh Kearns, she has published five books which are in high demand both in Australia and internationally

Hayat, Iftikhar
Iftikhar is an eResearch Librarian at CDU Library. He has more than 12 years of experience in the information service industry from which more than 9 years included research support, scholarly communication, library services and systems. In his current role, he is leading key projects such as research data management project and thesis . He has extensive understanding of research processes and procedures such as the research journey and research impact. Previously Iftikhar worked as Senior Librarian at the National University of Singapore (NUS).

Kirshbaum, Professor Marilynne
Professor Marilynne N Kirshbaum is the Chair of the Human Research Ethics Committee at CDU. As an oncology nurse, her area of research has developed from an interest in the management of cancer-related fatigue into the development of a Framework for Energy Restoration that assists people to make the best use of vital energy for individual wellbeing. Previously, she was Professor of Nursing at CDU and remains committed to advancing and promoting excellence in nursing and health related research.

Moss, Assoc Prof Simon

Dr Simon Moss is the Dean of Gradate Research and an Associate Professor of psychology at Charles Darwin University. His primary research interest concerns how characteristics of organizations and societies, such as inequality of income or leadership, influence the brain functioning—and ultimately the mood, creativity, intuition, engagement, honesty, and altruism—of individuals. To investigate these issues, Simon has published a range of books and articles in the fields of leadership, personality, motivation, integrity, and stress. For example, he is an author of "The Science of Management", "Sustainable coaching", "The negative side of positive thinking", "Where should I work?", and "Emotional Intelligence: Journey to the Source".

Royal, Bernadette

Bernadette is the Manager of the Academic and Research Services Team at CDU Library. She has worked at CDU for approximately 14 years directly assisting academics and students in Research, Teaching & Learning and EndNote support. Her areas of interest include developing student research skills and ensuring the availability of appropriate library collections in line with teaching and research. She has published in the area of information literacy and nursing students with a focus on collaboration between academics and library staff.

Stacey, Assoc Prof Natasha,

Natasha is the:

- Assistant Dean of Graduate Studies for Research and Research Training and
- the Coordinator (Environment) for HDR & Natural Resources-based Livelihoods for
    - o   Research Institute for the Environment and Livelihoods (RIEL) and
    - o   the College of Engineering, IT and the Environment (CEITE)

Sweet, Dr Linda

Linda is a recognised independent NVivo trainer and consultant based in Adelaide. Linda began using NVivo for her doctoral studies in 1998. She has been using, teaching and consulting on NVivo for over 15 years to academic staff, postgraduate students, groups and individuals in various organisations. Linda is also an Associate Professor with Flinders University, a nurse and midwife with broad experience in many different clinical environments, management and research.

Tinapple, Will

I enjoying playing around in many things to do with media and education. This has taken me on an interesting career journey through teaching, filmmaking and lots in between. I hold a belief in lifelong learning and I am passionately committed to realizing the ongoing improvements to society that education, film and media can offer and in exploring the role of evocative, meaningful and unique stories in this process.