

# From SOS to Success

The Distance Learners' Dissertation Toolkit



## Support

It's nice to talk:

keeping in touch with cohorts, supervisors, tutors, and counsellors.



## Time

Know yourself:

avoiding burnout, context switching and deep work, choosing priorities.



## Resources

Learning by doing:

writing at MA level, structuring your research project, getting extra help.

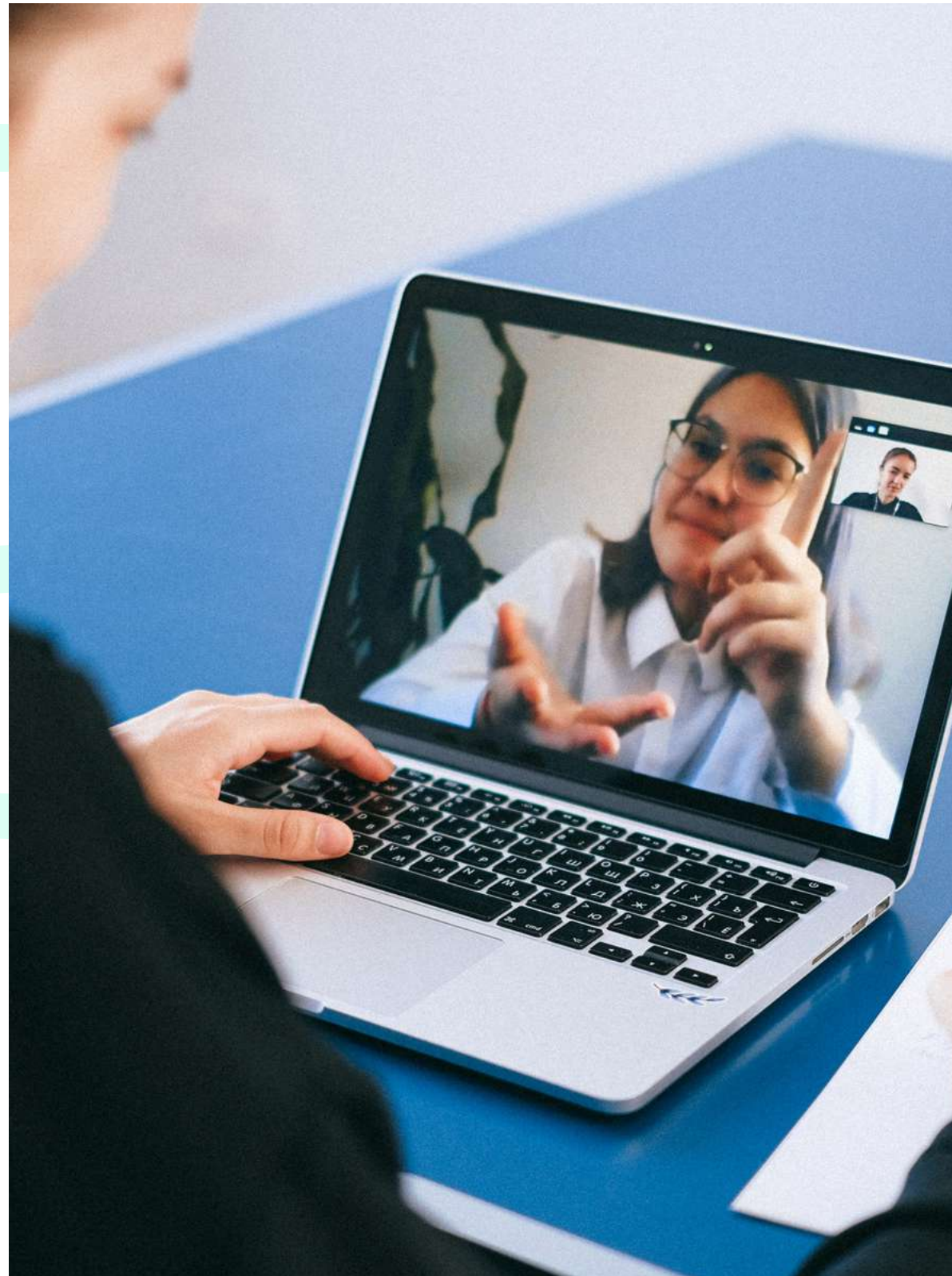


## Support

### I didn't feel:

- prepared to begin
- able to talk through ideas
- able to ask for guidance
- that I had the whole picture
- emotionally strong





## Support

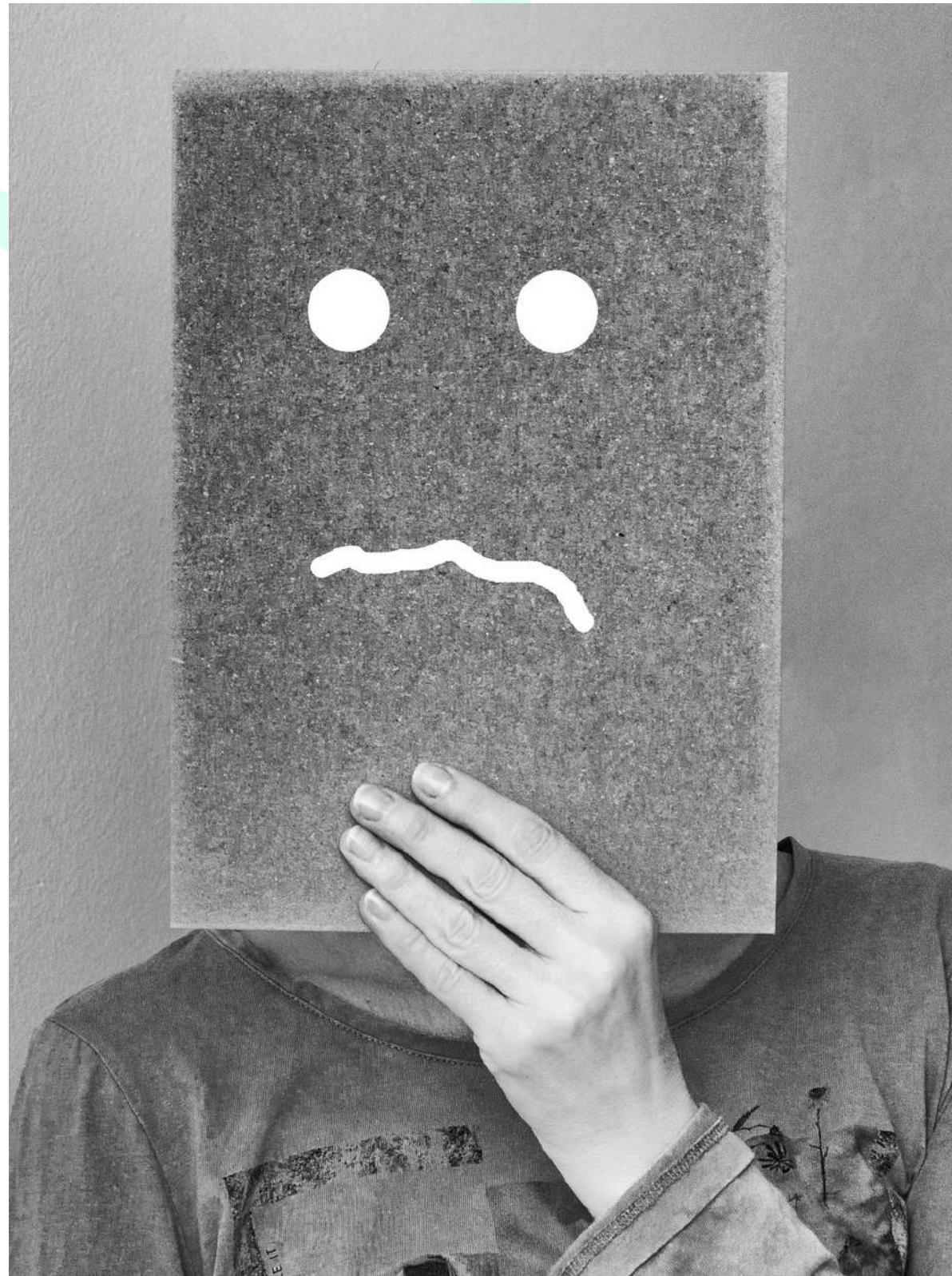
### Stay connected

- Tutors and supervisors
- Cohorts
- Mentors
- Services like PhD proofreaders
- Counselling

**"All of my plans for the future involve me waking up tomorrow with a sudden sense of discipline and adherence to routine that I have never displayed even once in my life."**

@rmacCarthyjames / Twitter





## Time management

### Things I didn't do:

- have a dedicated work space
- have a useful 'to do list'
- prioritise my dissertation
- minimise distractions



## Time management

- Learn how you work best
- Have a plan
- Choose your priorities
- Context switching and deep work
- Give yourself some time off



1.

**Choose one  
task to work on.**

Limit your focus.  
Keep it narrow, but  
strong



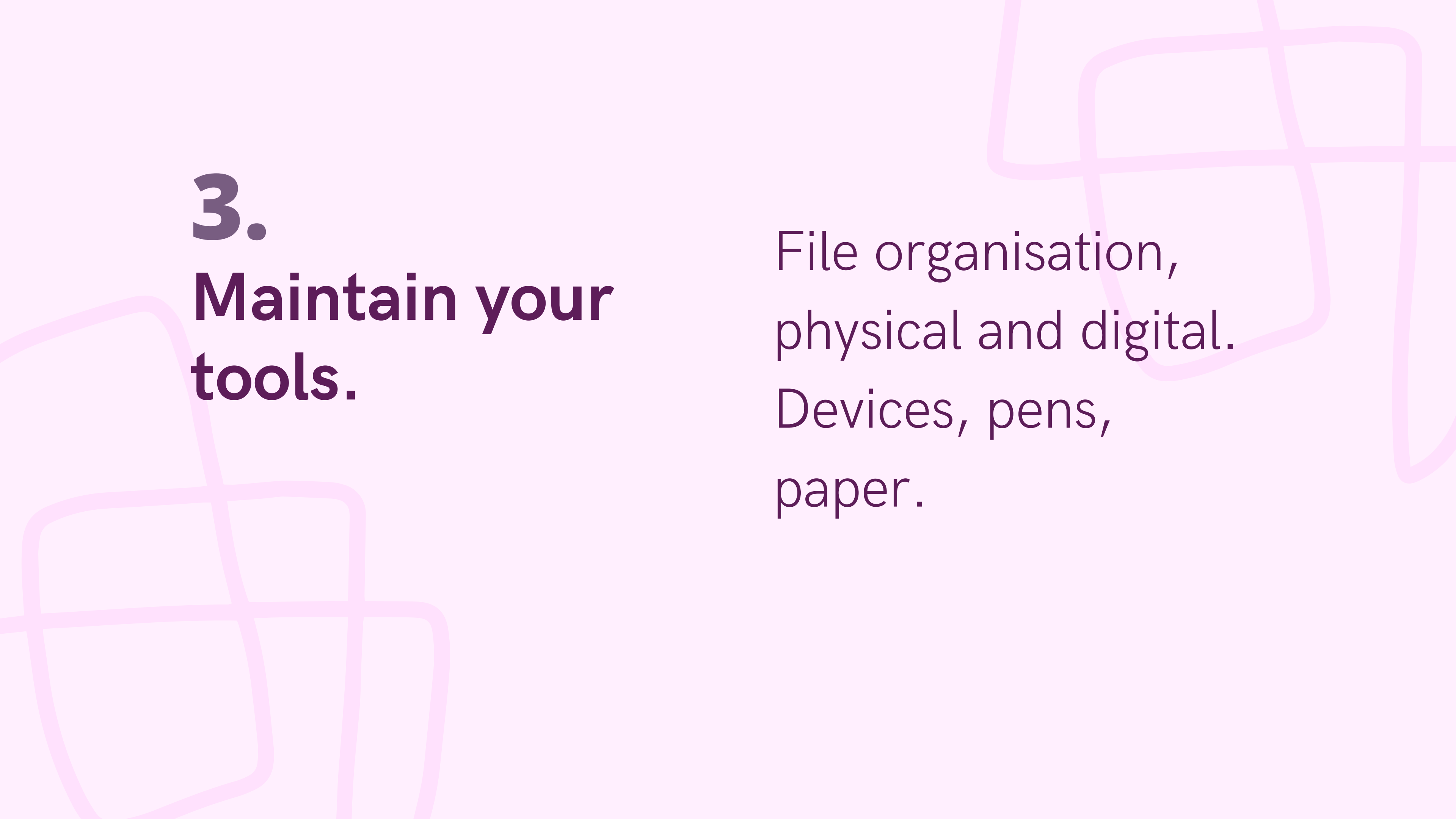


**2.**

**Keep the  
session sacred.**

Don't take a nap,  
make a coffee, eat  
a snack.

Once your session  
has started, keep to  
your practice.



# **3.** **Maintain your tools.**

File organisation,  
physical and digital.  
Devices, pens,  
paper.

The background features several overlapping, hand-drawn pink scribbles that resemble rounded rectangles or squares, creating a decorative, abstract pattern.

**4.**

**Practice!**

Intense work ethic builds over time, it will get easier and your ability to write will improve.





**5.**

**Time yourself.**

You can try the Pomodoro technique (traditionally 25 minute sessions).



**6.**

**Work alone.**


Minimise distractions  
and interruptions.

# 7.

## **Make time for recovery.**

Schedule time  
with family & friends  
(online or offline).  
Exercise. Sleep.  
Eat well.

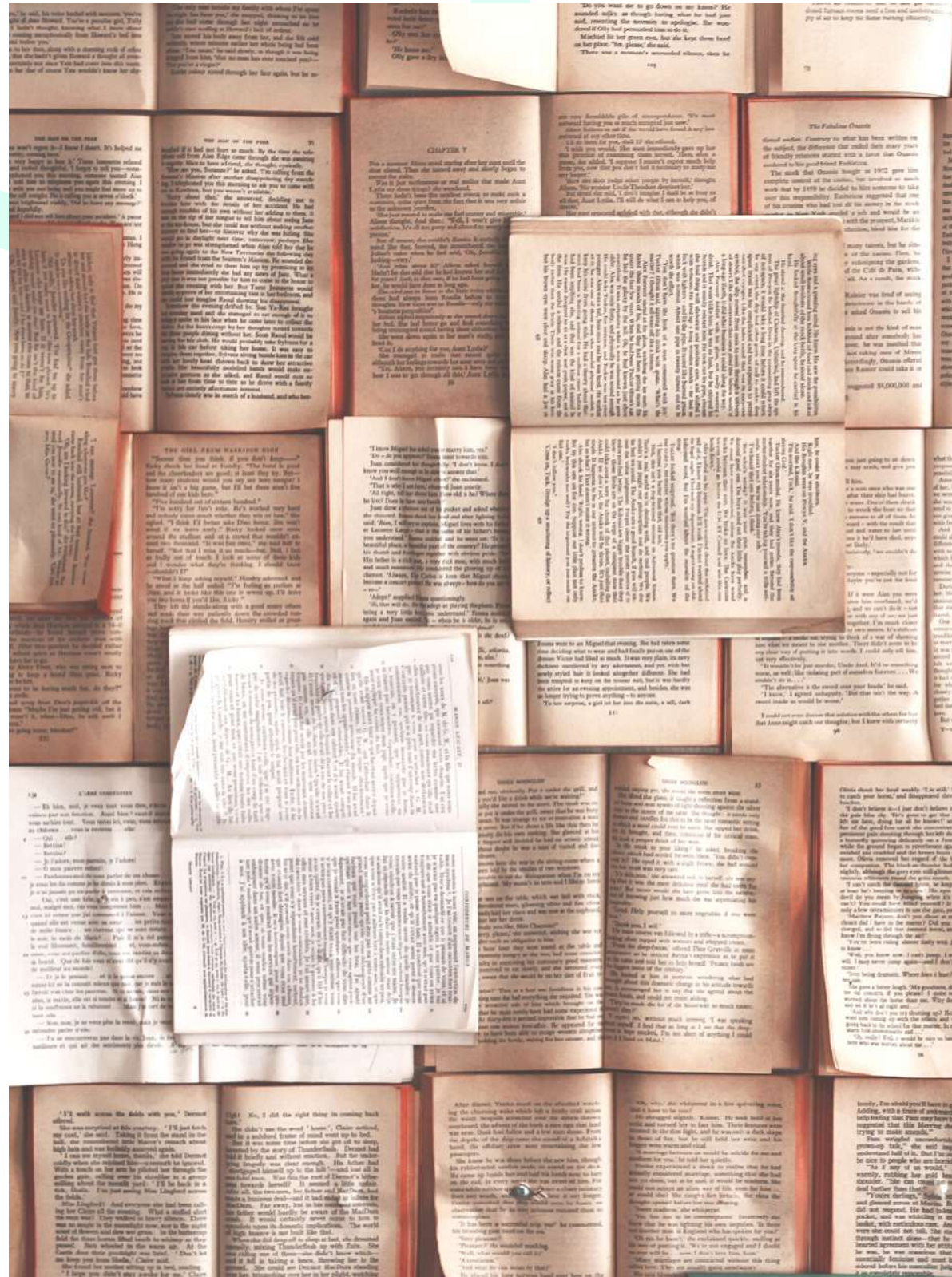


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**8.**

**Practice a  
compassionate  
attitude.**

Approach your work  
with curiosity and  
don't be so hard on  
yourself.



# Resources I didn't have

- A robust structure for my research
- Confidence in my writing skills
- Sufficient critiques /evaluations
- Ways to develop my skills



## Resources

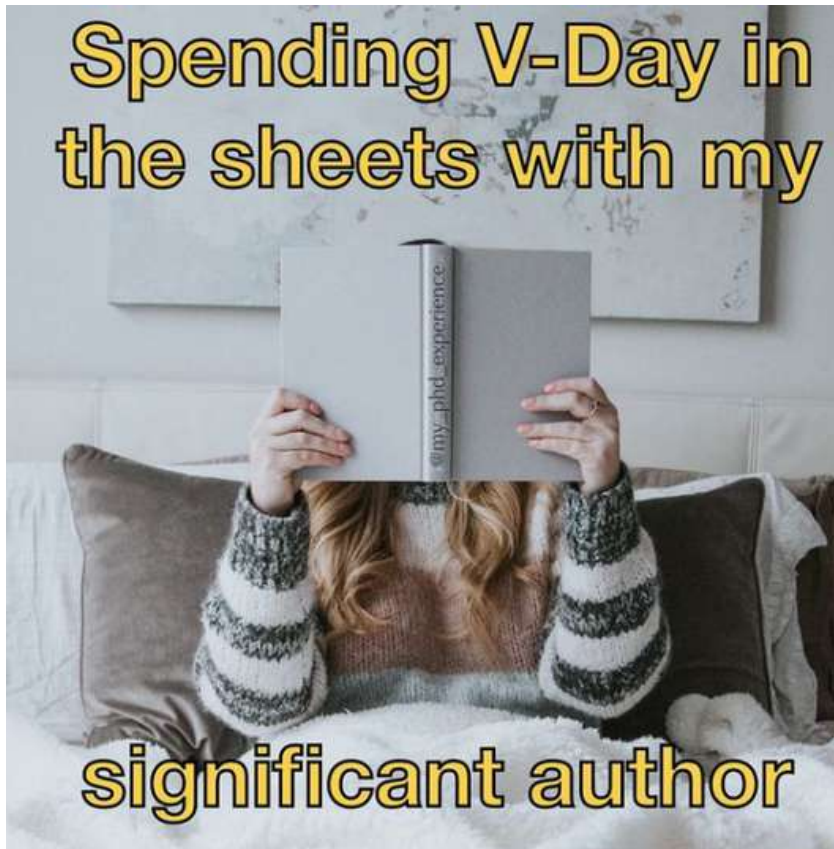
- Tools to help structure your research
- Practice writing skills
- Tutors and proofreaders
- Webinars and workshops (PhD proofreaders, [academic-toolkit.com](http://academic-toolkit.com))



# You got this.

Don't give up!

@my\_phd\_experience



@phd\_comics



@phdproofreader

"Finding balance and routine in your PhD isn't a one-time thing. It's an ongoing process that requires careful, diligent maintenance."

Your Daily Dose of PhD Inspiration - 16/02/21

# Resources

Links active at the time of lecture

## Academic

### **phdproofreaders.com**

writing tools, daily inspiration, tutoring and support

### **academic-toolkit.com**

writing tools, books, resources

Webinars at

### **digitalhealthcrc.com**

How to write the introduction to your thesis

How to read journal articles and build models for your research

## Well being

### **blog.rescuetime.com**

context switching and deep work

### **psychology.com**

emotional burnout

### **hbr.org**

time management is about more than life hacks

# If you have questions or want to say hello

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