It sounds obvious, but choose a topic you are passionate about. I was going to continue on with my Honours research for my PhD until I was telling someone about my out-of-uni casual work. She said the way my face lit up ... she knew, and then I knew, that this was the topic I should choose for my PhD

If you live far away from your home country, and you miss your family a lot, ask your friends to have a coffee with you

Don’t waste your first year being complacent – hard work early on will pay dividends later on!

Group meetings give students opportunities to share experiences and help to face the challenges while studying

It’s OK to have weekends!

The majority of the time the questions are more important than the answers

Be rigorously ethical at every stage of the journey

A well written Results Chapter will be the smallest/shortest chapter of your entire thesis

Friends are around you to share feelings and experiences. Talk to them whenever you have problems

Remember to work on building broader skills, apart from just writing … presenting, networking, etc

DREAM BIG!

I am not alone in my PhD journey. There are lots of people around who can help me....I just need to ask them

Remember to stay calm and collected. You will be more productive if you are “fresh”

Work consistently and never give up. Don’t forget the more challenges you experience in academic life, the more experienced you become at the end

Don’t get bogged down in the little details

The importance of research on non-traditional students - the ‘other’ at university

Always remember the bigger picture

It’s OK to be confused. It’s OK to be going back and forth with progress

Always update literature even at your stage of thesis writing

Although I still have to remind myself (often) ... try not to compare yourself or your PhD progress to others. Each project is unique and will have its own trajectory ... so just keep moving forward

Don’t be scared of the unknown. It’s OK not to know everything

Maintain good relationships with supervisors

You deserve to be happy when you are writing your thesis. Enjoy your life!

You will never work hard enough to justify not working. The sooner you realise you’re human, the happier you’ll be

Make sure you have regular deadlines to keep yourself motivated and so you can meet regular goals and feel a sense of achievement (ie not just at the end!)

You have already achieved so much. Remember to keep celebrating this!

Never think that you have wasted time reading (perhaps stuff that you change your mind on being ‘relevant’). Everything will add to your knowledge/broaden your scope

Your PhD is “practice” at researching – your first attempt. Be kind to yourself as you will make mistakes but you will learn from them

Relax, if you have the chance, to prevent yourself from getting stressed

Take 2 golden hours every day to write regardless of whether or not you think you have something to write about

Submit abstracts and present at conferences (it helps to cement your thinking)

BELIEVE IN YOURSELF!

Hang in there, there is a light at the end of the tunnel!

Keep your topic and scope achievable. You don’t need to change the world. Getting it finished is more important

Develop systems for sorting theory and data

If you can demonstrate your contribution to (a) Theory (b) Research, and (c) Practice ....your PhD will be fine