

PhD Vlog Week 3 Adriano Marinho

TIME	SPEAKER	AUDIO
0:00:00		[Music introduction]
0:00:10		<p>Hi everybody. So, it's week three and this week was not a productive one. I had to move to a new place and that's why I'm not at the beach today.</p> <p>In fact I was planning to record this in a beautiful park nearby with mountain views but it has been raining for two days and that's why I'm confined on my balcony.</p>
		<p>After the moving in moving out thing I found time to go back on my (unclear 0:00:33). You know, because I'm studying the effects of virtual reality on people I need to submit my research to the (unclear 0:00:42) so they can review and authorise it and they can start a pilot study.</p> <p>Anyway, last week I talked about some difference that I found between Brazil and Australia after living here for a year and a half. And this week I decided to talk about some tips on how to handle your PhD well,</p>
0:01:00		<p>so let's start. The first thing I want to say is, try to avoid distractions, and I know this is hard. When you're doing a PhD you are working on your own and I know we have supervisors and thank god mine's great. But after offering some good guidance he always reminds me that the research is mine.</p> <p>When you are working on your own, without a boss asking for reasons everyday, losing focus can be really easy. What I usually try to do</p>
0:01:30		<p>here is avoid social network and my phone while working. Of course this is often not possible because while we're at working hours here, my friends in Brazil and family are awake and they keep talk to me but when they do I work more properly.</p> <p>Besides avoiding distractions the second most important thing for me is to trace the objective.</p>

		What I usually do is I trace some objectives for the week and then I break that
0:02:00		<p>into daily tasks. This helps me organising my work and not getting distracted.</p> <p>So this here is one example of the notebooks that I use for my planning. Like I told you before I do a list for the week and I put numbers on the tasks, so I usually try to do all these tasks on the notebook in specific days. So I write something, for example, first, 'Reveal my ethics document</p>
0:02:30		<p>nd then I put a date on the side. Every single time that I don't do this I get lost in my own thoughts and usually work less and forget something important, which makes me work on the weekends. And (unclear 0:02:42) remember that work on the weekends is the worst thing ever that can happen to a PhD student because we need the weekends to recover from the week.</p> <p>After I finish my week on Friday I plan the next week so I can keep working properly. Also I often talk to my supervisor about where I'm in</p>
0:03:00		<p>PhD and what are my next steps, to see if I am at the correct path. I know that some supervisors can be away for days, but keeping (unclear 0:03:09) and keeping a good relationship with them is very important for your progress.</p> <p>Lastly, be prepared for unforeseen events. No matter how much you plan there will be moments that your work will depend on other people. For example, you might have to ask to another researcher for a different paper and that can take days.</p>
0:03:30		<p>You might need to wait for the ethic (unclear 0:03:32), which we'll be making soon and that can take weeks. You might need to move suddenly to a new place.</p> <p>So you need to consider these unforeseen events in your training, in order to not be late with your PhD.</p> <p>Overall the advice that summarise everything that I talked about is, treating your PhD like a job,</p>

		because it is a job, it's the best way to handle your PhD. And that's all for today everybody
0:04:00		I hope you enjoy and I see you on the next and final week. Bye.

END OF TRANSCRIPT