

The Research Room

July 2023

Tips of the month

Here are some tips and tricks you can use to make your research experience at VUW much more productive and enjoyable

ORCID: Reach, Visibility, and Engagement. ORCID (Open Researcher & Contributor ID) is designed to help you showcase your work and increase your reach and visibility. With over 15 million ORCID registrations worldwide, all researchers in universities across Aotearoa New Zealand are encouraged to have an ORCID.

But what is it? ORCID is a community-based, non-profit, open-source digital author identifier: a transparent method of creating a central registry for individual researchers and linking their work. An ORCID helps to prevent authorship ambiguity and confusion by ensuring your work is recognised and attributed correctly. It is free to register and there are many advantages, such as:

- ORCID is independent of any publisher or database
- ORCID is increasingly requested by funders and publishers on grant applications and manuscript submissions
- Manages your own record of qualifications, employment, publications, peer-reviews, and search for other researchers
- Contains non-sensitive information: name, email, organisation, research activities
- Self-assigned keywords: detail and describe your own work
- You can search for others in the ORCID Registry. This helps with research/potential collaboration

Create a unique digital author identifier with this platform. Royal Society Te Apārangi has a helpful infographic on their website about [the benefits of ORCID](#), and Te Herenga Waka is a member of the NZ ORCID Consortium. For more information, read our [Library Guide](#), or contact your Subject Librarian.

The Research Services Team – Te Pātaka Kōrero, The Library, VUW

Share your story

When utilized effectively, stories can be powerful tools to motivate and change minds. If you need an extra dose of motivation, this story should help you out

‘Seeking help can make a big difference’ – Nat

I have embarked on an interesting journey thus far, full of challenges that have tested my resilience. However, it has also been brimming with rewarding experiences that have made every step worthwhile. This journey has taught me a valuable lesson everyone should

embrace: No one should expect to navigate life's challenges alone. Whether we face personal struggles, grapple with mental health issues, or encounter other difficult situations, reaching out for support can make a world of difference. Please remember that **seeking help is not a sign of weakness but rather demonstrates inner strength and resilience!**

It may sound obvious to you, but when embarking on the challenging adventure of pursuing a PhD, the support of your family or even friends back home can offer the encouragement, guidance, motivation, and stability necessary to navigate the inevitable ups and downs of the journey. While this may not be a concern for domestic students, managing the stress arising during our studies can be particularly challenging for international students like myself who are miles away from family and long-time friends.

As soon as I arrived in Wellington, I found myself facing various challenges that weighed heavily on me. Although surrounded by lots of people, I still felt lonely at times. Despite my efforts to contact my parents and partner in Thailand, I found it incredibly challenging. Dealing with different time zones and physical distance can be daunting when it comes to maintaining communication with loved ones while living in different countries. After struggling with this problem for several weeks, I finally made an important decision – I contacted Mauri Ora's counselling team.

There's one thing that I know for certain. I've been incredibly fortunate to receive tremendous support from Mauri Ora (Student Health and Counselling). Their unwavering guidance has played a key role in promoting my overall well-being and contributed to my success. Their commitment to ensuring students' mental and physical health is commendable, and I am grateful for their continuous support. This invaluable experience has reinforced my belief that seeking assistance whenever necessary makes a difference.

The counsellors at Mauri Ora went above and beyond to address my immediate needs. They promptly scheduled a counselling session on the very same day I reached out to them. Through this service, I met Ben Bachle. He is a counsellor who not only assumed the role of my mentor but also offered invaluable support and advice during numerous challenging situations.

I learned a great deal about managing stress associated with studying and other aspects of life through my monthly sessions with Ben. He consistently encouraged me to take pride in my accomplishments, and this simple thought deeply impacted me, especially during moments of discouragement following a research setback.

I know that nothing can replace the physical presence of my loved ones, but Ben has been of great assistance. It is natural to feel hesitant or uneasy about sharing your problems but reaching out to those willing to help can be highly beneficial. By confiding in professionals such as counsellors, we open ourselves up to a support network that can provide guidance, empathy, and fresh perspectives. Sharing our burdens enables us to gain valuable insights and potential solutions, fostering a sense of connection and strengthening relationships.

Remember! You have already shown great courage by embarking on your PhD journey. Pursuing a doctorate requires dedication, perseverance, and intellectual prowess, and you have demonstrated all of these qualities. However, like anyone else, there may be moments when you require a little bit of help. You do not have to bear the weight of your entire PhD journey alone! By allowing others to help you, you can alleviate some of the burdens that may arise, ensuring a more fulfilling and successful PhD experience.

When it comes to finding the right support service, please acknowledge that ***each of us has unique needs, so we should explore options that suit those specific needs.*** Mauri Ora's support has worked for me, but Vic offers a wide range of other support services available to assist you in overcoming obstacles. You are not alone on this journey! Take advantage of these resources and embrace the support available to you.

Natdanai Nachan, Faculty of Law, VUW

Useful resources

Explore our list of research-related links that will help you throughout your research studies

Short videos:

- [Why journal abstracts are higher stakes, and harder to write, than you think!](#)
- [Anxiety in Academic Research](#)

Blog posts featuring interesting content that can help you make the most of your PhD:

- [How to speed up paper writing](#)
- [The art of taking breaks](#)

Events happening soon

Looking for other events happening inside and outside VUW? We go over some interesting events happening worldwide

Organizer	Event	Date and Time	Register
CAD, Research Office, & FGR, VUW	ResBaz Wellington Day 2 (<i>In person</i>)	04 July, 09:30 – 16:00 NZST	Here
	Research Data Management, Panel & Workshop (<i>In person</i>)	04 July, 10:00 – 12:00 NZST	Here
	Non-Traditional Research Outputs, Panel & Workshop (<i>In person</i>)	04 July, 13:00 – 15:00 NZST	Here
Research Services, The Library, VUW	Queer Histories, Trans Legacies: Liberation in Aotearoa New Zealand (<i>Dual</i>)	13 July, 12:00 – 13:00 NZST	Here
Careers and Employment, VUW	Trimester 2 2023 Graduate Recruitment Information Session (<i>In person</i>)	13 July, 17:10 NZST	Here
	RA Information Evening 2023 (<i>In person</i>)	13 July, 18:00 NZST	Here
	EY Presentation: Careers at EY (<i>In person</i>)	26 July, 17:40 NZST	Here
	Mainfreight Graduate Programme and Supply Chain Introduction (<i>In person</i>)	28 July, 13:40 NZST	Here
Complete Dissertation by Statistics Solution	Attitude, Committee Selection, and Topic Development (<i>Online</i>)	07 July, 06:00 – 07:00 NZST	Here
	Addressing Feedback: Getting Through Quickly and Efficiently (<i>Online</i>)	12 July, 06:00 – 07:00 NZST	Here
	Mastering Your Introduction (<i>Online</i>)	13 July, 03:00 – 04:00 NZST	Here
	How to Deal with Missing Data (<i>Online</i>)	14 July, 08:00 – 09:00 NZST	Here
	Mastering Your Qualitative Methodology (<i>Online</i>)	18 July, 08:00 – 09:00 NZST	Here
	Confidently Present Your Quantitative Results Chapter (<i>Online</i>)	19 July, 06:00 – 07:00 NZST	Here
	Defence Preparation for Quantitative Methods (<i>Online</i>)	21 July, 08:00 – 09:00 NZST	Here
	Mastering Your Discussion Chapter (<i>Online</i>)	27 July, 05:00 – 06:00 NZST	Here
Lumivero	Subjective Probability Assessment in a Data-Driven Decision-Making Environment (<i>Online</i>)	11 July, 11:00 – 12:00 EDT	Here
	Intro to Risk Analysis with Monte Carlo Simulation Using @RISK (<i>Online</i>)	13 July, 10:00 – 11:00 EDT	Here
	Introduction to Forecasting Using Regression Models with StatTools (<i>Online</i>)	19 July, 12:00 – 13:00 EDT	Here
	Quick Bites: Online Text (For Sonia users) (<i>Online</i>)	19 July, 17:00 – 18:00 EDT	Here
	Exploring the World of Text Mining with XLSTAT (<i>Online</i>)	27 July, 10:00 – 11:00 EDT	Here
Flexible Learning Association of New Zealand (FLANZ)	AI is here to stay: Its impact on online, flexible, and distance learning (<i>Online</i>)	04 July, 13:00 – 14:00 NZST	Here
Google Garage	Create Videos for YouTube	03 July, 15:30 Europe/London	Here
	Build Your Personal Brand Online	04 July, 09:30 Europe/London	Here
	Build a CV and Write a Cover Letter	10 July, 17:00 Europe/London	Here
	Find your Career Goals	11 July, 10:30 Europe/London	Here
	Build Engaging Presentations	14 July, 11:00 Europe/London	Here

Organizer	Event	Date and Time	Register
Taylor & Francis	How to influence policy and practice with open research (<i>Online</i>)	12 – 13 July, 23:00 – 24:00 NZST	Here
	Excellence in peer review: how to be an effective peer reviewer (<i>Online</i>)	26 July, 20:30 – 22:00 NZST	Here
	All you need on open access books: business & engineering edition (<i>Online</i>)	26 July, 19:00 – 20:30 NZST	Here
NR Computer Learning Center	Using Microsoft Power BI to develop Reports (<i>Online</i>)	24 July, 09:30 – 10:30 NZST	Here
	Introduction to Data analysis (<i>Online</i>)	17 July, 08:00 – 09:00 NZST	Here
	Introduction to SQL (<i>Online</i>)	24 July, 08:00 NZST	Here
	Microsoft Excel: Basic to Advanced Features Overview (<i>Online</i>)	10 July, 09:30 NZST	Here
	Excel: Building a Dashboard in an Hour (<i>Online</i>)	17 July, 09:30 – 10:30 NZST	Here
	Python for beginners Part 2 (<i>Online</i>)	10 July, 08:00 NZST	Here
The Education Hub	Understanding ADHD (<i>Online</i>)	20 July, 19:30 NZST	Here
	Māori achieving success as Māori (<i>Online</i>)	25 July, 19:30 NZST	Here
DoctorateHub	Triangulation in research (<i>Online</i>)	22 July, 13:00 UK time	Here

*Please note that by listing these events we are not endorsing any organisations but rather compiling and sharing a list of resources that may be helpful.

FGR

The Wellington Faculty of Graduate Research (FGR) works to ensure that your experience as a thesis student is a positive one. For more information, visit our [website](#)

Contact

Postgraduate Research Student Advisers: FGR-postgrads@vuw.ac.nz

- Enrolling in your doctoral or master's programme.
- Candidature management changes.

Online forms for thesis candidature changes can be found [here](#).

Thesis Examinations: FGR-Masters-Exams@vuw.ac.nz or PhD-Exams@vuw.ac.nz

- Submission or examination of theses.

Scholarships and Doctoral Admissions: pg-research@vuw.ac.nz:

- Doctoral applications or the doctoral application process
- Scholarships