

Enhancing the efficacy of coaching:
defining and exploring reflexive hindering
using an applied neuroscience approach
and a developed infographic

Hints and tips from a DProf journey

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Hints and tips from a DProf journey



- **Enjoy** what you are studying
- It's a marathon: **have a plan to aim for** and don't make it so fixed that it cripples you – **amend it**
- There is usually a down point – but you don't have to have one

- **Get real** – this is about training for doing research thus each chapter is to showcase certain aspects of being a researcher – this is what it is about, what you research is to some extent secondary or the icing on the cake.
- Academia has its own pace – **get used to it**



- Have at least one partner on this journey with you – another Dprof, a mentor
- **Talk to people** – your supervisor, PostGrad Research Office, library – they are lovely people and care about your studying



- It's about personal development – critical thinking, pertinent writing, understanding the different types of knowledge: what is appropriate and privileged, etc.

The viva – my thoughts

Let your
thesis do the
hard work

- It's a conversation – **everyone wants you to pass**
- **Have a generous attitude:** they are helping you to sharpen up your thesis for when it gets made available to others, so be thankful they are making it more robust and highlighting a few areas that need addressing.
- **Sort out in your mind** - why you did/ didn't do something; what makes you have that opinion or stance?
 - **Practice answering questions:** anyone can help with this
 - Helps you answer unexpected questions
 - Gets you talking about your research and thesis content
- **Be assured and authentic**
- Answer the question soundly – keep it focussed on your research

