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How to get

7YS

..A PhD?

**Start. Explore. Read. Investigate. Understand. Practice. Present. Discuss. Accept. Thank.
Worry. Stress. Insomnia Cry. Take a breath. Slow Down. Eat well. Travel. Exercise. Love.
Connect. Think. Reflect. Consult. Change. Improve. Learn. Adapt. Be patient. Share.
Write. Question. Define. Research. Craft. Fail. Engage. Contribute. Refine. Write down.
Prepare. Pause. Enjoy. Celebrate. Give. Empower. Teach. Be humble. Supervise.
Encourage. Help. Be gentle. Impact. Balance. Repeat.**

Introduction

'7Ys of A PhD' is more than a guide – it's a journey through the heart of a PhD experience, deeply inspired by my own path and enriched by the wisdom of my supervisors Professor John Hurst, Joanna Porter, Anne-Marie Russell and Amos Florian. Their guidance and support throughout my PhD journey have been immeasurable. From the very beginning, they provided me with opportunities that have expanded my knowledge and skills in ways I never thought possible. I was exposed to their vast understanding and expertise within the field through their mentorship by which I was deeply inspired, and these invaluable experiences have led to my significant progress.

This book uncovers the essential questions every PhD student must ask, from the decision to begin on this academic pursuit to the choice of the right supervisor. It's a journey about finding your purpose, navigating challenges, and shaping your future. With a focus on seven key 'whys', this comprehensive guide blends personal insights with practical advice. **It also offers a list of personal qualities, skills, values, and resources essential for thriving in a PhD programme. Designed to be both reflective and actionable, it includes “interactive reflection exercise” encouraging you to question, explore, and grow, not just as a student, but as a contributor to the wider academic community.** Whether you're taking your first steps or are deep in the journey of research, '7Ys of A PhD' is here to guide, inspire, and support you in crafting a meaningful and impactful doctoral journey.

COMING

SOON!