

The Research Room

May 2025

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

Boost your focus: 25 minutes at a time

If you struggle to remain focused when writing, you might find setting a Focus Session on your computer Clock for 25 minutes (called the Pomodoro Technique) will help you in this regard. Ensure that you get at least a 5-to-10-minute break after each session. Before you start, decide the task you want to work on and set your timer. After four rounds of 25 minutes each take a break of 25 minutes to recover.

Dr Patrick Coelho, Vice-Chancellor's Office, Victoria University of Wellington

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

This month's inspiration

Instead of our usual story, this month we're sharing a powerful quote—one that we hope will give you an extra dose of motivation and perspective as you continue your research journey.

"The only way to do great work is to love what you do." Steve Jobs ([Goodreads](#))

Doing a research degree like a PhD is a big journey—it's exciting, but it can also be tough, frustrating, and at times, a bit lonely. That's why it really helps if you actually like what you're working on. When your topic sparks your curiosity or feels meaningful, it's so much easier to stay motivated—especially on the days when writing feels never-ending, or your experiments just aren't cooperating.

Of course, loving your topic won't make every day easy. Yes, some days are hard. But that genuine interest gives you a reason to keep going. It fuels your creativity, helps you ask better questions, and drives you through the hard bits. And in the end, that's what leads to work you can be proud of—work that really means something.

In the busy world of research, it's easy to lose sight of what drew you to your topic in the first place. Reconnecting with your 'why' can reignite motivation and bring meaning back into your work. What sparked your curiosity? What change do you hope to make? Keep that close—it's your compass.

Dr William Eulath Vidal, FGR, Victoria University of Wellington

Useful resources

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

[How to write a lot: A practical guide to productive academic writing.](#) Writing is something all academics need to do, but it's not always easy to get it done. In this guidebook, Paul Silvia offers fresh advice to help overcome writing barriers and boost productivity. Available online and in print through our Library—Definitely worth a read!

Events happening soon

Looking for other events happening at the University and beyond? We go over some interesting events happening worldwide

Opportunities from other institutions

Organizer	Event	Date and Time	Register
Taylor & Francis	How are Wikipedia citations building trust? (Online)	08 May, 19:00 NZST	Here
	Avoiding predatory publishing: Choosing quality journals for your research (Online)	21 May, 20:00–21:30 NZST	Here
Statistics Solutions	Qualitative analysis (Online)	09 May, 05:00 NZST	Here
	A guide to data analysis (Online)	16 May, 05:00 NZST	Here
	Get real results with expert guidance (Online)	23 May, 05:00 NZST	Here
Unconventional Doctorates	Handling feedback and setbacks in the doctoral process (Online)	31 May, 02:00–03:00 NZST	Here
Global Edge Leaders	Public speaking (Online)	23, 24 May Different time options	Here
Zenspeak Public Speaking Center	Overcome Your Fear of Public Speaking (Online)	04, 05, 06, 07, 11 May Different time options	Here
Skillsme Academy UK	How to turn your presentations from boring to brilliant (Online)	07, 14, 21, 28 May, 05:00–06:30 NZST	Here
Denver Workforce Development	Interview tips and tricks (Online)	08, 22 May 10:00–10:30 NZST	Here
	Introduction to online job searching (Online)	08, 15, 22, 29 May, 07:30–08:00 NZST	Here
	Resume tips n' tricks (Online)	15, 29 May 10:00–10:30 NZST	Here

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

Happening here: Events at our university

Organizer	Event	Date and Time	Register
Student Learning	Monday morning writes (<i>In person</i>)	05 May, 09:00–10:30 NZST	Here
	What, Why, Who, When, Where and How: Telling the story of your research (<i>In person</i>)	06 May, 14:00–14:50 NZST	Here
	Ancestral knowledge and bringing your whole self to your research (<i>In person</i>)	13 May, 14:00–14:50 NZST	Here
	Monday morning writes (<i>In person</i>)	19 May, 09:00–10:30 NZST	Here
	Research paradigms and why they matter to your methodology (<i>In person</i>)	20 May, 14:10–15:00 NZST	Here
Wellington Careers and Employment	Internship types & how to find one (<i>In person</i>)	06 May, 14:10–15:00 NZST	Here
	Networking & information interviewing (<i>In person</i>)	06 May, 15:10–16:00 NZST	Here
	Interview basics (<i>In person</i>)	08 May, 09:00–09:50 NZST	Here
	Linkedin Basics (<i>Online</i>)	09 May, 11:00–12:00 NZST	Here
	Cv basics (<i>In person</i>)	12 May, 14:10–15:00 NZST	Here
	Writing cover letters (<i>In person</i>)	12 May, 15:10–16:00 NZST	Here
	Ace your job applications (<i>In person</i>)	13 May, 15:10–16:00 NZST	Here
	Mature students monthly meet-up (<i>In person</i>)	14 May, 14:10–15:30 NZST	Here
	Preparing for Employer's Psychometric Tests (<i>In person</i>)	15 May, 10:00–10:50 NZST	Here
	Discover your character strengths (<i>Online</i>)	16 May, 11:00–12:00 NZST	Here
	Linkedin Basics (<i>In person</i>)	19 May, 14:10–15:00 NZST	Here
	Interview basics (<i>In person</i>)	21 May, 15:10–16:00 NZST	Here
	From Backpack to Briefcase - Preparing for the Corporate World (<i>In person</i>)	22 May, 15:10–16:00 NZST	Here
	Interview Basics for ESL speakers (<i>In person</i>)	27 May, 15:10–16:00 NZST	Here
	Cv basics (<i>In person</i>)	28 May, 09:00–09:50 NZST	Here
	Writing cover letters (<i>In person</i>)	28 May, 10:00–10:50 NZST	Here

FGR

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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-Exams@vuw.ac.nz

- Submission or examination of theses.

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

- Doctoral applications or the doctoral application process
- Scholarships

Learning and Development: william.eulatthvidal@vuw.ac.nz