

BELIEVE IN YOURSELF!
You're here for a reason ☺

Make sure you know the procedure for submission and how long it will take – vital info!

At each and every step, **be the examiner** and ask yourself: what is the most important question in your PhD?

Present as often as possible. This is a crucial skill PhDs need and shouldn't be neglected.

If you do an experiment, **write about the results on the same day...** Don't leave it for another day

Don't be afraid of going to your supervisor with questions – definitely attempt to solve problems yourself first but they can guide you if needed

Get a copy of 'How to get a PhD' (or something similar), read it, and do the things it says. It tells you the common sense steps based on research

Try and be super organised from the very beginning – trust me!

You need a good supervisor. Find out what your supervisor is like prior to undertaking a PhD and play to your own strengths/weaknesses.

Write up supervisor meetings as soon as they're over and make a comprehensive to-do list

Don't be afraid of change. Sometimes PhD projects change over the 3 years!

Don't skip breaks. Overworking can be as detrimental to productivity as being lazy!

Don't take big breaks from writing – do little bits often even if you're nowhere near the writing up stage

If you want to study a PhD, be **patient, patient and patient**

Plan the work and **work the plan**

Try to prioritise things appropriately. Finishing your PhD is so important, but it's important to also do the best you can to learn and develop as a researcher and an individual alongside this.

Balance your research with relaxation, your health is your research, and without your health you won't do your research

Make the most of your friends and colleagues – they could be a valuable resource!

My literature review shaped my experimental procedure so the earlier you do this the better

I got a lot of great feedback from experts by **presenting at conferences before writing up the data for publication**

For your viva **make sure you know your thesis inside and out!** And focus on the specialty of the examiner.



PhD-to-PhD: An Assortment of Advice from the Students Who Know