

# **How To Finish Your Phd**

Marcel A. Müller

#### **How To Finish Your Phd:**

How to Finish Your PhD Catherine Pope, 2020-10-22 Are you stuck in your PhD Is progress imperceptible to the naked eye You re feeling overwhelmed by everything that needs to be done and there s no clear path The more you worry the less work you get done the less work that gets done the more you worry it s a vicious cycle With the help of this practical book you ll take a new approach to your thesis I ve coached thousands of PhD students through to the finish line I also managed to complete my own PhD when it seemed vanishingly unlikely Some people breeze through their PhD knowing exactly what they re doing and never giving their supervisor a moment s worry That probably isn t you For most of us it s tough that s why relatively few people get to call themselves Doctor It s hard but not impossible I want to help make it possible for you I ll help you understand why you re stuck and what you can do about it By the end of the book you ll have the clarity and confidence you need to finish your PhD Together well create an action plan that s right for you Each chapter includes activities and downloadable resources You won t find anything about theory methodologies or epistemologies here There are plenty of other books on how to write a PhD this book is on how to finish it Take a look at the outline below to see what we ll cover CONTENTS 1 What s the Purpose of PhD Why are you doing a PhD I ll help you remember What on earth is a thesis anyway How can you set some limits and avoid doing too much 2 Getting Ready to Do Things Differently Forgetting the past and focusing on the future Adopting a growth mindset Overcoming imposter syndrome and defeating your inner critic 3 Making a Plan You're the project manager Who son your team What needs to happen and when Anticipating problems and solving them in advance Breaking everything down into more manageable chunks 4 Working with Your Supervisor What type of supervision do you need Managing the supervisory relationship Resolving conflict Agreeing plans with your supervisor Soliciting effective feedback 5 Managing Competing Priorities Understanding your circle of control Managing your time effectively Saying no Choosing the best time to write Looking after your health 6 Becoming a More Productive Writer Protecting your writing time Finding the right place to work Improving focus and eliminating distractions Making writing easier for yourself Defeating procrastination 7 Building Routines and Keeping Going Meeting your monkey sidekick Creating startup and shutdown routines Developing good habits Measuring progress Avoiding perfectionism 8 Getting Ready for Submission Thinking about your examiners Breaking down the editing process How much time do you need for editing Knowing when to stop Your submission checklist How to Finish Your PhD Catherine Pope, 2020-10-22 Are you stuck in your PhD Is progress imperceptible to the naked eye You re feeling overwhelmed by everything that needs to be done and there s no clear path The more you worry the less work you get done the less work that gets done the more you worry it s a vicious cycle With the help of this practical book you ll take a new approach to your thesis I ve coached thousands of PhD students through to the finish line I also managed to complete my own PhD when it seemed vanishingly unlikely Some people breeze through their PhD knowing exactly what they re doing and never giving their supervisor a moment s worry That

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