EARLY CAREER RESEARCHER NETWORK
2018 PROGRAM

CAREER MANAGEMENT
- Making the most of mentoring (April)
- In conversation with... interview and Q&A sessions (May, July, October)
- Academic Promotions Interviews Panel Session (August)
- Job applications and interviews:
  - CVs and Job Applications (October)
  - Interview skills (October)

MANAGING YOUR WORKLOAD
- Getting things done without going crazy - goal setting and prioritisation – (Sept)
RELATIONSHIPS: Collaboration, Leadership and Supervision
- Developing pitches and proposals for industry, government and not for profit partners – Research Partnership Managers (March)

GETTING FUNDING
- Turning ACR competitive grant applications into philanthropic grants – Office of Advancement (June)

COMMUNICATION, OUTREACH AND ENGAGEMENT
- Powerful and Practical Presentation Skills for ECRs (June, November)
- Develop your research “pitch” - preparation for FameLab & Pitch it Clever (October)
  - including Creating bigger impact through storytelling – Group Marketing

LOGISTICS
- ResBaz 2018 at Macquarie – Data Science and eResearch team (July)
- Data Science and eResearch workshops – Data Science and eResearch team (Various)

LIFE BALANCE
- Resilient Researcher Workshop: Life Balance and Stress Management (March, August)
- Resilient Researcher Webinar: Stress Management (June)
- Resilient Researcher Webinar: Time Management (July)
- Panel session: Bouncing back from set-backs (Sept)
- Panel session: You don’t have to give up life to be an academic (November)

SOCIAL EVENTS
- ECR BBQ Lunch (March)

More information and registrations:
https://staff.mq.edu.au/research/resources-and-support/early-career-research-network
ECR PROGRAM January – June 2018

MARCH
Good Friday 30 March

ECR BBQ Lunch – Lakeside, Thursday 15 March, 12pm – 2pm
Save the date to join fellow early career researchers for a BBQ lakeside on Thursday 15th March. Celebrate the start of the year, the end of the major grant round, relax in the sun with peers from across the University and meet Deputy Vice-Chancellor, Professor Sakkie Pretorious and Pro Vice-Chancellor, Professor Lesley Hughes. BBQ lunch, gelato and fresh juices are on us.

Resilient Researcher Workshop – Tuesday 20 March, 9.30am – 4.30pm
Facilitator: Dr Shari Walsh (Growth Psychology)
Resilient Researcher is a one-day workshop to help you maintain life balance and develop strategies for managing stress and maximise performance. Utilising evidence based psychological principles and a participant-centred approach, this workshop will cover topics including:

- Identifying values and demands
- Juggling multiple roles and competing commitments
- Developing balance and boundaries
- Strategies to promote resilience and coping
- Understanding processes of anxiety and stress
- Identifying triggers and adaptive responses
- Turning perfectionism into realism
- Preventing procrastination

Life Balance and Resilience Coaching (3 sessions over 3 months, commencing after 20 March workshop)
Attendees of the Resilient Researcher workshop can opt to sign up to three free 40 minute coaching sessions. Coaching sessions will be led by Post-graduate students from Psychology learning coaching skills as part of the ‘Coaching and Positive Psychology Unit’ overseen by Dr Monique Crane. Dr Crane is a registered psychologist with expertise in occupational resilience. Over the course of three months, participants will meet one-to-one with their coach to discuss career objectives, foreseeable barriers to goal achievement, implement the strategies learnt in Resilient Researcher and monitor progress toward goals.

Developing pitches and proposals for industry, government and not-for-profit partners, 28 March 12.30pm – 2pm
Facilitator: Research Partnership Managers with Macquarie researchers
Industry, government and not-for-profit partners request or accept proposals for funding in an infinite variety of formats. This session covers the essentials of developing these proposals from brief capability and concept “pitch” stage documents to complex and highly customised full proposals that are developed in close consultation with a member of the funding partner organisation. As needed, the session can also cover some of the essentials of tendering.
**APRIL**

Easter Monday 2 April  
School holidays 14 – 30 April  
Session Break 16 – 27 April

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**Making the most of mentoring – Wednesday 4 April, 10am – 1pm**

Facilitator: A/Prof Clare Monagle (Macquarie University, Faculty of Arts Emerging Scholars Scheme)

*This interactive mentoring workshop will provide you with information to help you find a mentor. A/Prof Clare Monagle established and leads the Faculty of Arts Emerging Scholars Scheme. She will use her experience as a mentee, mentor and as lead of this ECR mentoring program to explore:*  
- The difference between a mentor and a boss/supervisor  
- What it is you need from a mentor and what you can offer  
- How to approach and engage potential mentors  
- Etiquette for managing the mentoring relationship  
- Different types of mentoring

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**MAY**

**In conversation with... PROFESSOR BRONWYN CARLSON – Tuesday 29 May 12pm – 2pm**

Facilitator: Professor Lesley Hughes, with Professor Bronwyn Carlson

*In conversation with sessions expose ECRs and HDRs to different career pathways through interview and Q&A with experienced researchers or industry and government professionals. The series provides insights into career building, life-balance and broader career opportunities. Interviewees share their experiences of managing a career and responding to challenges and opportunities.*

*Professor Bronwyn Carlson is an Aboriginal woman who was born on and lives on Dharawal Country in NSW Australia. She is Head of Department of Indigenous Studies at Macquarie University and is a scholar with both a national and international reputation in her field. She has vast teaching and curriculum development experience and has published in scholarly journals, nationally and internationally. Her research interests include Indigenous identities, Digital Indigenous Humanities and Global Indigeneity. She is the recipient of the 2013 Stanner award administered by the Australian Institute of Aboriginal and Torres Strait Islander Studies for her Doctoral thesis on the politics of Indigenous identity. She has been awarded two consecutive solo ARC Discovery Indigenous grants focussing on Indigenous identity and community online on social media. A light lunch will be provided following the Q&A session.*

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**JUNE**

Exams 11 – 29 June

**Powerful and Practical Presentation Skills for ECRs: present your research to make your audience want to know more – Friday 1st and Friday 8th June (2 x half days)**

Facilitator: Mariette Rups-Donnelly

*This workshop will help you prepare research presentations that engage the interest of your audience. Over two half days participants will:*
- develop skills and techniques to improve presence
- learn strategies for dealing with nerves
- understand how to structure a presentation and what content to include/leave out
- learn how to create engagement and influence audiences through storytelling

Participants need to be able to attend both half days.

**Resilient Researcher Webinar: Stress Management – Thursday 14th June 1.00pm – 2.00pm**

This one-hour webinar will be facilitated by Dr Shari Walsh from Growth Psychology. Shari runs the very well-regarded Resilient Researcher program which is a series of workshops to support the health and wellbeing of researchers, particularly those early in their career.

This short session will help ECRs identify strategies for managing stress within or outside of work.

**Turning ACR competitive grant applications into philanthropic grants – Friday 15th June 12.30pm – 2.00pm**

Facilitator: Office of Advancement

The session will help ECRs to understand philanthropic funding opportunities, access those opportunities, and write a compelling philanthropic grant application. In particular the session will focus on helping you transform applications written for government funding agencies into philanthropic applications.

The session will be delivered by Trusts and Foundation Specialists from the Macquarie Office of Advancement along with Dr Kirsten Davies from the Law School, and Dr Carol Newall from the Department of Educational Studies.

More information and registrations

[https://staff.mq.edu.au/research/resources-and-support/early-career-research-network](https://staff.mq.edu.au/research/resources-and-support/early-career-research-network)
ECR PROGRAM July – December 2018

JULY
School holidays 7-22 July
Session Break 2 – 27 July
Session 2 30 July

ResBaz Sydney – Tuesday 3rd to Thursday 5th July
Host: Macquarie University Data Science and eResearch Team
The Research Bazaar is a free, 3-day intensive festival and conference where researchers come together to up-skill in next generation digital research tools and scholarship. In the spirit of a marketplace or bazaar, ResBaz is a highly participatory event where researchers from many different disciplines can learn, share knowledge and skills, and have fun.
Activities include:
- Software Carpentry workshops (R, Python, SQL, Shell, Git)
- Getting the most out of your data (with Excel, OpenRefine and R)
- eResearch services & tools (HPC, NecTAR, tech info booths)
- Social activities (daytime & evening)
- The Humanities and Technology Camp (THATCamp)
The program is still in the making, and will appear soon.

Resilient Researcher Webinar: Time Management – Thursday 12th July 1.00pm – 2.00pm
This seminar will identify common time management issues and explore effective strategies and tools for better time management and productivity. Shari is a registered psychologist and has developed the Resilient Researcher suite of workshops and webinars to address the needs of early career researchers and HDR candidates.

AUGUST
Academic Promotions Interviews Panel Session – Thursday 2nd 11.00am – 12.30pm August 10.00am – 11.30am
This session will help ECRs prepare for academic promotions interviews. Panel members will include academic promotions review panellists from each Faculty and recently promoted ECRs. Panellists will share hints and tips on how to approach academic promotions interviews. This session will be valuable preparation for anyone applying for Academic Level B or C positions in 2018.

Resilient Researcher (face to face workshop) – Tuesday 28 August 9.30am – 4.30pm
Facilitator: Dr Shari Walsh (Growth Psychology)
Resilient Researcher is a one-day workshop to help you maintain life balance and develop strategies for managing stress and maximise performance. Utilising evidence based psychological principles and a participant-centred approach, this workshop will cover topics including:
- Identifying values and demands
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• Identifying triggers and adaptive responses
• Turning perfectionism into realism
• Preventing procrastination

SEPTEMBER
Session Break 17-28 September

Panel: bouncing back from set-backs
Facilitator: Professor Lesley Hughes
Panel/seminar style session focusing on how speakers have maintained resilience in the face of set-backs (unsuccessful grant applications, rejected publications, unsuccessful recruitment). The seminar will feature speakers at mid-career level talking about how they have managed set-backs, and provide tips for attendees on management strategies and how to turn set-backs into building blocks for their goals.

Getting things done without going crazy - Goal Setting and Prioritisation
Facilitator: Professor Lesley Hughes & Emily Brennan
This short workshop provides participants with the opportunity to explore some practical strategies and methods for prioritising and managing time. The workshop will cover identifying values, setting goals, prioritising tasks and staying on track. We will explore tips, strategies and tools.

OCTOBER
School holidays 29 September – 14 October

In conversation with… (lunchtime session)
As above.

Develop your research “pitch”
Facilitator: TBC
This short workshop will help participants refine their ‘elevator pitch’. Participants will:
• learn why it is important to tell the story of their research succinctly
• understand the value of their research to different prospective audiences or stakeholders
• find the most compelling aspect of their research story
• learn how to communicate this to inspire
This session will also cover tips on how to communicate using video.
This workshop is designed to assist researchers who might be considering applying for FameLab or Pitch it Clever competitions.
**Powerful and Practical Presentation Skills for ECRs: present your research to make your audience want to know more – (2 x half days)**
Facilitator: Mariette Rups-Donnelly

*This workshop will help you prepare research presentations that engage the interest of your audience. Over two half days participants will:*

- develop skills and techniques to improve presence
- learn strategies for dealing with nerves
- understand how to structure a presentation and what content to include/leave out
- learn how to create engagement and influence audiences through storytelling

*Participants need to be able to attend both half days.*

**Life-Balance Panel: you don’t have to give up life to be an academic**
Facilitator: Professor Lesley Hughes

*This panel session will give focus to life-balance between academia and leisure/outside interests. The panel will feature researchers who have actively pursue interests outside work while maintaining a successful academic career. Panellists tbc.*