

# Discover Research Month

College of Nursing and Health Sciences

## 2023 Program



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## Discover Research Month Working Group

**Prof Lucy Lewis** - Caring Futures Institute Deputy Director



**Isobel Harris** - Caring Futures Institute Research Assistant



**Dr Jessie Shipman** - Health Sciences Honours Coordinator



**A/Prof Maayken van den Berg** - HDR Coordinator



**Alex Manson** - HDR Representative



**Dr Jo Murray** - Speech Pathology Honours Coordinator



**Leesa Schwarz** - College Executive Support Officer



**Dr Alison Yaxley** - Nutrition & Dietetics Honours Coordinator



**Dr Lisa Furlong** - Speech Pathology Honours Coordinator (Interim)



Bringing together Honours and HDR students, early and mid-career researchers for a festival of research full of professional development and networking opportunities.



## Our Speakers

Dr Brittany Johnson is an Early Career Researcher and Postdoctoral Research Fellow in the Caring Futures Institute, Better Lives theme. Brittany's research focusses on improving children and families health behaviours, including diet quality by reducing unhealthy food intake.



Hugh Kearns is recognised internationally as a public speaker, educator and researcher. He regularly lectures at universities across the world including lectures at Oxford, Cambridge, Harvard, Berkeley, Stanford, ETH Zurich and the Max Planck Group. His areas of expertise include self-management, positive psychology, work-life balance, learning and creativity.



Associate Professor Maayken van den Berg is a Physiotherapist, Movement Scientist and holds a PhD in Rehabilitation Sciences. Maayken currently is the Chair of Allied Health Research NALHN and Higher Degree by Research Coordinator for the College of Nursing and Health Sciences.



Professor Raymond Chan is an Australian oncology nurse, clinical trialist, researcher, and senior administrator. He is Matthew Flinders Professor of Cancer Nursing, and Director of the Caring Futures Institute and Dean of Research within the College of Nursing and Health Sciences, Flinders University.



Dr Michael Lawless is a gerontology and health services researcher with a focus on knowledge translation. He has a PhD in Psychology and has been a core member of the knowledge translation research program in the NHMRC funded Centre of Research Excellence in Frailty and Healthy Ageing, as well as a research fellow in the Caring Futures Institute.



Lynton Graetz is a neuroscience and audiology researcher affiliated with Flinders Uni, SAHMRI, and Adelaide Uni. He is currently completing his PhD, which involves studying EEG measures of tinnitus.



Professor Adela McMurray is the Dean (Research) in the College of Business, Government and Law at Flinders University. Adela's research expertise addresses: Innovation, Culture, Sustainability, Commitment, Entrepreneurship and Leadership including Organizational Change and Development in public and private sectors.



Dr Rachel Milte is a Matthew Flinders Senior Research Fellow in the Caring Futures Institute Flinders University. She is an Early-Career Researcher with a growing national and emerging international reputation in innovative health services research. She has proven experience in undertaking high quality economic evaluations alongside clinical trials, and analysis of health care expenditure in the context of the Australian health system.



Peter Mason is an incredibly experienced Library Coordinator under the Research Engagement portfolio in the College of Nursing and Health Sciences. Peter has been supporting research for over a decade at Flinders's University.



Professor Gill Harvey is Matthew Flinders Fellow and Professor of Health Services and Implementation Research in the College of Nursing and Health Sciences as well as Deputy Director of Knowledge Translation in the Caring Futures Institute.



Dr Aarti Gulyani has over 13 years' of experience of working as a biostatistician across National data registries, various research centers and universities. Aarti is taking a lead role in developing and co-ordinating the biostatistics infrastructure of the Caring Futures Institute and College of Nursing and Health Sciences at Flinders University.



Vanessa Lobban is the Interim Head of Digital Marketing Innovation in the Office of Communication, Marketing and Engagement. Vanessa is incredibly experienced in digital marketing, automation, digital experience and content design, digital projects.



Sharon Ferrier is a corporate educator, facilitator, coach and speaker. Sharon has a knack for making the complex simple. She believes that passionate people persuade' and that to make your message stick, you need to balance information with delivery style.



Associate Professor Ivanka Prichard specialises in health psychology with a focus on the nexus between body image, exercise, and eating behaviour. Her work spans across psychology and exercise science. Ivanka is Co-Deputy Director of the SHAPE Research Centre (Sport, Health, Activity, Performance, and Exercise) at Flinders University.



Dr Gareth Furber has a PhD in Clinical Psychology and is an e-mental Health Project Officer at Flinders University. Gareth designs and teaches topics relating to mental health, wellbeing, productivity, self-care and behaviour change.



Dr Rebecca Feo is a Senior Research Fellow who researches professional caregiving relationships to optimise care experiences and outcomes. Dr Feo has examined the provision of healthcare in a range of contexts, including relationship-counselling helplines, health helplines, acute care, and community services. Dr Feo also has extensive experience in qualitative research design and review methodology.



Dr Lisa Furlong is a Senior Lecturer and Senior Research Fellow in Speech Pathology at Flinders University. Lisa's research interests focus on speech-language pathologists' delivery of face-to-face and telepractice literacy interventions, policy and practice related to evidence-based reading and spelling instruction in primary school settings and, educators' and allied health professionals' engagement with the Science of Reading.

# Quick guide: what's on and when

Date	Session	Time and Place	Speaker/s	Who should attend?
Monday 28th August	Discover Research Month Launch	10am to 11:30am Sturt South S403A/B	Lucy Lewis and Brittany Johnson	Hons, HDR, EMCR, Supervisors
Wednesday 30th August	The seven secrets of highly successful research students	1pm to 3:30pm Zoom	Hugh Kearns	Hons, HDR
Thursday 31st August	Pathway to PhD	10am to 10:30am Teams	Maayken van den Berg	Hons
Thursday 31st August	HDR milestones	11am to 11:30am Teams	Maayken van den Berg	HDR
Monday 4th September	Turbocharge your writing (masterclass and workshop)	9am to 11:30am Zoom	Hugh Kearns	Hons, HDR, EMCR
Tuesday 5th Sep	Getting published	2:30pm to 4pm Teams	Ray Chan	Hons, HDR, EMCR
Wednesday 6th September	The research metrics that matter	10am to 10:30am Teams	Ivanka Prichard	Hons, HDR
Wednesday 6th September	Research Student Maintenance	2pm to 2:30pm Teams	Maayken van den Berg	HDR
Monday 11th September	Infographics for communicating research	9:30am to 10:30am Teams	Michael Lawless	Hons, HDR, EMCR
Monday 11th September	RedCap for research	11am to 12pm Teams	Lynton Graetz	Hons, HDR, EMCR
Tuesday 12th September	Self-care and Mental Health in Academia	10am to 11am Teams	Gareth Furber	Hons, HDR
Wednesday 13th September	Introduction to health and social care economics	10am to 11am Teams	Rachel Milte	Hons, HDR, EMCR
Thursday 14th September	Preparing your thesis for submission	10am to 11am Teams	Maayken van den Berg	HDR
Thursday 14th September	Setting up your ResearchNow Profile	11:30am to 12:30pm Teams	Peter Mason	HDR
Thursday 14th September	Social media for researchers	1:30pm to 2:30pm Teams	Vanessa Lobban and Simone Palmrose	Hons, HDR, EMCR
Monday 18th September	Knowledge translation	11am to 12pm Teams	Gill Harvey	Hons, HDR, EMCR
Tuesday 19th September	Quantitative study design and descriptive statistics	1pm to 3pm Teams	Aarti Gulyani	Hons, HDR, EMCR
Wednesday 20th September	Inferential statistics and data analysis techniques	1pm to 4pm Teams	Aarti Gulyani	Hons, HDR, EMCR
Thursday 21st September	Strategic networking	10am to 11am Teams	Sharon Ferrier	Hons, HDR, EMCR
Monday 25th September	Introduction to NVivo	2pm to 3pm Teams	Lisa Furlong	Hons, HDR, EMCR
Tuesday 26th September	10 steps to a persuasive presentation	10am to 11am Teams	Sharon Ferrier	Hons, HDR, EMCR
Tuesday 26th September	Qualitative research: methods and analyses	11:30am to 12:30pm Teams	Rebecca Feo	Hons, HDR, EMCR
Wednesday 27th September	How to use AI in research	12pm to 1pm Teams	Adela McMurray	Hons, HDR, EMCR
Wednesday 27th September	Recent PhD graduates panel discussion	1:30pm to 2:30pm Teams	PhD graduates	Hons, HDR
Thursday 28th September	Where to now? Awards and afternoon tea	3:30pm to 5:00pm Sturt South S403A/B	Lucy Lewis and guest speakers	Hons, HDR, EMCR, Supervisors

# Session Details

## Discover Research Month Launch

Prof Lucy Lewis with guest speaker Dr Britt Johnson

**Monday 28th August**

10:00am-11:30am

Sturt South S403A/B - [Click here to register](#)

Hons, HDR, EMCR, Supervisors

Come and join us to open Discover Research Month! Dr Britt Johnson will be our guest speaker for today as she talks through her research pathway as a student and her current career within the Caring Futures Institute! Following our speakers there will be an opportunity to meet fellow Honours and HDR students, Supervisors and staff. We would love to see as many of you face to face as possible – please come and join us on campus for this session and morning tea. For those who cannot attend in-person, there is an online option – but it's BYO coffee and snacks ☺!!

## The seven secrets of highly successful research students

Hugh Kearns

**Wednesday 30th August**

1:00pm-3:30pm

Online - [Click here to register](#)

Hons, HDR

What do research higher degree (RHD) students do to finish on time, to overcome isolation, doubt and writer's block, and to enjoy the process? And just as importantly what do they do in order to spend guilt-free time with their family and friends and perhaps even have holidays? If this sounds appealing, then this session will be of particular use to you. This workshop describes the key habits that our research and experience with thousands of students shows will make a difference to how quickly and easily you complete your RHD. Just as importantly, these habits can greatly reduce the stress and increase the pleasure involved in completing a RHD. The workshop helps you to understand how to increase your effectiveness and outcomes in the following key areas: • how you deal with your supervisor • how you structure your study time • your attitude (or lack thereof!) in relation to your research • dealing with writer's block or having difficulty writing • getting the help you need when you are stuck • juggling multiple commitments and never having enough time • keeping on going when the going gets tough

## Pathway to PhD

A/Prof Maayken van den Berg

Thursday 31st August

10:00-10:30am

Online - [Click here to register](#)

Hons

Come and join Maayken van den Berg, our CNHS HDR Coordinator, as she talks through pathways and eligibility criteria for a PhD in the College of Nursing and Health Sciences.

## HDR Milestones

A/Prof Maayken van den Berg

Thursday 31st August

11:00-11:30am

Online - [Click here to register](#)

HDR

Milestones are an important part of progressing through your Higher Degree by Research. Join HDR Coordinator Maayken van den Berg as she discusses what's involved with Milestones, how to organise them, and what to expect.

## Turbocharge your writing (masterclass and workshop)

Hugh Kearns

**Monday 4th September**

9:00-11:30am

Online - [Click here to register](#)

Hons, HDR, EMCR

Getting your thesis/research finished (quicker!) This course will teach you how to maximise your writing output and how to overcome common obstacles that reduce your writing productivity by: • setting a goal and guaranteeing you achieve it • producing double the number of words compared to your usual output • get more written in two hours a day than in eight • dealing with writer's block and procrastination • not obsessing over the quality of writing • not letting distractions get in the way of your writing • not thinking your writing or research is good enough • working well with your supervisor to improve your writing • actually finishing your research on the date you set!

## Getting Published

Prof Ray Chan

**Tuesday 5th September**

2:30-4:00pm

Online - [Click here to register](#)

Hons, HDR, EMCR

Join us for an engaging and informative session designed to empower guests to publication success! Led by seasoned expert Prof Ray Chan, Dean of Research and Caring Futures Institute Director, join as he presents useful information, tips and tricks and his experience on how to successfully get published. Prof Chan has published over 200 peer-reviewed articles and 2 book chapters, with most recently being awarded the MASCC Outstanding Publication Award 2023.

## The research metrics that matter

A/Prof Ivanka Prichard

**Wednesday 6th September**

10:00-10:30am

Online - [Click here to register](#)

Hons, HDR, EMCR

Impact factor, citations, h-index – it's all so confusing. What are research metrics and do they matter? Join Ivanka for this informative session on the research metrics that matter. How do you choose a 'good' journal to publish in? How do you know that your work will be read by the 'right' audience. Come alone to find out!

## Research Student Maintenance

A/Prof Maayken van den Berg

**Wednesday 6th September**

2:0-2:30pm

Online - [Click here to register](#)

HDR

Does the concept of a Research Student Maintenance (RSM) fund sound a bit daunting? Not sure how to apply, what are acceptable uses of funds or even what an RSM is? Join us for a brief session led by HDR Coordinator A/Prof Maayken van den Berg, where you'll learn about how CNHS provides assistance to your HDR via an RSM.

## Infographics for communicating research

Dr Michael Lawless

**Monday 11th September**

9:30-10:30am

Online - [Click here to register](#)

Hons, HDR, EMCR

Discover the power of infographics in communicating your research effectively with Dr Michael Lawless. This session aims to equip researchers with the skills and knowledge to create compelling infographics that captivate audiences and convey research findings with impact. This session will provide an introduction to using infographics in research and how to use Canva software to create effective and compelling information visualisations.

## RedCap for Research

Lynton Graetz

**Monday 11th September**

11:00am-12:00pm

Online - [Click here to register](#)

Hons, HDR, EMCR

Join HDR student Lynton Graetz, as he introduces a handy tool in research, RedCap. RedCap is a versatile and user-friendly electronic data capture system widely used in academic and clinical research settings. By attending this session, participants will acquire the skills and knowledge needed to harness the power of RedCap, streamlining their data collection and management processes, improving data quality, and enhancing research efficiency.

## Self-care and Mental Health in Academia

Dr Gareth Furber

**Tuesday 12th September**

10:00-11:00am

Online - [Click here to register](#)

Hons, HDR

It's a marathon, not a sprint. Completing Honours, or a Higher Degree by Research can be filled with ups and downs, and can sometimes be overwhelming. Come along to this session for some tips about looking after yourself during your studies. Dr Gareth Furber has a PhD in clinical psychology and works as an e-mental health officer at the university.

## Introduction to Health and Social Care economics

Dr Rachel Milte

**Wednesday 13th September**

10:00-11:00am

Online - [Click here to register](#)

Hons, HDR, EMCR

Don't miss this opportunity to delve into the fascinating field of health and social care economics with Dr Rachel Milte. Join us for "Introduction to Health and Social Care Economics" and equip yourself with the knowledge and tools to navigate the economic complexities of healthcare and contribute to evidence-based research and policy development.

## Preparing your thesis for submission

A/Prof Maayken van den Berg

**Thursday 14th September**

10:00-11:00am

Online - [Click here to register](#)

HDR

Are you in the final stages of your Higher Degree by Research and nearing submission? Or are you still going through your candidature and finding the end steps daunting? Join HDR Coordinator, A/Prof Maayken van den Berg, as she provides students with valuable insights, practical tips, and guidance to navigate the process of thesis preparation with ease.

## Setting up your ResearchNow profile

Peter Mason

**Thursday 14th September**

11:30-12:30pm

Online - [Click here to register](#)

HDR

Please join Peter Mason, Research Engagement Library Coordinator, as he aims to guide HDR students in setting up and optimizing their ResearchNow profiles, enabling them to effectively promote their research and engage with peers, collaborators, and potential employers.



## Social Media for Researchers

Vanessa Lobban and Simone Palmrose

**Thursday 14th September**

1:30-2:30pm

Online - [Click here to register](#)

Hons, HDR, EMCR

In today's digital age, social media platforms offer immense opportunities to connect with a wider audience, share research findings, and engage with the research community. This session aims to cover using social media for research promotion, the pros and cons of various social media platforms, tips for creating engaging content, using social media to recruit research participants and reviewing social media analytics.

## Knowledge Translation

Prof Gill Harvey

**Monday 18th September**

11:00am-12:00pm

Online - [Click here to register](#)

Hons, HDR, EMCR

This session will provide an introduction to knowledge translation (KT) and why it matters to everyone involved in, and affected by, research. Come and join Prof Gill Harvey, a world-renowned expert in knowledge translation as she explores how KT principles and strategies can be applied to your research as well as practical considerations for translating research into policy and practice in the "real world".

## Quantitative study design and descriptive statistics

Aarti Gulyani

**Tuesday 19th September**

1:00-3:00pm

Online - [Click here to register](#)

Hons, HDR, EMCR

Join Senior Biostatistician Aarti Gulyani, as this session will provide an overview of quantitative research methods, design and how to plan and complete descriptive statistics.

## Inferential statistics and data analysis techniques

Aarti Gulyani

**Wednesday 20th September**

1:00-4:00pm

Online - [Click here to register](#)

Hons, HDR, EMCR

This session with Senior Biostatistician, Aarti Gulyani, aims to equip students with the necessary skills and knowledge to confidently apply inferential statistics and data analysis techniques in their research endeavours.

## Strategic Networking

Sharon Ferrier

**Thursday 21st September**

10:00-11:00am

Online - [Click here to register](#)

Hons, HDR, EMCR

Do Networking events seem daunting, but you want to be able to harness the benefits that come from these? By attending this session, participants will develop the skills and mindset needed to build a powerful network, opening doors to career growth, mentorship, and new opportunities for collaboration and advancement.

## Introduction to NVivo

Dr Lisa Furlong

**Monday 25th September**

2:00-3:00pm

Online - [Click here to register](#)

Hons, HDR, EMCR

This session will introduce NVivo software for qualitative data management and analysis. Dr Lisa Furlong will share her insights into using the software, including storing and organising files and data, and coding. The use of NVivo for literature reviews will also be discussed.

## 10 steps to a persuasive presentation

Sharon Ferrier

**Tuesday 26th September**

10:00-11:00am

Online - [Click here to register](#)

Hons, HDR, EMCR

Whether you're a seasoned presenter or new to public speaking, this session is designed to equip participants with the essential skills and practical experience needed to captivate audiences and deliver engaging, informative, and persuasive presentations. Don't miss this opportunity to develop your persuasive presentation potential!

## Qualitative research: methods and analyses

Dr Rebecca Feo

**Tuesday 26th September**

11:00-12:00pm

Online - [Click here to register](#)

Hons, HDR, EMCR

Planning or conducting qualitative research? Come along to this great session, led by Dr Rebecca Feo. Bec will take you through different qualitative research designs and methodologies, as well as techniques for analysing your qualitative data. Rebecca has skills and experience in many different qualitative methods, including interviews and focus groups, story completion, conversation analysis, discourse analysis and thematic analysis. A must attend to learn about qualitative methodologies!

## How to use AI in research

Prof Adela McMurray

**Wednesday 27th September**

12:00-1:00pm

Online - [Click here to register](#)

Hons, HDR, EMCR

As AI continues to revolutionize various domains, understanding its applications and implications in research is becoming increasingly crucial. Join Professor Adela McMurray, Professor of Management/HRM and Innovation at Flinders University in this session, which aims to equip researchers with the knowledge and skills to effectively leverage AI tools and techniques to accelerate scientific discovery.

## Recent PhD graduates panel discussion

A/Prof Maayken van den Berg and PhD graduates

**Wednesday 27th September**

1:30-2:30pm

Online - [Click here to register](#)

Hons, HDR

Join accomplished recent PhD graduates as they share their experiences and strategies that propelled them to successfully complete their theses. This session will also include a Q&A, so come prepared with any burning questions you may have. Don't miss this chance to tap into the wisdom of experienced PhD graduates and gather valuable advice for your own thesis journey!

## Where to now? Presentation of awards

Prof Lucy Lewis and guest speakers

Thursday 28th September

3:30pm to 5:00pm

Sturt South S403A/B - [Click here to register](#)

Hons, HDR, EMCR, Supervisors

What happens when you finish your research studies? Where do people with research qualifications work and what is their experience? Come along to the final session for Discover Research Month to hear from guest speakers from university teaching, research and industry. Hear about their careers and get some ideas for the types of positions and careers which you might consider when you finish your degree! Come along and join us as we celebrate the conclusion of Discover Research Month, present awards and mingle over afternoon tea to celebrate the connections made over Discover Research Month! We would love to see as many of you face to face as possible – please come and join us for afternoon tea on campus. Please note – there is also an online option – but it's BYO coffee and snacks ☺!!

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## Have you attended a Discover Research Month 2023 session and want to tell us about it? Keen to win a prize for your feedback?

Let us know your thoughts and opt to go in the prize draw. There are multiple prizes up for grabs for Honours and HDR students which will be drawn at random, to be announced at the Discover Research Month "Where To Now" final event on 28th September.

Scan the QR code below to submit feedback for each session you attend:

