Inter-university school
InSPIRE
Postgraduate Research Excellence

Conference Program

2016

THE UNIVERSITY OF SYDNEY

UTS
UNIVERSITY OF TECHNOLOGY SYDNEY

MACQUARIE UNIVERSITY
SYDNEY - AUSTRALIA

UNSW
AUSTRIA

WESTERN SYDNEY UNIVERSITY
InSPiRE 2016

We are excited that InSPiRE is returning in 2016. The inaugural five-day InSPiRE program was a great success and we expect InSPiRE 2016 to be even better! The event represents a collaboration of five universities: University of New South Wales, Macquarie University, University of Sydney, Western Sydney University and University of Technology Sydney, to bring you an innovative and highly participative 3-day researcher development program targeted specifically at HDR students.

The program features a three-day theme “Making Agility and Resourcefulness part of your Research Career”. The three days will focus on your career development—increasing your ability to articulate your research impact, influence and engagement. As such, InSPiRE 2016 aims to support your research journey, develop your professional skills and prepare you for life beyond your research degree.

InSPiRE 2016 will feature expert facilitators, guest speakers, interactive workshops and networking events. There will be opportunities to interact with facilitators and other participants from the five universities. You will be able to share resources and expertise, develop new collaborations and networks that are likely to be valuable for your future careers as an academic or as a professional in industry.

The InSPiRE 2016 organising committee

University of Technology Sydney  A/Professor Julia Connell  Belinda Lee  Suzie Honan
Macquarie University  Professor Nick Mansfield  Sally Purcell  Kim Khim Tan
University of New South Wales  Cecilia Stenstrom  Miriam Greenbaum
University of Sydney  A/Professor Ross Coleman  Cat Webb
University of Western Sydney  Professor James Arvanitakis  Victoria Jones
Energise your Career

Career development is a lifelong process. Whether you are considering a career in academia or are interested in working for the government or not for profit sector, private enterprise or, even for yourself you need to firstly understand your ‘drivers’. To ensure that you remain employable, you will need to understand how your personal strengths, values, skills, connections and influences inform your choices and continue to work on strategies to identify and achieve your career goals.

The Energise Your Career session will commence with a panel representing different perspectives: Early Career Researcher, established Research Academic, Government, Private Sector, Entrepreneurship. Panel members will provide insights into the lessons that they have learned through their experiences and topics covered will include; value of PhD, transferable skills, networking, unexpected opportunities and what they wish they had known when they were an HDR candidate. Following the panel, you will have the opportunity to network with other InSPiRE participants where you will share experiences and insights and create new connections.

* Pre-work will be provided to prepare you for the Energise your Career session including values, strengths, skills and interests inventories.

Panellists

- **Dr Nae West**, Creative Director, Sydney Interactive/Nae-Design - PhD University of Sydney
- **Janin Bredehoefp**, Senior Research Advisor, Workplace Gender Equality Agency - PhD UNSW
- **Dr Vijay Pasupathinathan**, Manager Information Security, EY - PhD MQ
- **Dr Laknath Jayasinghe**, Research Director, 66south Research - PhD University of Melbourne

Research Impact – What is it and Why does it Matter?

Research impact concerns the contribution that research makes to the economy, society, culture, national security, public policy or services, health, the environment, or quality of life, beyond contributions to academia. This session will help you to explore what is meant by research impact, the challenges associated with it and who is likely to benefit from your research. It will also help you to consider how to articulate the potential of your own research impact, which in turn, will help to increase the chances of your research communities benefiting from it.

Expert panel

- **Prof Greg Skilbeck**, Dean, Graduate Research School, UTS
- **Prof Aaron Coutts**, Researcher of team sport physiology and monitoring performance, fatigue and recovery in athletes, UTS
- **Prof Damien Guirco**, Director (Research Outcomes) at the Institute for Sustainable Futures, UTS
InSPIRE Day Two

So you want to be famous – approaches and considerations to building your profile

The aim of this session is to look how you can build a public profile beyond the academia. The academic world is one experiencing uncertainty and disruption in funding, employment and career development opportunities. Furthermore, it is a sector that is increasingly under pressure to justify itself. Within this context, it is important for all academics, but particularly emerging scholars, to be able to translate and disseminate our research and make the case that it is relevant to the broader society. This does not have to be a competitive approach: it can be developed on building a developing networks of solidarity and support.

Starting with the theme, 'so you want to be famous', we will move into strategies of developing your profile, look at the risks and benefits of working with the media and how we need to build resilience – particularly if you approach controversial topics.

Speakers

- Prof Deborah Sweeney, PVC Research, WSU
- Associate Professor Johnathan Morris, Deputy Dean, Graduate Research School, UNSW
- Prof. James Arvanitakis, Dean, Graduate Research School, WSU

Panellists

- Prof David Rowe, Researcher of contemporary media and popular culture, WSU
- Prof Jane Ussher, Researcher of gendered health, WSU
- Associate Professor Darren Curnoe, Researcher of evolutionary biology, paleontology and archeology, UNSW
- Sunanda Creagh, Commissioning Editor, The Conversation
InSPiRE Day Three

Researcher Resilience – Why is it important and how can it be developed?

During your research degree you will inevitably face some challenging times. One of the best ways to overcome these challenges is to be prepared for them. This session will assist you in becoming more resilient in the face of setbacks, rejection, perceived failures, and other hardships that you might encounter along your research journey. Self-reflection is an important skill to master during your candidature as it will allow you to learn about your individual responses to stress, a skill which is key to dealing with problems before they arise. Over the course of the morning we will be providing you with some tools to enable you to recognise issues and resolve them before they become insurmountable. We will also show you how to access the support available to you, both at your own University and as well through peer networks.

Speakers

- Associate Professor Ross Coleman, FLS | Director, Graduate Research, University of Sydney
- Dr Shari Walsh, Psychologist and career development practitioner

Engagement and Influence – Speed Dating for Researchers and ‘Bringing it all together’

During these afternoon session participants will pitch their research projects as part of a fun activity to potential collaborators and others so that they can practise strengthening the impact of their engagement and influence. In the final part of the session participants will identify what the key aspects of the InSPiRE program meant to them personally and their intentions for future actions as a result.
Monday 4 July 2016

Energise your Career

Presented by Macquarie University, University of Technology Sydney and University of Sydney, Careers Services

Assumptions: Pre-work. Flipped
- Values
- Strengths - VIA Character Strengths survey
- Skills audit
- Interest inventories
- Influences

Review
Once the inventories are completed, review the results and look for consistency – identify patterns and recurring themes
Taking a whole of life approach - Ask yourself:
- What matters most to you
- Where will you make compromises and where won’t you?
- What are you prepared to give up and what are you not prepared to give up?

Session headed by: Sally Purcell

<table>
<thead>
<tr>
<th>Session</th>
<th>Theme aims and activity</th>
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<tbody>
<tr>
<td>8.45 – 9.30 am</td>
<td>Conference registration</td>
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<tr>
<td>9.30 – 9.40 am</td>
<td>Welcome Prof. Glenn Wightwick, Deputy Vice Chancellor Research, UTS</td>
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<tr>
<td>9.40 – 9.50 am</td>
<td>Introduction Prof. Nick Mansfield, Dean HDR, Macquarie University</td>
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<tr>
<td>9.50 – 10.45 am</td>
<td>Panel representing different perspectives: Early Career Researcher, Government, Private Sector, Entrepreneurship. Topics covered will include; value of PhD, transferable skills, networking, unexpected opportunities and reflections on career transitions</td>
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<tr>
<td>10.45 – 11.15 am</td>
<td>Morning tea</td>
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<tr>
<td>11.15 – 11.50 am</td>
<td>Break into pairs and (drawing on your pre-work and panel stories) share what is most important to you. What compromises have you made in relation to career planning. Influences, strengths, interviews, LinkedIn promoting your research.</td>
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<tr>
<td>11.50 – 12.30 pm</td>
<td>Networking Bingo</td>
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<td>Mingle with other Inspire HDR candidates to share career experiences, aspirations, values, strengths and reflections.</td>
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<td>1. Handshake</td>
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<td>2. Find common ground e.g. what led each of you to choose a research program, what is the research topic, how did you select your research area?</td>
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<td>15 minutes for each pair then find another pair and provide introductions - 15 minutes</td>
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<td>• Commit to connecting via social media - LinkedIn, Twitter</td>
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12.30 – 12.45 pm  Referring to the skills audit undertaken in the pre-work
• Identify gaps in skills, knowledge, contacts
• In pairs discuss 3-5 key strategies to acquire contacts and/or skills i.e. R, InVivo, networking, interview preparation as next steps & create SMART goals

Make a commitment to follow up with other person to report progress.

12.45 – 1.30 pm  Lunch

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**Research Impact – what is it and why does it matter?**

**Presented by University of Technology Sydney**

**Assumptions:** That participants will have at least an idea of the research they want to conduct for their research degree

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| 1.30 – 2.45 pm | • What is meant by research impact?  
• What are your drivers for carrying out research?  
• Identifying your user communities – whose problems are you trying to solve?  
• Challenges you might face in demonstrating impact – expert panel with examples  
• SMART impact statements – each participant will write one – examples provided  
• Write 100-word impact statement on own research for a lay audience |
|             | Facilitated by: **Associate Professor Julia Connell**, UTS                             |
| 2.45 – 3.00 pm | **Afternoon Tea**                                                                          |
| 3.00 – 3.45 pm | Share your impact statement with one other person – critique, then swop - you will each be reviewing and giving feedback  
When giving feedback consider – if you had inherited $500,000 you didn’t need, would you fund this research/researcher? |
| 3.50 – 4.00 pm | **Reflections on learning for the day – write down key 'takeaways'/learning points**         |
Tuesday 5 July 2016

So you want to be famous – approaches and considerations to building your profile

Presented by Western Sydney University and University of New South Wales

Assumptions: Participants have:
- Completed pitch session from Day 1 which is basis for Day 2
- Access to a portable device – phone or ipad or laptop

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<tr>
<td>9.30 – 9.45 am</td>
<td>Introduction &amp; Welcome: <strong>Associate Professor Johnathan Morris</strong>, Deputy Dean, Graduate Research School, UNSW</td>
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<tr>
<td>9.45 – 10.15 am</td>
<td>A session not about Academic Publishing - why? Profile building and an academic career – so you want / need to be “famous” , Facilitated by <strong>Prof. James Arvanitakis</strong>, Dean, Graduate Research School, WSU</td>
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<tr>
<td>10.00/15– 10.45 am</td>
<td>So you want to be famous? The power and value of alternative approaches to profile building (not a journal article)</td>
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<td>10.45 – 11.15 am</td>
<td><strong>Morning Tea</strong></td>
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<tr>
<td>11.15 – 12.45 pm</td>
<td><strong>Explore media strategies and alternatives (theory)</strong> Why anything but a journal article: what do you want to achieve, what are your options, what do you need to consider? • What is your current profile? • How does your profile compare to others in your field? • Explore profile building options • What profile building option does your “pitch” lend itself to?</td>
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<tr>
<td>12.45 – 1.30 pm</td>
<td><strong>Lunch</strong></td>
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<tr>
<td>1.30 – 2.45 pm</td>
<td>Panel: Case Studies – Working with the Media: Benefits and Pitfalls • Jane Usher • David Rowe • Darren Curnoe • Sunanda Creagh Q&amp;A Consider what do you need to be mindful of regarding your profile aspirations and the possible option(s) you might use</td>
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<tr>
<td>2.45 – 3.00 pm</td>
<td><strong>Afternoon Tea</strong></td>
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<td>3.00 – 3.45 pm</td>
<td>What’s next – what’s your plan? Your plan based on your pitch and the insights you’ve gained from the day) • What topic / aspect of your research lends itself to profile building other than by a journal article? • What method / options of dissemination do you think are best suited to the topic? • What do you need to do to get started in this medium?</td>
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<tr>
<td>3.45 – 4.00 pm</td>
<td>Closing remarks – so, what? Facilitated by <strong>Prof Deborah Sweeney</strong>, PVC Research, WSU</td>
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Wednesday 6 July 2016

Researcher Resilience – Why is it important?

Presented by University of Sydney

Assumptions: Participants have:
- Students: thought about and brought a list of the support resources they think are available
- Staff: brought a list of the support resources actually available

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<td>Introduction &amp; Welcome: Assoc. Prof. Ross Coleman, FLS</td>
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</table>
| 9.45 – 10.15 am| Resilience - dealing with setbacks and rejections  
• Helping HDR students build and maintain positive psychological wellbeing  
Facilitated by Dr Shari Walsh, Psychologist and career development practitioner |
| 10.15 – 10.45 am| Peer networks as a great source of support (and angst)  
• You’re not alone – knowing when to turn to others for support |
| 10.45 – 11.15 am| Morning Tea |
| 11.15 – 12.45 pm| Reflection as a tool for good  
• Providing the skills needed to recognise and manage stress  
Seeking support – using an ‘intellectual athlete’ theme. Athletes have a wide variety of coaches for specific aspects – so why shouldn’t professional thinkers  
• Knowing who to turn to for help and when – what support is available |
| 12.45 – 1.30 pm| Lunch |

Engagement and Influence – Speed Dating for Researchers and ‘Bringing it all together’

Presented by 2016 Inspire Committee

Assumptions: That participants now have a ‘pitch’ that they can use for the speed dating research activity

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| 1.30 – 2.45 pm| Speed dating for researchers’ activity (two/three rounds)  
Feedback on activity and collaborative discussions with other researcher following the speed dating exercise |
| 2.45 – 3.00 pm| Afternoon Tea |
| 3.00 – 3.45 pm| Bringing it all together – Mapping the Key InSPIRE aspects – what does it mean to you and what will you do differently from now on?  
Returning to the key points/questions you have raised throughout the 2.5 days.  
Expert response – Q and A |
| 3.50 – 4.00 pm| Action points, summary and farewell |
Important Information

Inspire 2016 twitter handle - #inspiresyd

**Aerial Wi-Fi network name:** UTS Function Centre

**Password:** functionUTS16