COLORADO TECHNICAL UNIVERSITY

2018 DOCTORAL SYMPOSIUM

1/10/18 – 1/13/17

MAINTAINING YOUR ENTHUSIASM WHILE MAINTAINING YOUR MOMENTUM

DR. FONDA NA’DESH
AGENDA

WHERE ARE YOU IN THE DOCTORAL JOURNEY?
WHAT ARE YOUR CONCERNS?
POSSIBLE OBSTACLES / ROADBLOCKS
STRATEGIES TO MAINTAIN MOMENTUM
ADDITIONAL TIPS
WHERE ARE YOU IN THE DOCTORAL JOURNEY?

Entry Stage
Knowledge and Skill Development Stage
Research and Scholarship Stage
Completion Stage

Year 1 Year 2 Year 3
WHAT ARE YOUR CONCERNS?

I have to write that many pages?
I'm all alone!
Is this the end of my social life?
When will I find time?
House cleaning?
How will I find that many sources?
What about my friends and family?
What about the doctoral spread?
What about writer's block?
What about my friends and family?
Self Directed Learning?
Cooking?
Anniversary?
Procrastination?
Exercise?
Data Loss?
Tracking Sources?
APA?
Birthdays?
Laundry?
Food?
Work?
Doing a PhD isn’t easy

DOCTORAL DIFFICULTIES

**Time Issue (52%)**
- General reference to lack of time
- Time management
- Choosing priorities
- Work taking a long time/slow progress
- Paid job/non-PhD commitments
- Number of tasks/activities (within doctorate)

**Negative Affect (20%)**
- Disappointment
- Feeling isolated
- Discouragement
- Not belonging
- Fatigue
- Frustration
- Anxiety, concern
- Lacking motivation

**Intellectual / Writing Block (12%)**
- Both intellectual and writing
- Writing only
- Intellectual (general)
- Confusion
- Concentration

**Lack of / Access to Resources (9%)**
- Funding
- Accessing information
- Office space
- Literature

**Lack of Support (3%)**
- Encouragement
- Feedback
- Permission for research population

TOP STRATEGIES TO STAY MOTIVATED

1. Plan / Organization / Timing / Time Management
2. Develop and Maintain Support and Support Networks
3. Self-Care / Take Care of Self
4. Have an Outlet / Other Activities
SELF-DIRECTED LEARNING

**Definition**

“In its broadest meaning, ’self-directed learning’ describes a process by which individuals take the initiative, with or without the assistance of others, in diagnosing their learning needs, formulating learning goals, identify human and material resources for learning, choosing and implement appropriate learning strategies, and evaluating learning outcomes.” (Knowles, 1975, p. 18)

**Key Concepts**

The **Learner** takes
1. Takes the initiative to pursue a learning experience
2. Assumes the responsibility for completing his/her learning

However,

Self-Directed Learning does not
1. Preclude input from others
2. Mean the learner learns in isolation
SELF-DIRECTED LEARNING STRATEGIES

1. Remember Your Why
2. Know Your Outcome (Be Intentional)
3. Take Responsibility
4. Know Yourself
5. Set Clear (SMART) Goals
6. Structure Your Time
7. Schedule Your Learning Session
8. Find A Learning Accountability Partner (Study Buddy)
the key is not to prioritize what’s on your schedule but to schedule your priorities.

~Steven Covey
KEY LIFE AREAS

Rank each of the areas in the order of importance to you

When ranking also consider the time you plan to commitment to each of the areas each week.
GOALS FOR Q1 (JAN – MARCH)

Create at least one SMART goals to address the top ranking areas

<table>
<thead>
<tr>
<th>Mnemonic</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>S</strong>pecific</td>
<td>The goal should be clear and unambiguous. It will answer “who,” “which,” or “what”</td>
</tr>
<tr>
<td><strong>M</strong>easurable</td>
<td>Concrete criteria for measuring progress. Answers &quot;how many&quot; or &quot;how much.&quot;</td>
</tr>
<tr>
<td><strong>A</strong>chievable</td>
<td>The result should be a stretch, yet still attainable.</td>
</tr>
<tr>
<td><strong>R</strong>elevant</td>
<td>The goal should matter and be aligned with the mission and vision.</td>
</tr>
<tr>
<td><strong>T</strong>ime-based</td>
<td>The goal should be grounded within a time frame. It will answer &quot;by when.&quot;</td>
</tr>
</tbody>
</table>
GOALS FOR Q1 (JAN – MARCH)

**Growth / School**
- Complete assignments one day before due date.
- Review and annotate five sources 3 times a week.

**Physical Health**
- Plan lunch and dinner for work days on Sunday.
- Exercise 30 minutes 4 times a week.

**Family**
- Play / study with the children 30 minutes every day.
- Take spouse on a romantic date every two weeks.
Divided the pie into percentages of time you will allocate to each key areas you identified:
• Work
• Physical health
• Family
• Friends
• Mental Health
• Personal / Professional Growth
## Quarter 1 Goals

**What will you accomplish this quarter?**

<table>
<thead>
<tr>
<th>Week No</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>2</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>3</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>4</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>5</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>31</td>
<td>31</td>
<td>31</td>
<td>31</td>
</tr>
<tr>
<td>6</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>7</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>8</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>9</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

### Notes

---

**Jan 2018**

---

**Feb 2018**

---

**Mar 2018**

---
TIME: WHEN?

• We experience the day in three acts: a peak, a trough, and a rebound (Pink, 2017).
• The key is to seek the “synchrony effect”—to bring our own daily rhythms, our task, and our time into alignment (Pink, 2017).
• The synchrony effect or when we should do certain activities depends on our chronotype.
TIME: WHEN?

Determine your chronotype or productive time

- Dr. Michael Brues: author of The Power of When “The Power of When Quiz”
  [https://thepowerofwhenquiz.com](https://thepowerofwhenquiz.com)

During the PhD journey, students acknowledged three types of support: emotional, academic, and instrumental which were provided by family, friends, faculty, and colleagues (Mantai & Dowling, 2015)
DEVELOP & MAINTAIN SUPPORT NETWORKS

Find a peer who understands academia and support each other.

Develop an academic/writing group and stay connected

Share your journey as you progress with friends and family.

Schedule time with family and friends.
HAVE AN OUTLET / OTHER ACTIVITIES

• von Weitershausen (2014) found that PhDs used various tools and survival strategies
  o cognitive behavioral therapy (CBT) to meditation or yoga
  o religion or insights from ancient Greek philosophy
  o creative outlets and sports

• Powers and Swick (2014) suggested taking a break to do non-school related that makes promote joy and relaxation, For example, taking a cooking class or piano lessons, playing with children, etc.
HAVE AN OUTLET / OTHER ACTIVITIES

• Strategies from the research on resilience include engaging in enjoyable and relaxing activities (APA, n.d.).

• Spend time daily on nourishing activities
  Play catch with your child or fetch with your dog, dig in the garden, enjoy quality time at meals with family or friends—whatever works. (Scroggins, n.d.; para 19)

• Find time to laugh
  Read a comic…. Check in often with a friend who seems to effortlessly keep others in stitches. Humor is a sure-fire way to keep stress from getting the better of you. (Scroggins, n.d.; para 20)
• Preserve and enhance the greatest asset you have--you (Covey, 1990).

• Because stress depletes internal resources, doctoral students must fortify and booster themselves with relaxation, rest, adequate sleep, exercise, and healthy eating (Sosin & Thomas, 2014).

Sharpen the Saw
~Steven Covey
SELF-CARE / TAKE CARE OF SELF

Eat Healthy and Keep Healthy Snacks Handy
Stock healthy, satisfying snacks, such as fruit, string cheese, Greek yogurt, hummus, baby carrots, and celery.

Drink Water
Too many calories from sugary drinks and alcoholic beverages can lead to weight gain. These drinks can also cause spikes in blood sugar that can increase hunger.

Also known as Tips to Avoid the Doctoral Spread
SELF-CARE / TAKE CARE OF SELF

Stay Active
Exercise plays a key role in staying fit and healthy. Boost your daily activity levels by developing an exercise routine of at least 30 minutes 5x a week.

Get Enough Sleep
Sleeping less than six hours each night can effect hormone levels that control appetite, cravings, and metabolism. People who do not get enough sleep often crave high-calorie junk food.

Also known as Tips to Avoid the Doctoral Spread
Additional Strategies for the Doctoral Journey

- Allow for Ongoing Concerns and Adjustment Periods
- Expect to Work Incredibly Hard - Then Do it
- Plan for the Unexpected
- Be Prepared for Feedback: Good, Bad, and Ugly
- Celebrate Small Accomplishments Along the Way
- Break Task into Small Steps
- Focus Your Attention
ADDITIONAL RESOURCES

• The ABD Ten Commandments, by Gayle Scoggins
  https://www.abdsurvivalguide.com/the-abd-ten-commandments

• A Doctoral Journey by Robert E. Levasseur, Ph.D.
  http://www.mindfirepress.com/A_Doctoral_Journey.html

• Navigating the Doctoral Journey (2014) by Amanda J. Rockinson-Szapkiw and Lucinda S. Spaulding

• When: The Scientific Secrets of Perfect Timing (2018) by Daniel Pink
  http://www.danpink.com/books/when/

• The Power of When (2016) by Michael Breus, Ph.D. https://thepowerofwhen.com

• Productive Flourishing http://www.productiveflourishing.com

• “Why Goofing off is Really Good for You” by Brene Brown
  https://www.huffingtonpost.com/2014/02/03/brene-brown-importance-of-play_n_4675625.html
FINAL WORDS

Remember Why You Started

Know Yourself

Trust That you Can Do It
Do I have to write all those pages?
• Yes. For your dissertation, review the Proposal and Dissertation Template for guidelines

What about data loss?
• Schedule back ups one one site and one offsite once a day at a minimum.
• Changes preferences in MS-Word to save at regular intervals.

Is this the end of my social life?
• If your social life was partying all weekend, yes; however, to maintain balance you should stay connected to positive and supportive people.

When will I find time?
• You will need to plan for the time you need to complete to assignments and write your chapters. See Time Management.
QUESTIONS

House cleaning? Laundry?
• See Time Management. There for fee-based services that may reduce the time you personally commit to these activities.

How will I find that many sources?
• See the librarians. They will assist in providing tips of searching. Also, once you have the topics, some of the databases will allow you to set up a search and email the results.

Birthdays? Anniversaries?
• If’s it important, schedule it. See Time Management

What about the “doctoral spread” aka weight gain?
• See Self-Care
QUESTIONS

Food? Cooking
• See Time Management. There for fee-based services that may reduce the time you personally commit to these activities.

Work?
• If’s it important, schedule it. See Time Management Tracking Sources?
• See the librarians. They may have solutions.

Exercise
• If’s it important, schedule it. See Time Management Tracking Sources?
• See the librarians. They may have solutions.
QUESTIONS

APA?
• Yes, you will learn it as you proceed. CTU provides resources to assist. Also, I use Purdue’s Online Writing Lab when I don’t have my APA manual available. https://owl.english.purdue.edu/owl/resource/560/01/

House cleaning? Laundry?
• See Time Management

Food? Cooking
• See Time Management. There or fee-based services that may reduce the time you personally commit to these activities.

Work?
• If it’s important, schedule it. See Time Management
I am all alone

• While most of the work you do is individual. You have a support network already formed in your faculty, classmates, advisors, and many more. You are not alone!
REFERENCES


REFERENCES


