

7 Principles for PhD completion



1 Supervisor

Ensure discussing with your supervisor your intentions to complete your PhD on time . Agree on timely feedback and communicate with your supervisor even when there is lack of progress

2 Regulations

Understand PhD expectations
Track your progress against check points

Offer and receive emotional, cognitive, and practical help (great sense of belonging)
Tap into all the support available at your PhD place and beyond
Lean on family and friends

3 Support system

4 Guide resources

Understand good practices
Understand the whole PhD journey
Adapt practices to suit your own journey

5 Dissemination

Try different format and tools
Aim for peer-reviewed activities
Seek early external feedback
Practice for viva attitude and preparation

6 Conversations

Have regular conversations with selected PGRs to learn from their experience
Ask for progress reports and completed PhD thesis

7 Reflections

Develop your habit of regular reflections to gain perspective
Increase your self-awareness

Reminder:

Take full ownership of your PhD progression and completion.