

Expectations for Doctoral Work

Find and use your “voice”
Be reciprocally collaborative and cooperative
Become a part of a community of practice
Engage in critical consciousness building
Claim your power, speak truth to power
Develop and use critical thinking skills
Engage the femtoring/mentoring relationship with faculty and student peers
Develop a personal and academic identity, through a process of professionalization
Develop an academic work ethic
Find and exercise balance between process and product
Develop a philosophical foundation
Present your work at local/regional/national/international conferences
Publish

Make small talk with me (chit chat)
Show understanding
SUPPORT me
Provide moral support
Show mutual respect, we are each other’s supporters
Give encouragement everyday
Provide femtorship/mentorship everyday
Collaborate with me
CHALLENGE me, don't let me skate through the process

Get and stay organized, follow the process
Plan for 3, 4, 5, 6 years in the degree program
Keep an open mind
Do not give up, keep going always
Don't take NO for an answer
FIGURE IT OUT!
Challenge yourself everyday
Strive to be the best you can be
Increase your knowledge
Embrace the research
Provide yourself weekly time to write
Keep track of your references
Network (peers, faculty, conferences)

Challenges in Doctoral Work

Maintaining patience with each other (faculty and student colleagues)
Giving critical feedback effectively and in the spirit of radical love
Femtoring/mentoring others in ways that are different from your own femtoring/mentoring needs/styles
Finding the right scaffold to facilitate collegial (student and faculty) success
Finding and keeping balance between support and care of others and of self (what do you need from the community and what are you willing to give to the community)
Considering ways of thinking and writing beyond only linear ones
Supporting those who do not share your specific research interests
Letting go of a one-size-fits-all approach to doctoral study/post-doctoral role
Letting go, when colleagues (students and faculty) seek out others to work with instead of you
Cultivating focus in colleagues (student and faculty)

Sleepless nights, sleep deprivation, accelerated symptomatic insomnia
Fatigue
Not enough time
Profuse sweating
Itchy, watery eyes
Blurred vision
Hair loss
Irritable bowel syndrome
Anxiety
Cardiac arrhythmia
Fear of the dissertation process
Dry mouth
Pre-mature aging
Curvature of the spine

Carpal tunnel syndrome, difficulty operating machinery
Questions about self-worth
Suicidal thoughts or tendencies (even death)
Domestic problems, forgetting to feed children/pets
Obsessive snacking/poor eating habits, weight gain/loss
Poor and worsening healthcare options, especially for women (government out of my uterus ☺)

Loans are real
Not enough money
Graduate and find a job
Overworked and underpaid
Full-time student, full time work, full time jobs
Class availability

Best Advice for Doctoral Work

Don't forget where you came from, prior knowledge, community cultural assets/wealth
Be as weird as you want, just be productive

Eat your veggies
Move your body! Exercise
Maintain good health
Cohort build

Create a writing support group

Substance not glitz
Keep perspective
Match your thoughts with reality
Stay focused
Persevere...perseverance
Take risks, challenge yourself
Develop and exercise self-discipline
Don't procrastinate! Don't miss deadlines
There never seems to be enough time to do the things you want to do, until you find them
Manage your time
Make and use a timeline
Develop your own system
Systematize—time management
Figure out and then rely on knowing when and where you are the most productive (studying, writing, etc.)
Organize physical space (to organize emotional/mental space); de-clutter/clean
Move out of comfort zone to work
Strategize—most to least important (triage, prioritize (with sticky notes))
Find a calendaring system that works for you, start/re-start it at the beginning of the semester
Make lists
Use matrices, organizing tools (calendars, planners, powerpoint, binders, notebooks, color coding, Covey's Quadrant (prioritize to do's))
Use cell phones and calendars (to track, for updates)
Block scheduling—schedule blocks of time for specific tasks
Include "buffer days" in goal planning (finish early, plan ahead)
Reward yourself when goals are met, after writing down thoughts (to do's, writing ideas, etc.)
Take stock of successes—flip the script, tell the counterstory—what you DID, not what you did NOT
Staying flexible—prepare for the unexpected, avoid distractions
Use ear plugs when writing
When you are organized...you appear to be/feel as though you are in control and have the mental capacity to take in information

Attend a conference
Develop a coherent research agenda
Complete a manuscript with data analysis and submit to a conference and/or journal
Publish
Present at a conference
Develop a brand—cultivate your expertise

Use happy hour regularly, but judiciously
Stay balanced—build in weekly time for friends/family/fun/arts
Take care of yourself

Give yourself time to be
One Day at a Time
Be happy, have fun, school is a ball

Ask for help
Check with your advisor, she/he wants to support you (find one that does)
Remember we are all colleagues
Continue to communicate with peers throughout the doctoral experience
Collaborate, don't wait to collaborate, do it now
Working (learning, writing, presenting, publishing) together, everything is better
Build connections—with ideas and people!
Find a support system, family, friends, student and faculty peers
Find a TEAM, be a TEAM, work as a TEAM, work together to accomplish everyone's DREAMS on the TEAM

Pace yourself, give yourself time to develop, you do not need 15 credits in any semester, especially summer
Don't compare yourself to, measure yourself/your life against others' /others' standards

Write something you are proud of
Be [more] creative
Write a grant, conference presentation, article—try and succeed
Overcome any anxiety you have about your abilities
Your degree is calling you
Face and conquer your fear
Don't procrastinate
Finish with strength and dignity

Questions in Doctoral Work

How do I figure it all out?
How long did it take you to finish?
When do I do my comps, proposal, dissertation?
How do people structure their comps process/papers?
How do people get through the comps process?
How do I write?
What are good writing tips, editing tips, etc.?
How do I write journal-worthy articles?
How do I work with others in a writing support group?
You are published, how do I get published?
How do people get published?