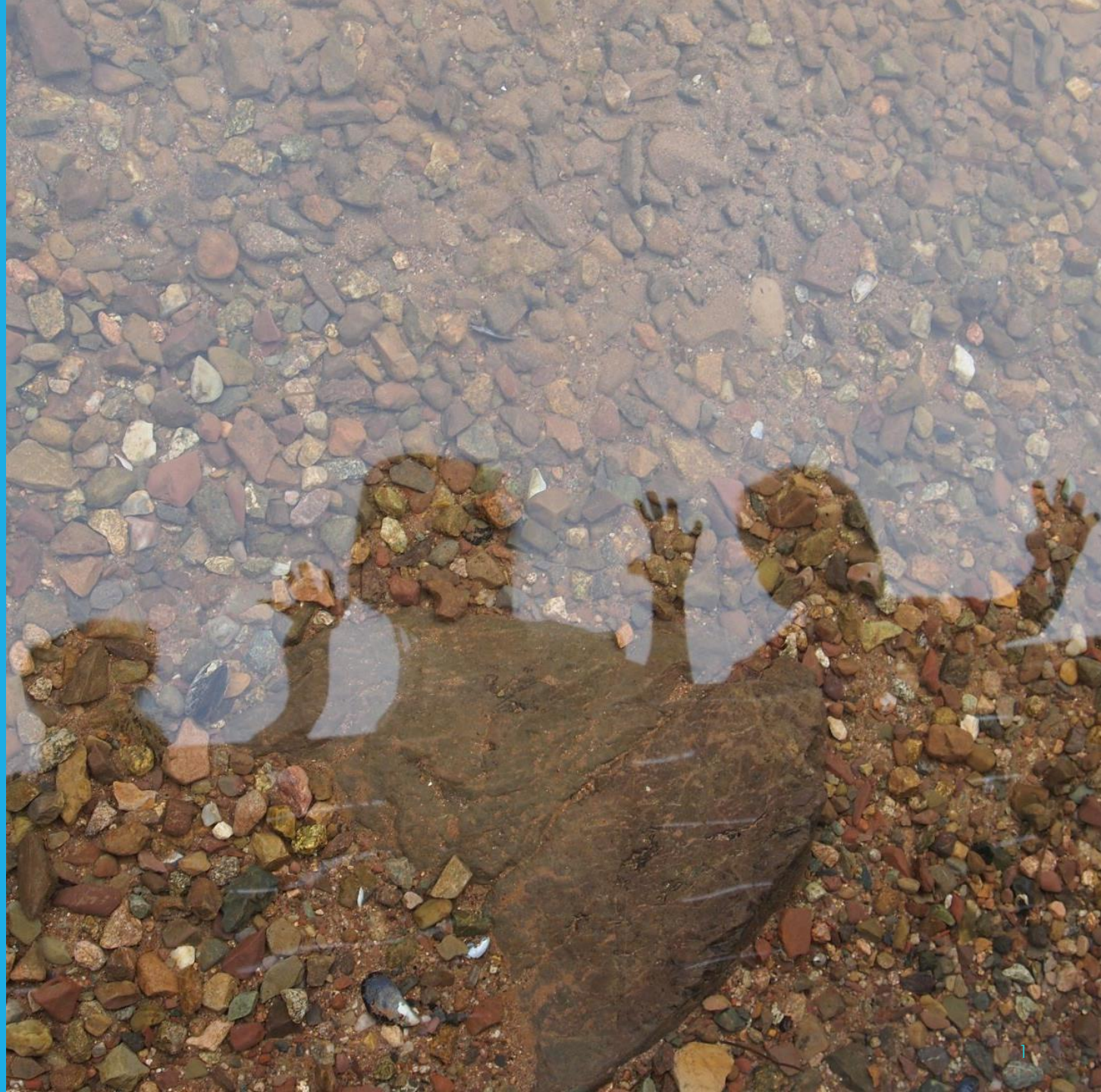


CHARTING A SUCCESSFUL PATH: TIPS FOR DOCTORAL STUDIES

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**IWK Health Centre
Women, Children &
Families
&
Dalhousie University**

**Halifax, NS
Canada**



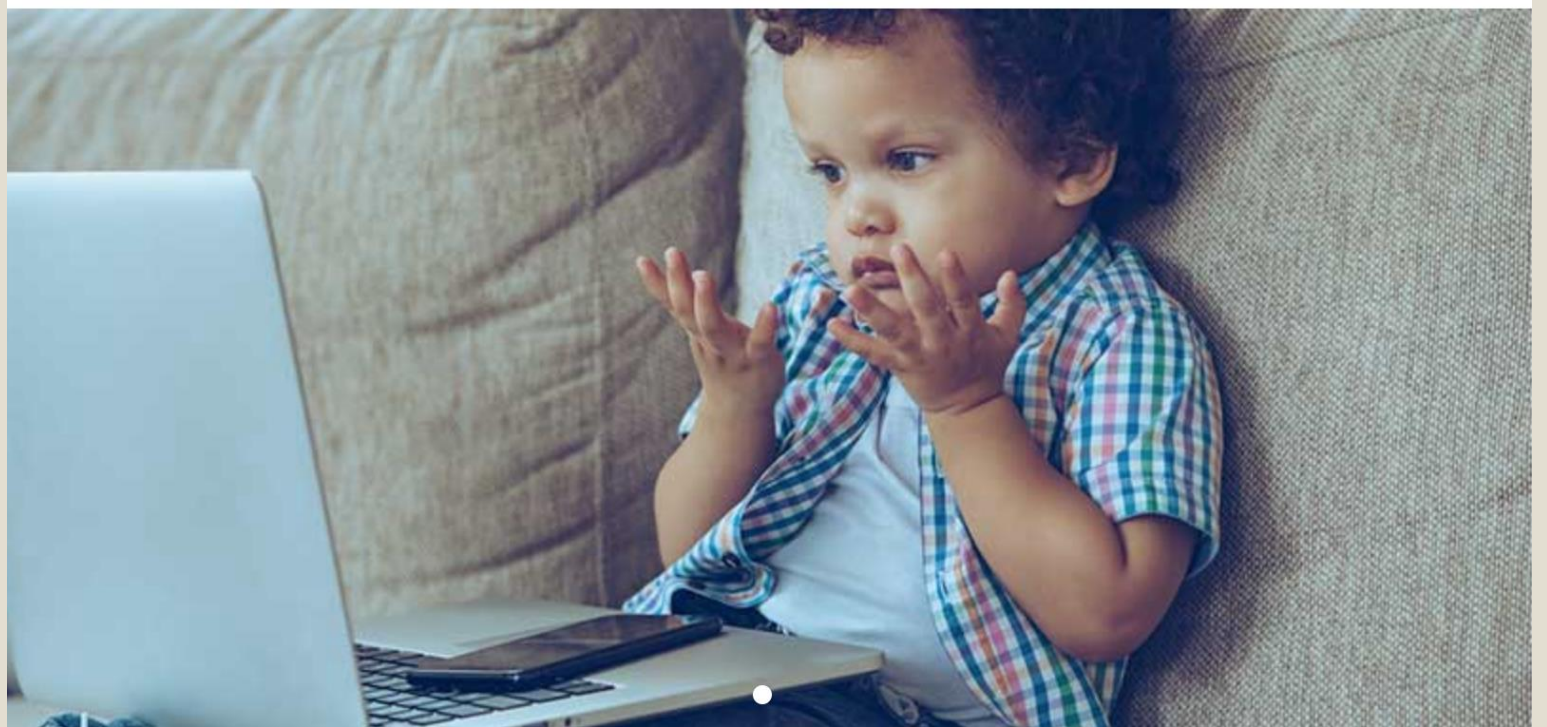
Tips.Doctoral.Oct.2021



Nova Scotia is located in Mi'kma'ki, the ancestral, traditional and unceded territory of the Mi'kmaq.

Where to start?

- PhD Nursing McGill University (2002-2006)
- 3 Children 1, 4, 6 years
- Halifax, NS



What to Expect

- Excitement & anxiety
- Feeling like you're starting over
- Imposter
- Unsure what to expect
- Relearning a new 'career' once you've already mastered one
- Pressure to meet an expectation you're not always sure how to define
- Ability to multi-task
- Feeling like everyone else knows what they're doing

Philosophical Approach & Opportunities

- Reflect on your own values
- Accept there will be ebb and flow
- It's a privilege –remind yourself, often
- Embrace all of the learning opportunities you can
- It's not possible to do them all, but be strategic
- Fundamental opportunities-writing, etc
 - CIHR Canadian Child Health Clinician Scientist Program
 - CIHR Pain in Child Health Program (PICH)
 - Conferences
 - University and beyond
 - *Keep track of them on your CV
 - *Tailor to your areas of interest & your research focus



Shape Your Program

- Hang out with people who are positive, supportive and cheer you on
- Choose electives that fit within your potential research area
- Choose course assignments that help you build your research interest portfolio
- Ask your profs to alter assignments so they can be publications
- Manage your references
- Write papers on your research area of interest and methodology
- Publish your papers, with your professors and peers, if that makes sense

Practice-Research Program

Children & Families

□ Guided by a passion to practice with a certain population



Research area- *be comfortable with being uncomfortable*

- It takes time
- Choose something you're passionate about & a supervisor who can be a mentor
- Align with others in the field (mentors) who you can learn from
- Expose yourself to varied content in the area
- Think creatively, be innovative
- Research skills are a tool
- PhD is to advance knowledge and practice
- Nurses are AWESOME!
- Consider things that have been nagging at you, don't make sense
- Find ways to approach in an original way

Funding

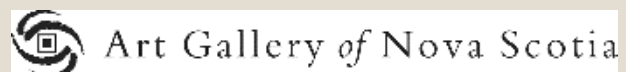
- Apply!! As often as you can. \$ begets \$
- Start early- it **ALWAYS** takes longer than you expect!!
- Review successful ones, have reviewed, don't be defensive
- Be resourceful-there are a LOT of opportunities
 - University, Hospital, Organizations, Lung Assoc, Canadian Cancer, CIHR, CNA
- It's tedious and feels like a LOT of work-but it's so worth it!
- Once you have a template –it's easier-recycle-but pay close attention to ***guidelines***
- Build positive relationships with faculty and mentors so they'll be enthusiastic about writing you letters of support.
- Give them LOTS of time and resources to prepare their letters
- Submit applications **before** the day it is due

Enjoy!!!

- It's a gift to have dedicated time to learn as an adult –enjoy it!
- Nothing happens without a great deal of thought, time, effort and collaboration.
- Learn how to prioritize, manage your time, and de-stress!
- Self-care & balance
- Learn when you work best
- Learn who you work best with
- Learn how you work
- Learn where you have most success in funding
- Family always comes first



Questions & Thank you!



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