

Contents

1	Own the Ph.D. Process	1
1.1	Tell Me Why Are You Doing This?	1
1.2	Planning for a Success	3
1.3	You and Your Supervisor	7
1.4	You Are Part of the Team	9
1.5	Why Bother with Meetings?	11
1.6	The End of Your First Year	13
1.7	Battling the Inner Critic	15
1.8	Writing Thesis	17
1.9	Preparing for the Viva	19
1.10	Is There Life After Ph.D.?	22
2	Understand and Organise the Context	25
2.1	Strategies for Managing Your References	25
2.2	Staying on Top of the Latest Literature (in a Smart Way)	27
2.3	Can State-of-the-Art Be Two-Dimensional?	29
2.4	Tips for Organising Your Data	32
2.5	Natural Planning Method	35
2.6	Being Creative in Your Research	37
2.7	Investing in Yourself	40
2.8	Racing with Technology	42
3	Craft Impactful Research Papers	45
3.1	Why Do You Want to Publish?	45
3.2	What's Your Story?	47
3.3	Your Title Can Make or Break Your Paper	50
3.4	How to Write a Captivating Abstract in Ten Minutes	51
3.5	Writing Your Introduction in Seven Easy Steps	53
3.6	Let's Have a Meaningful Discussion	55
3.7	Nine Ways to Break Your White Page Syndrome	57
3.8	Plagiarism in Scholarly Publishing	59
3.9	Are You a LaTeX Geek?	61

4	Beyond the Draft: Get Published	63
4.1	Understanding Peer-Review	63
4.2	The Best Journals for Your Research	65
4.3	Who Are Your Co-authors?	67
4.4	High-Quality Diagrams and Figures	70
4.5	Cover Letter	72
4.6	Suggested Reviewers	75
4.7	Submitting Your Paper	76
4.8	Reply to Reviewers Only Once	79
5	Master Conferences and Presentations	83
5.1	Preparing for the Conference	83
5.2	Making Meaningful Connections at the Conference	85
5.3	Five Steps to an Impactful Presentation	88
5.4	Three Constraints That Shape Your Presentation	90
5.5	Getting the Audience Crazy About Your Content	92
5.6	Why Body Language Really Matters	95
5.7	When to Stop Practising and Start Delivering	97
6	Become Credible	99
6.1	Why Do I Need to Promote Myself? I'm a Researcher, Not an Influencer	99
6.2	Tools to Make Your Research More Visible	101
6.3	Academic Social Networks—ResearchGate and Academia.edu	104
6.4	Professional Social Networks—LinkedIn and X	105
6.5	Your Profile Across Platforms—from ORCID to Personal Page	108
6.6	Research Paper Repositories	110
6.7	Popular Science Communication	114
6.8	Stepping into the Reviewer's Shoes	116
6.9	Should I Consider Research Mobility?	119
7	Develop Personal Toolkit for Success	123
7.1	Your Morning Routine Is Your Friend	123
7.2	The Only High-Performance Supplement You Need	124
7.3	Habits, Habits, Habits	126
7.4	Small Wins, Big Impact	128
7.5	Mindfulness	129
7.6	Eat the Frog First	131
7.7	The Pomodoro Technique	133
7.8	Do You Work or Do You Create?	134
7.9	Choosing What Truly Matters	136