



The Honours Experience

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A little about me...

- Bachelor of Science (Immunology and Physiology)
- 2016: Honours year – Assessing the inflammatory link between a lung and eye disorder in preterm infants.
- 2017: Started PhD – Assessing the mechanisms underlying a lung and eye disorder in preterm infants.



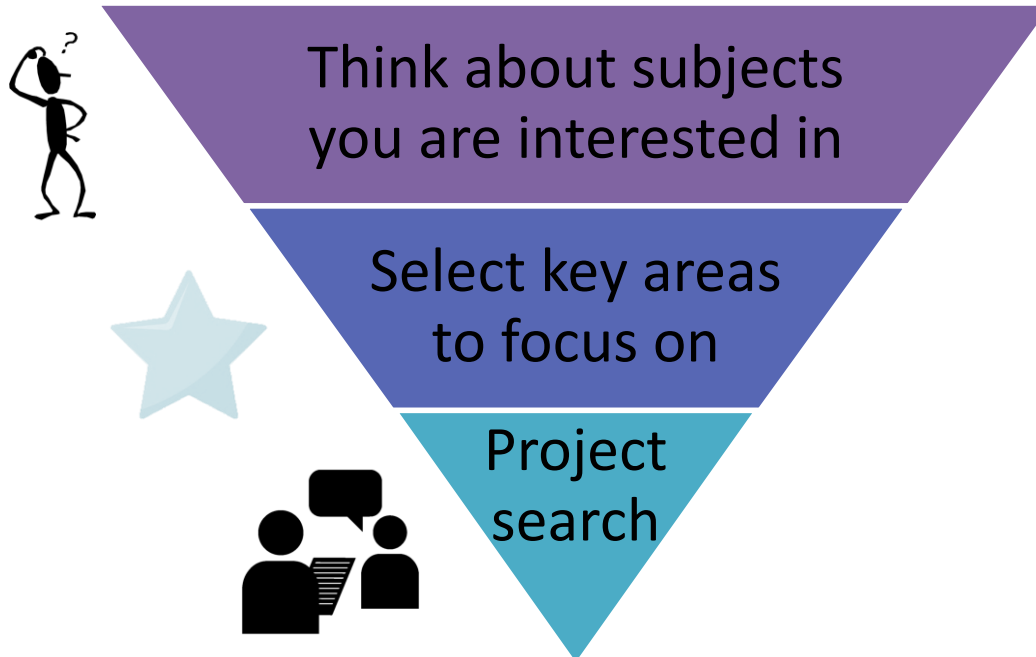
What is Honours?

- Laboratory based project (~ 9 months)
 - Unique = Design, Experimentation, Analysis, Presentation
- Typical week
 - Supervisor and laboratory meetings
 - Experimental planning
 - Laboratory work
 - Researching literature, writing up results
- Honours is an incredibly rewarding year!!!
- Honours is a gateway to many different careers/study options
 - Masters/PhD, Graduate jobs, Industry



Choosing your project

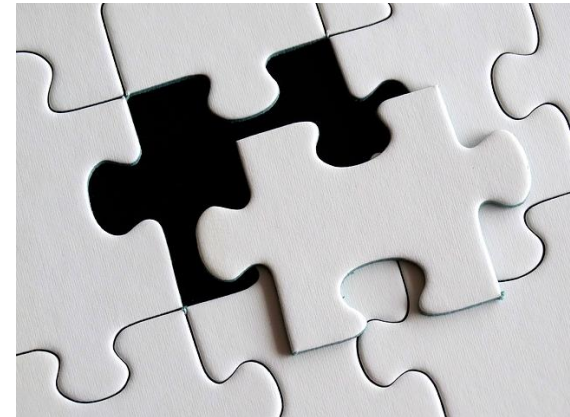
- Pick something you will enjoy





Choosing your project

- Choose your supervisor/laboratory wisely
 - Supportive staff
 - Positive environment
 - Lots of opportunities
- Speak to people in the laboratory
 - Have best insight into 'lab lifestyle'
 - Expectations?





Misconceptions

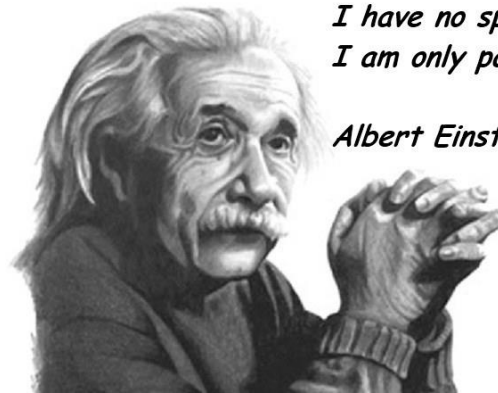
- You will be expected to know everything and do everything alone
 - Laboratory support with techniques and theory
- Honours year = no life = not true
 - Sports/extracurricular activities are great for relaxation
- Current grades indicative of how you will perform in Honours
 - Hands-on learning vs text-book learning





Does Research Suit Me?

Passion + Curiosity = Good Research



*I have no special talent.
I am only passionately curious.*

Albert Einstein



Key Tips to Succeed

Communicate

Be organised

Write methods early



Courage

Endnote





Honours at ARA

- Experience world-class scientific research first hand
- Interdisciplinary collaborations and networks
- Diverse range of research seminars available on-site
- Connection to Alfred Hospital – translational research



Honours at ARA

Feast of Ideas





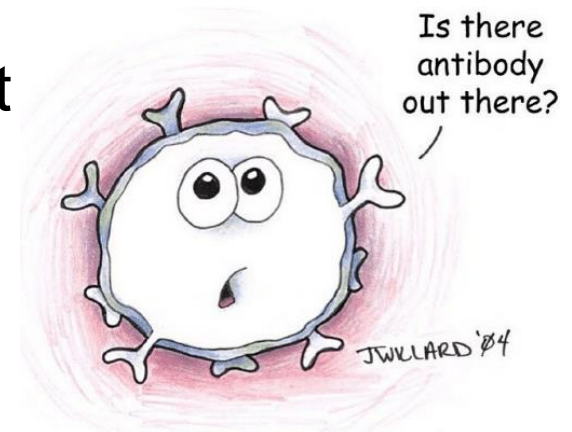
Thank you!

- Talk to lots of people here tonight
- Good luck!



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Helpless "T" Cell