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

Think about subjects you are interested in

Select key areas to focus on

Project search
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

Courage

Write methods early

Endnote
Honours and Graduate Research at Alfred Research Alliance

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 and Graduate Research at Alfred Research Alliance

Honours at ARA

Feast of Ideas
Thank you!

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

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