



MY HONOURS

AT THE ALFRED RESEARCH ALLIANCE

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WHO DOES AN HONOURS YEAR? WHY?

- Year of research after your degree
- Supported step into the 'real world'
- Variety of backgrounds and disciplines
- People interested in research
- People who want to specialise
- **People who have no idea what they're doing**

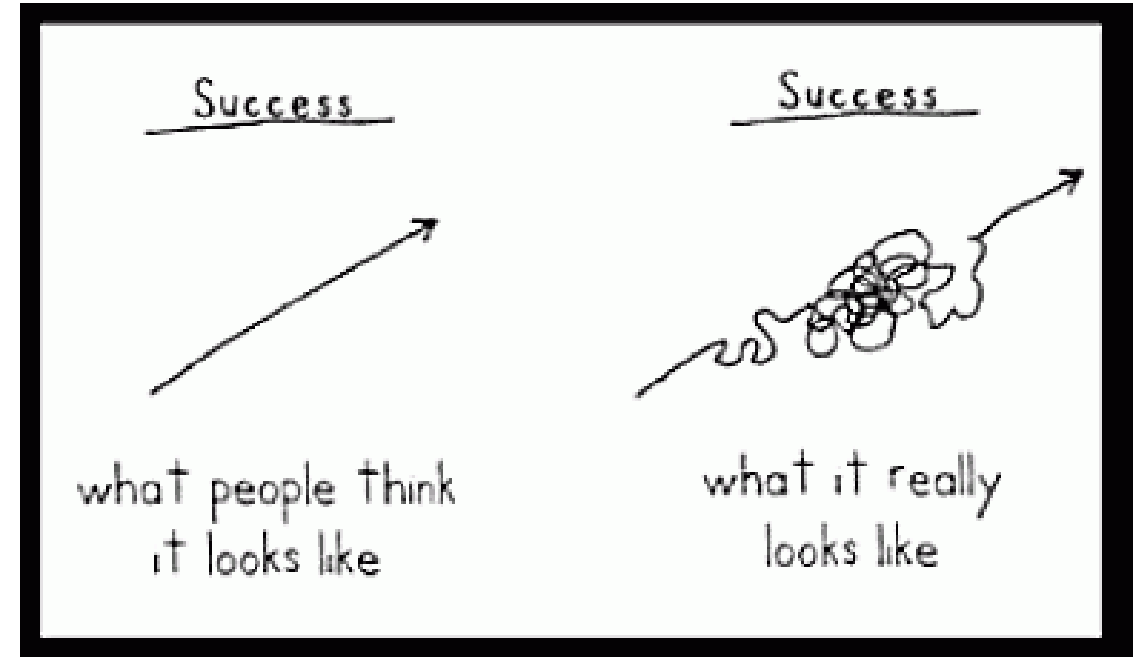
Anyone: What are your career goals?

Me:



MY JOURNEY TO HONOURS

- Marine scientist? No
- Nutritionist? Probably not
- Researcher? Yes!
- Honours at SPHPM in 2018
- Research Assistant in 2018
- PhD in 2019 – “Barriers & enablers to cycling in Victoria”



WHY SHOULD YOU DO IT?

HONOURS IS THE PERFECT TRANSITION FROM UNIVERSITY TO THE WORKPLACE – EVEN IF YOU DON'T WANT TO DO RESEARCH

LEARN

- About your topic
- Work environment
- Problem solving
- Professional conduct



RESEARCH

- PhD
- Masters
- Get the inside knowledge



NETWORK

- Meet people
- Learn about different topics
- Find one that interests you



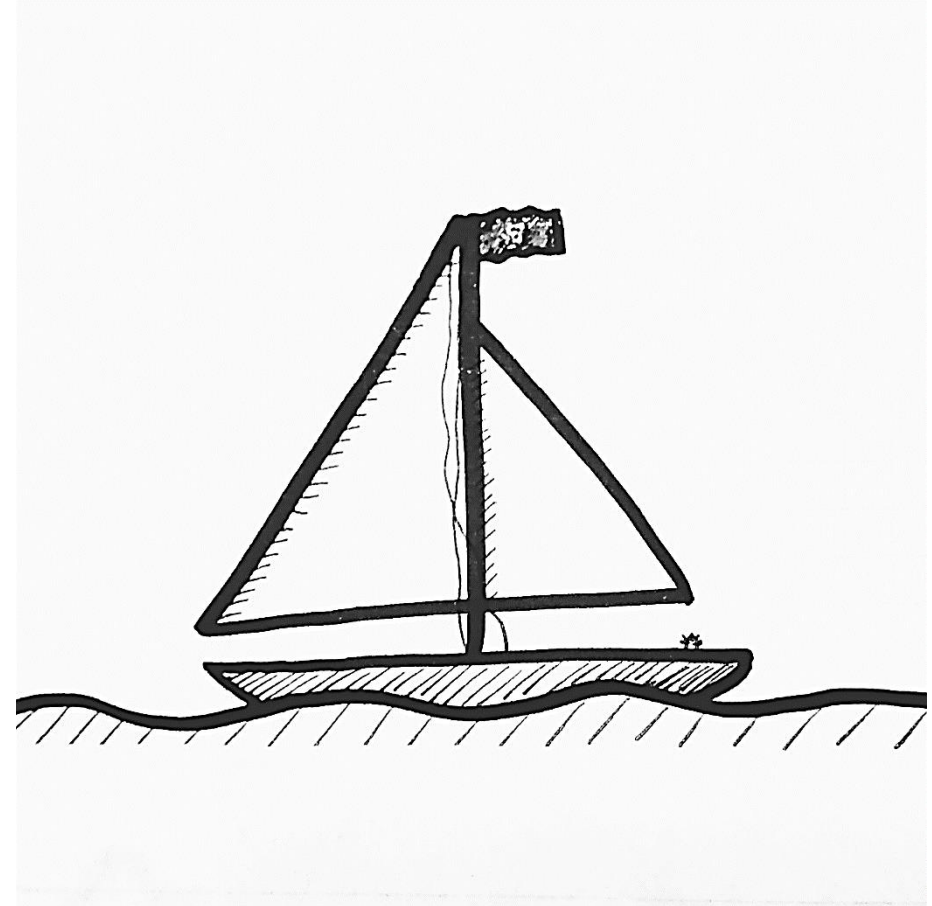
EMPLOYABILITY

- Higher qualification
- Workplace skills
- Gives you an edge



MY TOP 5 TIPS TO HAVE A SMOOTH SAILING YEAR

1. Choose your supervisor well
2. Treat it like a full-time job
3. Take advantage of opportunities and events
4. Choose a project you are passionate about
5. Get what you can done early



THANK YOU

THERE ARE NO DUMB QUESTIONS!

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