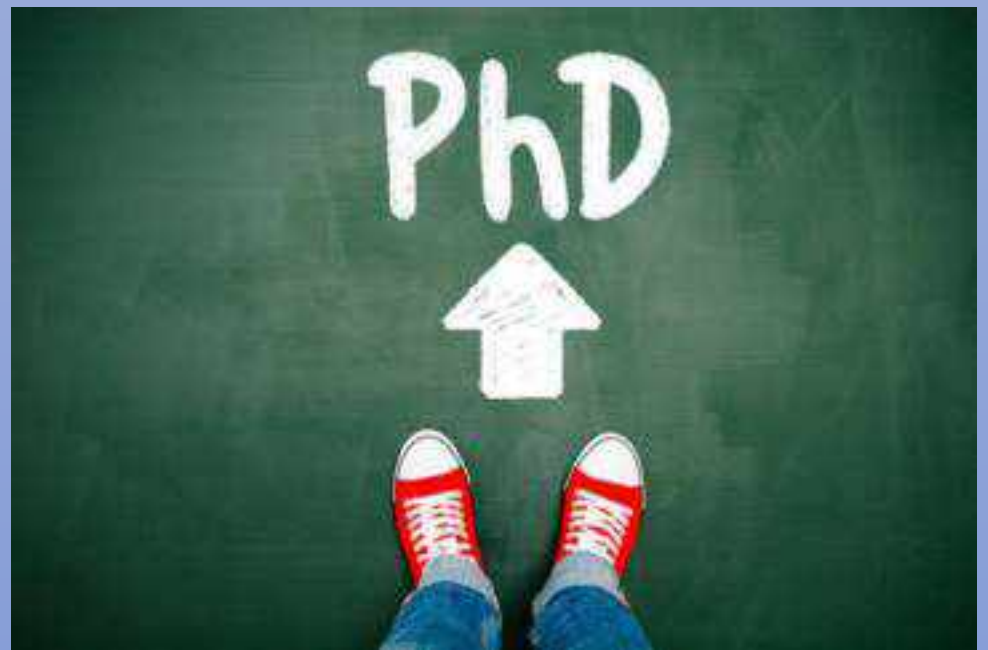
SHARED LEARNING: PENYESUAIAN PROSES BELAJAR JENJANG DOKTORAL

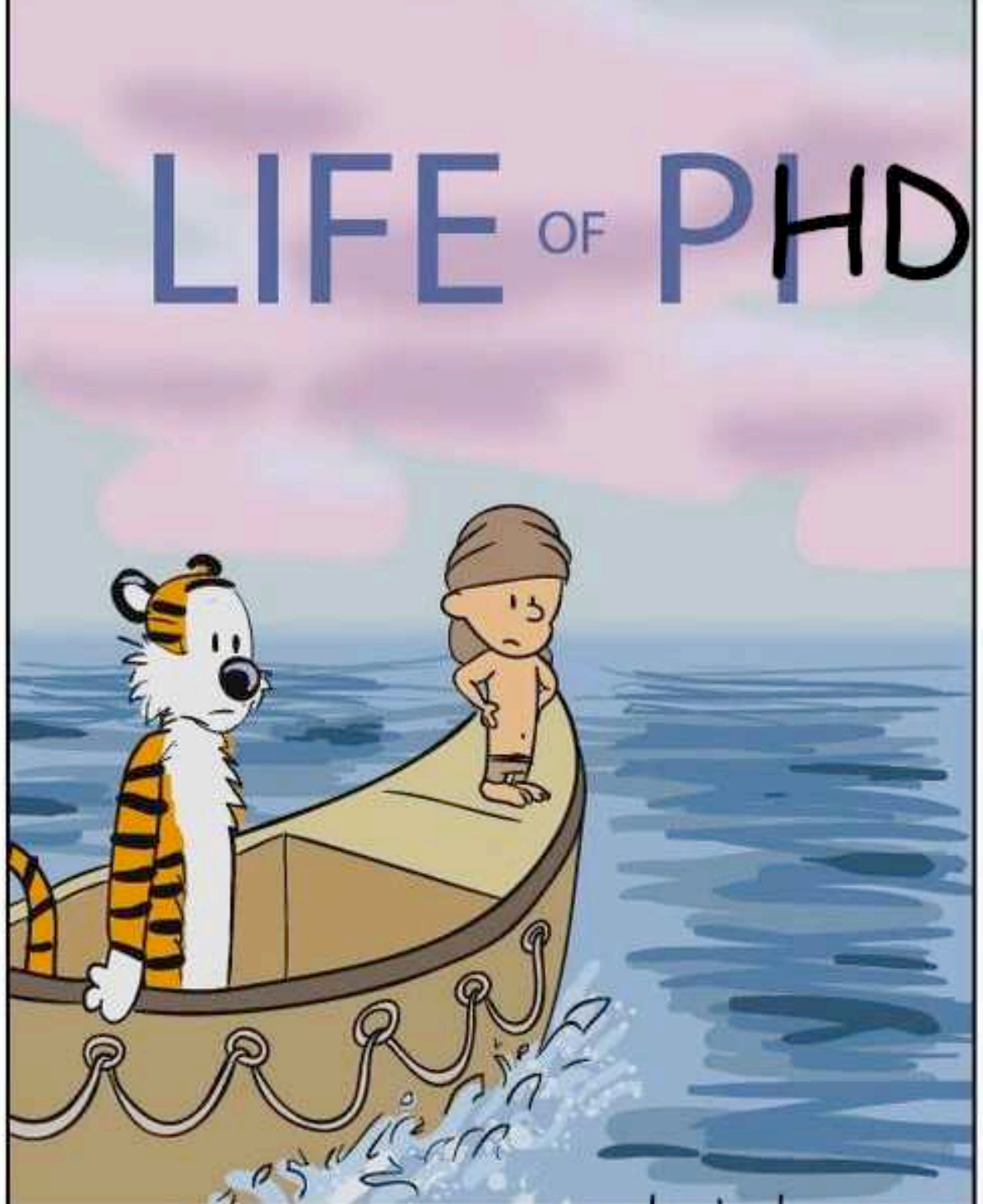
Dr. Primatia Yogi Wulandari, M.Si., Psikolog

Fakultas Psikologi

Universitas Airlangga

WELCOME TO PHD LIFE





PhD Student

What my friends think I do.

What my parents think I do.

What society think I do.

What my supervisor thinks I do.

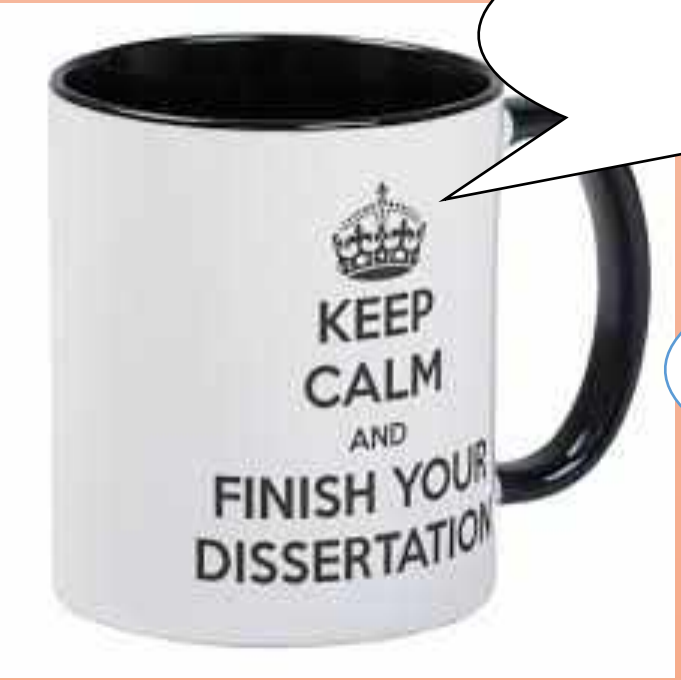
What I think I do.

What I actually do.

FIRST OF ALL...

Buat tempat kerja senyaman mungkin

Amankan stok kopi



Hindari tangisan bombay karena file hilang

box

THEN…

DOUBT IT?
CHECK IT. CHALLENGE IT.

Resilience

SELF
DISCIPLINE

Open mind
Open heart

PROSES BELAJAR

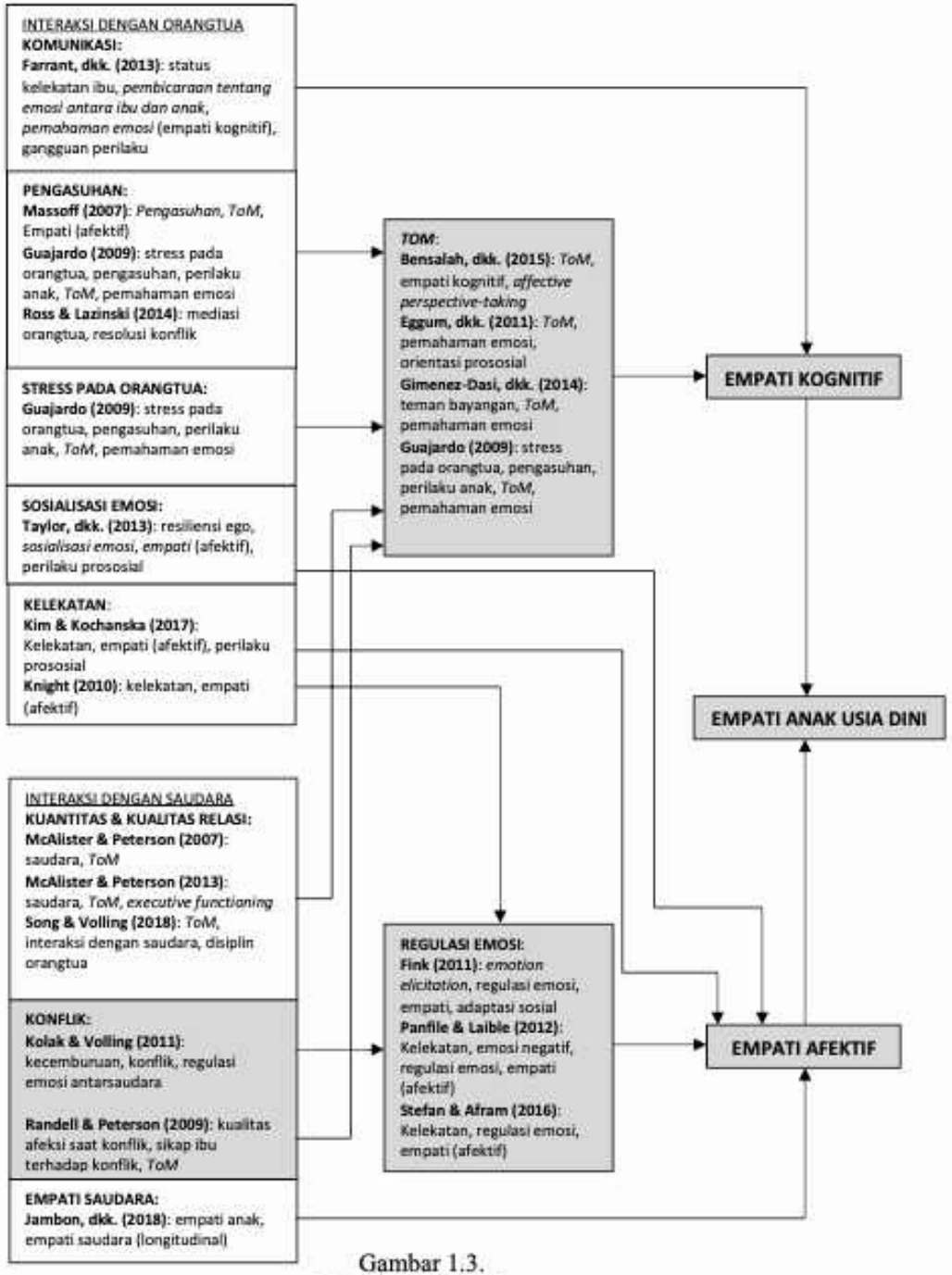
BACA, BACA, BACA…

- **Apa yang telah ditemukan?**
- **Apa yang belum terbukti?**
- **Apa yang disarankan?**
- **Apa yang dibicarakan dari dulu sampai sekarang? ➔ telaah literatur perkembangan teori & model dari waktu ke waktu**

d

"When eating an elephant, take one bite at a time."

DISERTASI: kontribusi terhadap ilmu dan kebutuhan praktis



Gambar 1.3.
Peta Riset Empati

TULIS, TULIS, TULIS…

- **Tulis apa yang dibaca**
- **Tulis ide-ide yang muncul**
- **Buat dan jawab pertanyaan secara tertulis:**

  WHAT, WHO, WHEN, WHY, HOW
- **Tulis jadwal**
- **Referensi2 teknis (translator, analisis statistik, tes TOEFL, dsb.)**
- **Tulis naskah**
- **Tulis artikel**

"You might not write well every day, but you can always edit a bad page. You can't edit a blank page."
--Jodi Picoult

Keep Track to Stay on Track!
GOALS

Part Time
STUDENT

Do Deep Work In Less Hours
The secret strategy for PhD productivity

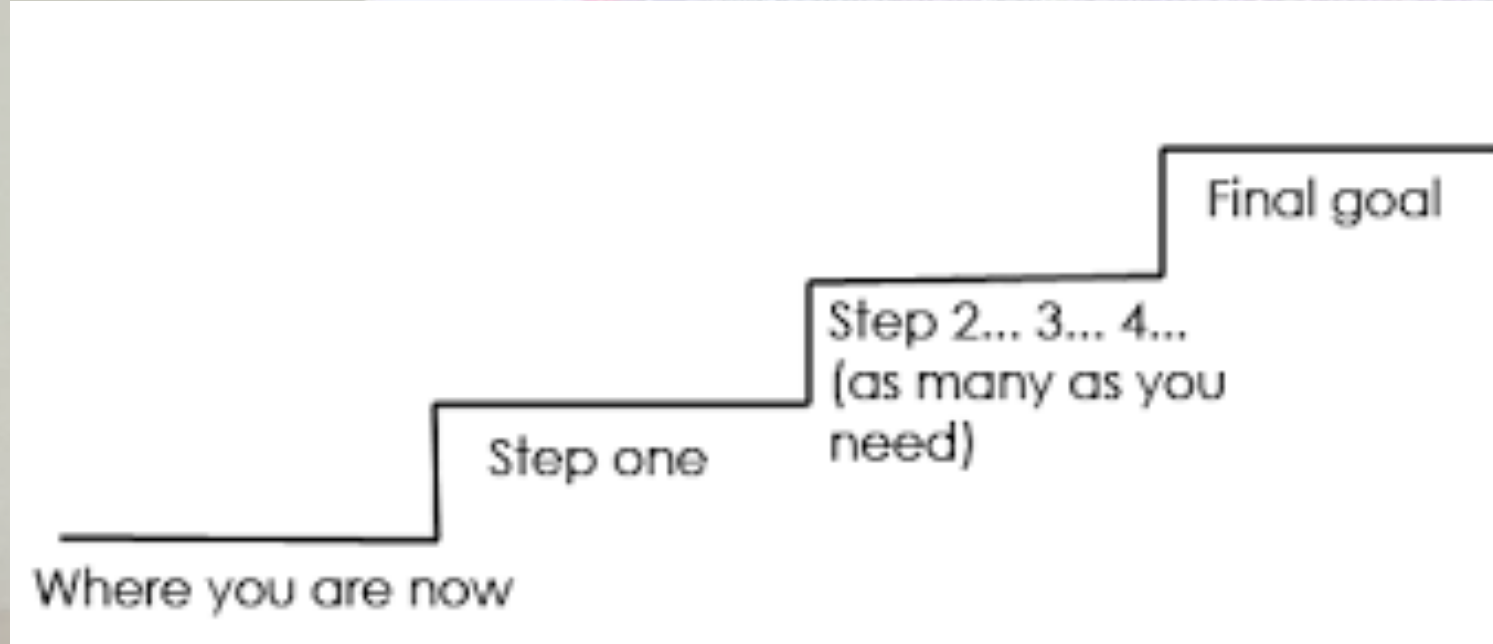
PROMOTOR/KO-PROMOTOR

S3 → YOU ARE THE LEADER BUT…

- JANGAN JALAN SENDIRI
- KONSULTASIKAN SEMUA IDE, PROGRESS
- BUAT JADWAL
- THINK POSITIVE!
- BE HONEST!

SUBMIT & UJIAN

- AKAN SELALU ADA KEKURANGAN
- LAKUKAN REFRESHING DAN SELF REWARD
- BERPIKIR POSITIF



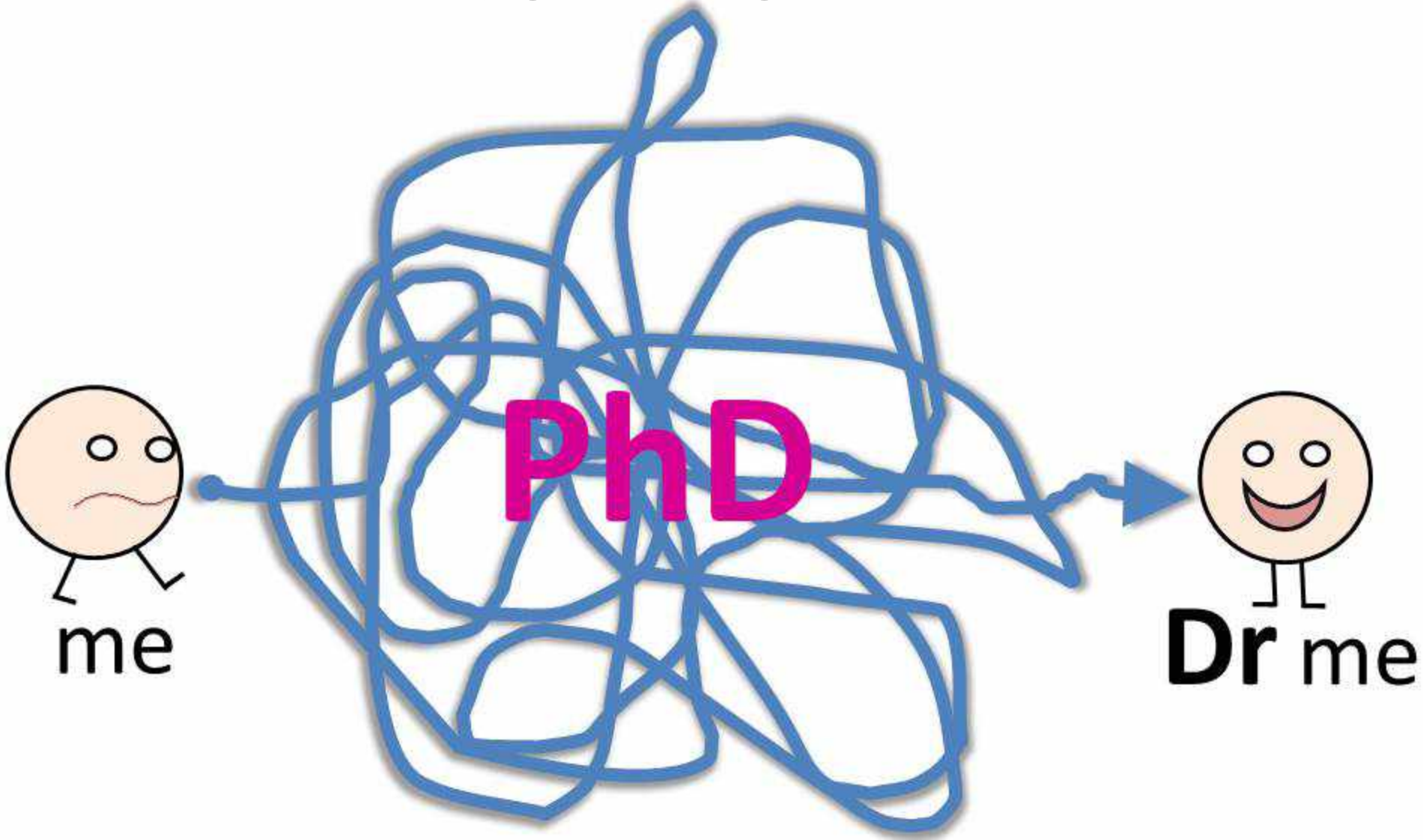
KEHIDUPAN AKADEMIK

- WORKSHOP
  - TEKNIK AKSES DAN PENCARIAN JURNAL
  - PENULISAN DAN PUBLIKASI ARTIKEL ILMIAH
  - MENDELEY, ZOTERO
  - SEM, AMOS
  - …
- KONFERENSI
- BRAINSTORMING & DIALOG

KEHIDUPAN SOSIAL?

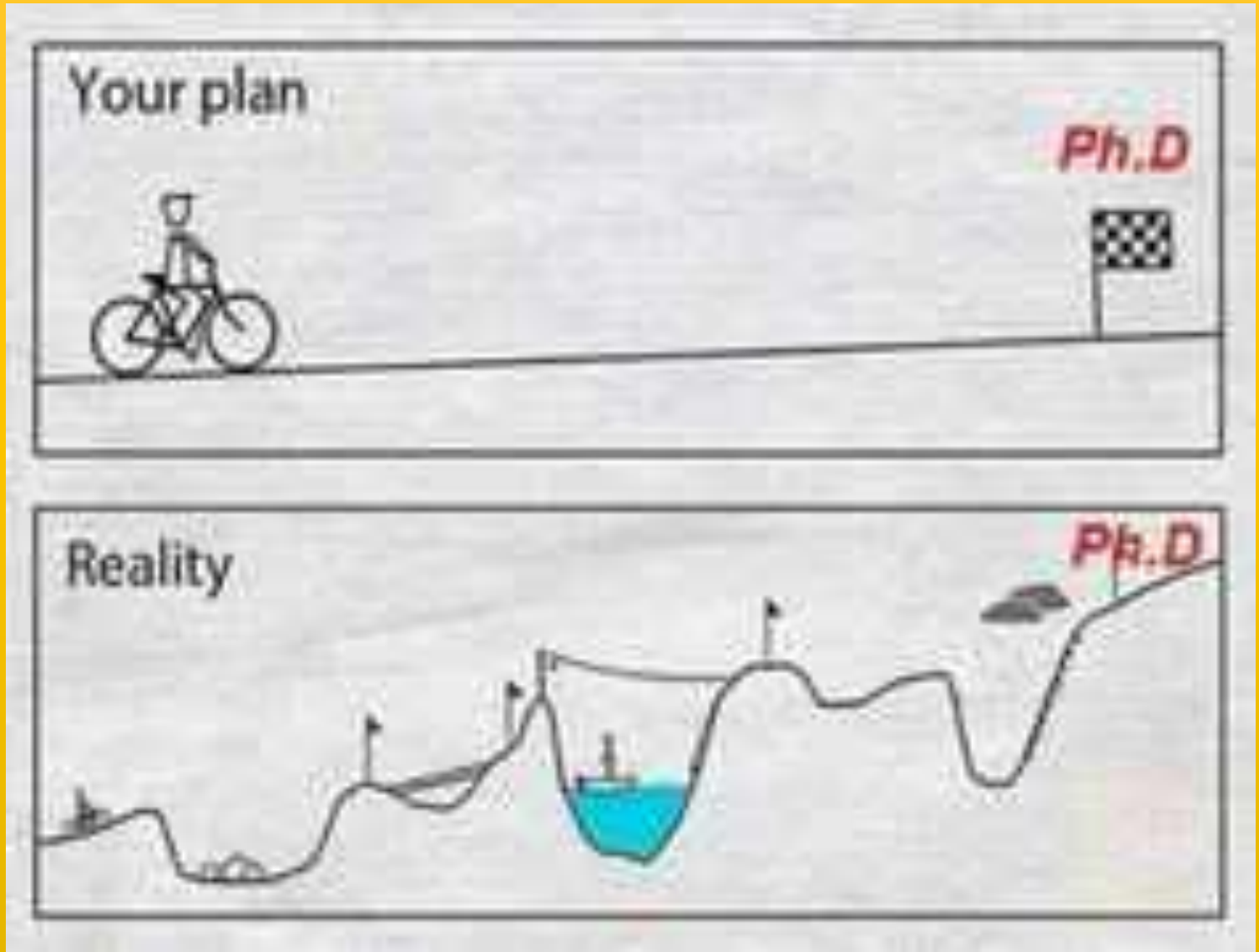
TEMAN?
KELUARGA?
MEDIA SOSIAL?
LIBURAN?

WELCOME TO PHD LIFE



NICE TO REMEMBER…

It’s a journey…

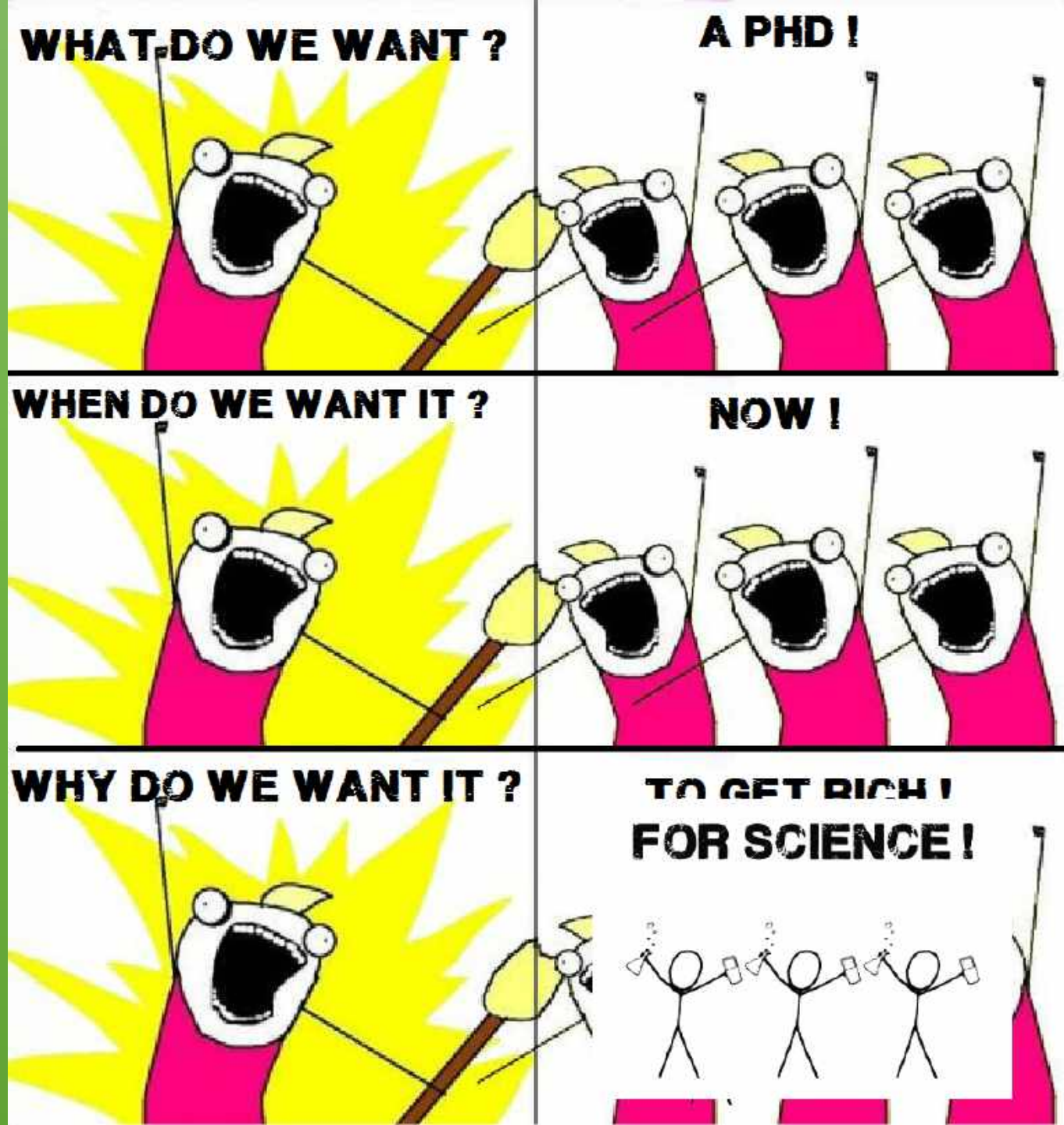


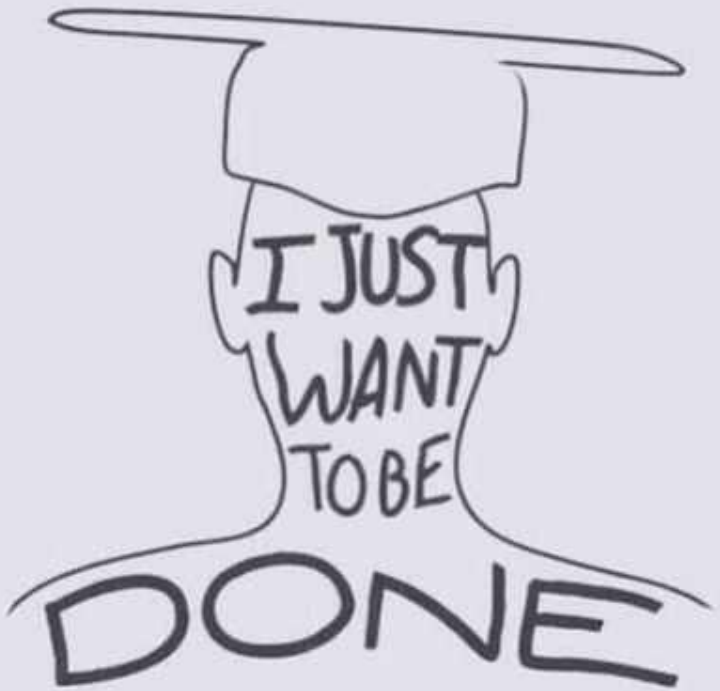
It’s a journey…

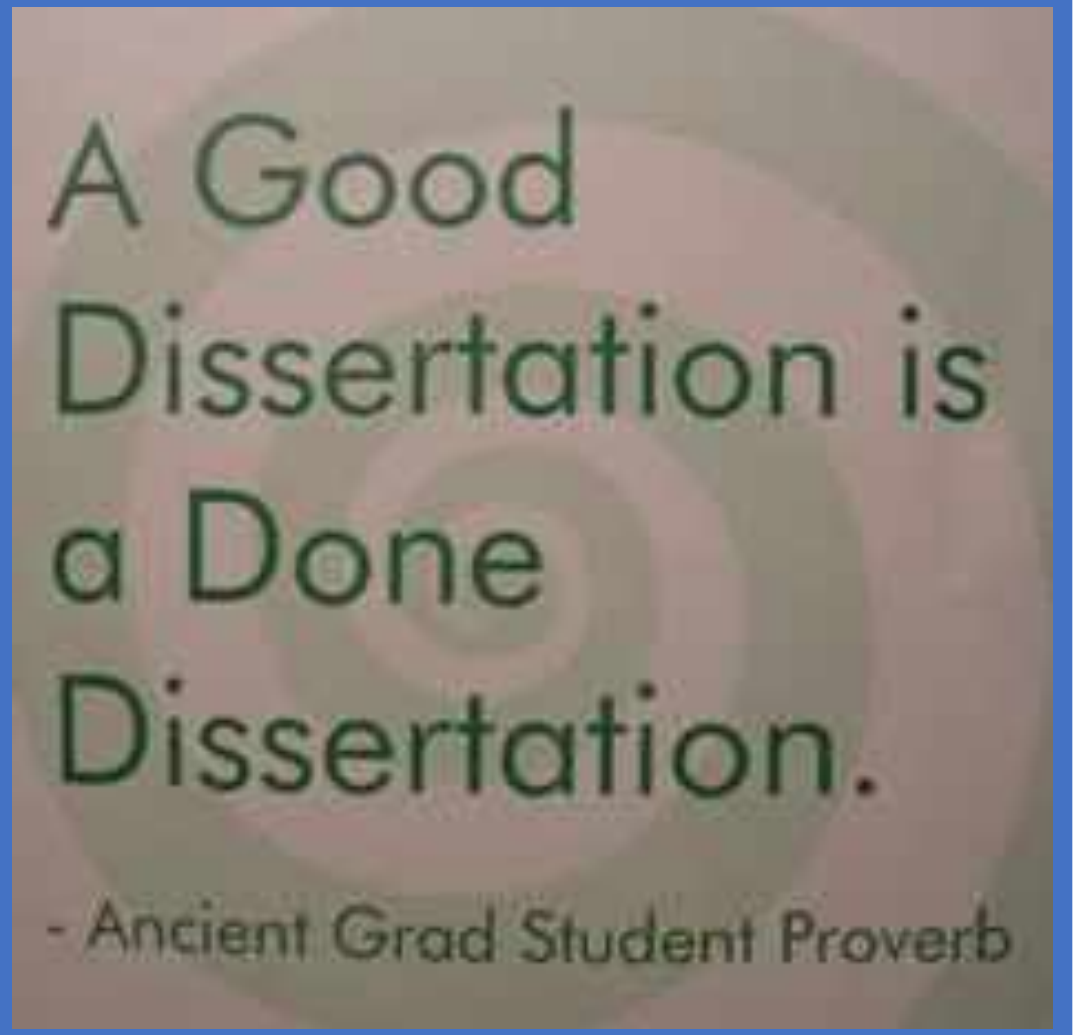
A: Full-time doctoral student Belum memiliki pasangan Menjadi tulang punggung keluarga besar Isu kesehatan fisik	C: Suami di luar Jawa Anak-anak di Jawa Tengah Hamil di tahun ke-3 Kecemasan tinggi
B: Harus pindah dari satu universitas ke universitas lain Memiliki tiga anak Konflik dalam keluarga Kewajiban untuk mengajar	D: Keluarga di luar Jawa PP Jawa-Kalimantan Responden penelitian: posisi tinggi di perusahaan Memiliki tanggung jawab di bironya

I CHOOSE
to be healthy
I CHOOSE
to be happy

Always have a reason to finish…




I JUST
WANT
TO BE
DONE


A Good
Dissertation is
a Done
Dissertation.
- Ancient Grad Student Proverb

RESEARCH PROGRESS

IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT'S DONE!

goodluck

ENJOY THE
JOURNEY