

Perspective from doctoral students

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PhD (Cardiology)

2nd Year

Research is a process

- Remind yourself research is process
- Be consistent
- Multiple activities
- Bite size chunks / page a day
- Be realistic
- Expect delays/challenges
- Be passionate about your research



Reality

- A part-of and not an add-on
- Life still happens

- Loneliness and isolation
- Negotiate time with family
- Take time off (focussed time versus relaxation)



Motivation 1

- Reward yourself
- Network / attend conferences workshops/ present
- Do not give up – be determined – this your qualification – Only 23 doctorates per million people in SA
- Enjoy



Motivation 2



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Motivation 3



Praveena Sukhraj-Ely, who became blind 18 years ago, is ecstatic after graduating with a PhD in political science from the University of KwaZulu-Natal yesterday.

PICTURE: GCINA NDWALANE

Blind woman graduates with PhD



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