

DPhil weekly activities log:

Week of _____

This log is designed to help doctoral students reflect on aspects of their academic work. Many students have commented to us that they find the process of completing the log valuable. Please feel free to download and complete it for yourself!

This week, I spent approximately ___ hours on academic work that ultimately contributes to my DPhil.

Please list the different activities that contributed to this investment of time (e.g. reading, meetings, reflecting, writing thesis/paper etc): _____

This week I also: *(please check all that apply)*

- worked full-time
- worked part-time on research for my supervisor (not related to my DPhil)
- worked part-time on research for another academic (not related to my DPhil)
- worked part time
- worked as a teaching assistant
- worked as an instructor/lecturer/tutor (includes giving workshops, informal teaching for departments)
- attended departmental or university committee meetings
- attended presentations, workshops, seminars, classes or lectures happening in the Department or University
- acted as caregiver (for children, spouse, parents etc)
- contributed to volunteer organisations
- went out/met with family or friends
- other:

Please feel free to add any comments/elaborations relating to how you spend your time:

For the following two items, please select the one response that best fits your experience this week

Overall this week I feel that on my DPhil I ...

- made good progress
- made progress
- made no progress
- encountered difficulties
- went backwards

Overall this week in relation to my DPhil I feel ...

- very happy
- happy
- satisfied
- unconcerned
- unsatisfied
- unhappy

--- continued overleaf ---

For the following items please choose as many as apply

This week I drew on the following resources to help me with my DPhil work

- student/students in my research group/team
- other student/students
- my supervisor
- Director of Graduate Studies
- other academic staff
- library staff
- other University staff (e.g. course secretaries, college staff); please specify _____
- family
- friends
- other (please specify) _____

This week with regard to my supervisor(s) I feel that I...

- didn't need any help
- needed help
- didn't want any help
- wanted help

- a) What was it that you wanted help with? _____
- b) Why did you feel your supervisor was the best person to help with this? _____
- c) If you needed help did you get that help? _____
- d) If 'no' please explain why you think this was _____

Please complete the following sentences

This week the individual or individuals who was/were most important to my academic progress (whether positively or negatively) was/were _____

This person was important because _____

This week the most significant event or experience influencing my feeling of being an academic or my belonging to an academic community was _____

This event or experience was important because _____

Please take time to consider the following questions and provide as full a response as you can

What things, if any, do you feel you should have or wanted to focus on this week but couldn't?

Why was this? _____

Please indicate any difficulties you encountered this week (e.g. writing blocks, intellectual dead-end, funding, lack of space/time, difficulty getting papers/resources etc) _____

What did you do to try and overcome them? _____

What would have made the work you tried to accomplish this week easier? _____

Adapted from:

Longitudinal Study Instrument, Australian National University, Centre for Educational Development and Academic Methods (Cullen et al, 1994) |