

Research News

Dean of Research

Dear all,

The weeks are whizzing past – over a third of the way through 2023 already!

Whizzing aside, the pace has seemed to steady this past month and in the College Research Committee we have been talking about areas of research-related professional development need in the College. Specifically, we have been considering ways to help balanced academics to identify, formulate and actualise their research plans. We have also been looking at how we can support researchers to be more proactive with managing research contracts and the financial aspects of their grants. Please keep an eye out for some professional development opportunities to support the above.

You will have seen Vice President and Executive Dean Professor Deborah West's announcement on 28 March that Professor Raj Shekhawat will be the new Dean of Research, commencing in the role on the 29 May. The search committee have spoken in the warmest terms of Raj's vision and enthusiasm. Raj has already begun reaching out to various people in the College and we all look forward to working with him once his term commences.

Cheers,
Emma



S U C C E S S

Associate Professor Shane Pill, together with **Associate Professor Deb Agnew, Dr Kate Ridley**, and Associate Professor Ivanka Prichard (CNHS), were awarded **\$110,000** from the **Tennis Australia Women Coaching Grant**. The project involves an evaluation of programs and initiatives for women coaches, with the aim of assessing the impact of these activities and identifying areas for improvement. The project will co-create a Women in Tennis Coaching toolkit, which will provide guidance on how to attract, develop and retain women coaches. The toolkit will be a practical resource that can be used by Tennis administrators, head coaches, clubs, and individuals to create a more inclusive coaching environment.

Professor Sarah Wendt, Dr Kate Seymour and Dr Carmela Bastian, are the recipients of a **\$125,423.64 South Australia Police tender** for the project SAPOL Review of MAPS. The tender is to undertake a review of the operations of the Multi Agency Protection Service (MAPS)- for SAPOL and other key stakeholders, to examine its effectiveness in reducing the incidence and/or impact of domestic and family violence on adults, youths and children in the community through information sharing. The project is to identify a suitable future model.

Associate Professor Tim Windsor, together with **Dr Monica Cations**, and partners Nina Bowes (Uniting AgeWell) and Anita Goh (National Ageing Research Institute, were awarded a **\$199,329** grant from the Aged Care Research and Industry Innovation Australia (ARIIA) Grants program. The project is titled ***TMH: Talking Mental Health: Implementing practice to improve the mental health of older adults receiving home care services.***



Associate Professor Shane Pill, who is second author with B. SueSee, M. Davies, and J. Williams on the publication ***Getting the tip of the pen on the paper: How the spectrum of teaching styles narrows the gap between the hope and the happening*** has been selected the **2022 SITL Outstanding Journal Publication of the Year**. As described by one of the reviewers, “In a time where it seems our profession has lost the critical lens of pedagogical practice and the importance of the *education* part of physical education, this article redirects our attention to how essential pedagogical skills (styles) are to the effectiveness of our teaching practices.” An honorarium of **\$1,000** will be awarded to each author.

Professor Emerita Stella Vosniadou is one of the recipients of the **Humboldt Research Award** for 2023. The Humboldt Research Award, of the Humboldt Prize, is an award given by the Alexander von Humboldt Foundation of Germany to internationally renowned scientists and scholars who work outside of Germany in recognition of their lifetime’s research achievements. Recipients are academics whose fundamental discoveries, new theories or insights have had a significant impact on their own discipline and who are expected to continue producing cutting-edge academic achievement in the future. The prize is currently valued at **€60,000** with the possibility of further support during the prize winner’s life.

RESEARCH PUBLICATIONS



Book Chapters

Woodyatt, L. (2023). Self-condemnation and pathways to self-forgiveness. In Pettigrove, G. & Enright, R. (Eds.), *The Routledge Handbook of the Philosophy and Psychology of Forgiveness*. Routledge. DOI:10.4324/9781003360278

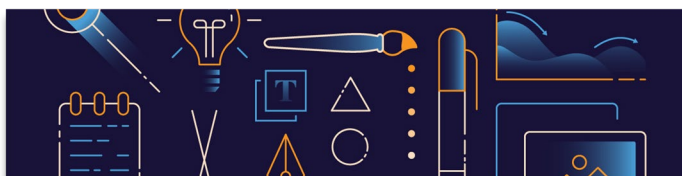
Refereed Journal Articles

Lohmeyer, B., & Threadgold, S. (2023). Bullying affects: the affective violence and moral orders of school bullying. *Critical Studies in Education*, 1-18. Doi: 10.1080/17508487.2023.2193421

Riggs, D.W., Bellamy, R., & Wiggins, J. (Online First 2022). Erasure and agency in sexuality and relationships education and knowledge among trans young people in Australia. *Sex Education*.

Russell, C.G., Burnett, A.J., Lee, J., Russell, A., & Jansen, E. (2023). Measurement is the foundation of research and theory on children's eating behaviours: Current issues and directions for progress. *Appetite*, 186, 106546. Doi: 10.1016/j.appet.2023.106546.

Wadham, B., & Connor, J. (2023). Commanding men, governing masculinities: Military institutional abuse and organisational reform in the Australian armed forces. *Gender Work and Organisation*, 1-19. Doi: 10.1111/gwao.12986



Presentations

Bastian, C., Wendt, S., Taite, R., Powell, J., Satala, J., Hart, B., & Rigney, C. (2023, March). Conference presentation *Building collaboration at the intersection of domestic and family violence and child protection: Culturally informed practice*, at the National Aboriginal Child Safety and Domestic Violence Summit 2023: Strong Families, Safety Children.

Brewer, N. (2023, February). *Fixing the eyewitness identification mess*. Invited Plenary Address, SA Bar Association Annual Conference. Tanunda, South Australia.

Carey, I., Prichard, I., & Kemps, E. (2023, April). Playful physical activity improves mood through self-efficacy, self-esteem, enjoyment and emotion regulation. Australasian Experimental Psychology Conference, Canberra, Australia.

Pill, S. (2023, March). Breakthrough Foundation Business Lunch presentation: *Big Talks for Little People playing sport*.

Pill, S. (2023, April). South Australian Health and Physical Education Conference workshop. *Touch football: Learning by play with purpose*.

Pill, S. (2023, April). Webinar- *the inherent value of physical education*. The [Society of Health and Physical Educators \(SHAPE\) America, Physical Education Pulse Network](#).

Riggs, D.W. (2023). Caring for LGBTQ young people. Webinars presented for Carer Kafé, February 10 and March 22.

Shin, M., Murphy, K., Linke, A., Taseski, D., & Kemps, E. (2023, April). Media multitasking and mind wandering. Australasian Experimental Psychology Conference, Canberra, Australia.



Dr Anne O'Shea

Spotlight Series: ECR and Mid-Career Researchers

With the aim of raising awareness of the amazing early- and mid-career researchers within our College, we will be profiling and sharing the successes of a different ECR/MCR each month. It is my pleasure to introduce to you Dr Anne O'Shea!!

Dr Ryan Balzan, ECR College Representative

When did you come to Flinders and what is your current role within the College?

I feel like I've been in and out of Flinders my entire adult life. I've worked in various part time and casual roles since completing my PhD and I'm currently working full time across three different positions. My weeks consist of two days as a Research Fellow working on an evaluation of the Statewide Paediatric Eating Disorder Service model of care; one day in the Be Well Lab; and two days in my most recent position as a Lecturer working on the development of the new Mental Health and Wellbeing (Industry and Community) course to be delivered later this year.

Can you briefly describe the work/research journey that took you to this point in your career?

I completed my undergraduate degrees at Flinders many, many years ago and had some great work opportunities from this. I spent a few years travelling and then worked in the corporate and not for profit sectors for a number of years before deciding that it was time to return to Flinders and build a career that has a direct impact on helping people. I hadn't originally intended to work in academia, but I was encouraged to apply for a PhD in Clinical Psychology which was the best decision that I could have made. I completed my PhD in 2014 and balanced a part time postdoc position and clinical work for the first couple of years before having our son, Finn. When I returned to work, I had plans to keep things simple and just focus on clinical practice, but this didn't last long and I was soon back to working a balance of clinical and research work. This is the first period of time that I have worked solely in research and teaching, and whilst I love it, I miss clinical work and will be bringing this back into the mix again later this year.

What was your favourite part of being a postdoc and what was the hardest part of being a postdoc?

I love the variety of work and opportunities that are available as a postdoc, and within the university environment. Being a part of multiple teams is also great. I have the opportunity to work with and learn from so many fantastic and inspiring people, and to build lots of relationships with colleagues at a similar career stage experiencing the same challenges. The hardest part is probably the flip side to this. With so many opportunities and it can be difficult to find time for everything, and the potential to overextend.

What is something you are most proud of?

This is a hard one to answer. I have many things that I'm proud of but probably my work as a clinical psychologist, and the projects I have worked on that have directly benefited individuals by providing access to prevention programs for eating disorders, and interventions to improve mental health and wellbeing.

What are your future ambitions?

I hope to maintain the fine balance of clinical and academic work for as long as I possibly can. I would love to continue working on research projects that deliver and evaluate mental health interventions, and teaching in the areas of wellbeing and clinical practice. I also look forward to becoming a board-approved supervisor and finding opportunities to mentor and supervise future students and clinical registrars.

How do you like to relax or spend your spare time?

Hanging out with my family and friends, finding new games and adventures to explore with Finn, eating out with friends, spending time in nature. An afternoon switched off from everything and everyone except a good book is always welcome too, just harder to achieve!

The Generations Research Initiative



Establishment of the Older Adults Advisory Panel (OAAP)

The inaugural meeting of the Generations Research Initiative Older Adult Advisory Panel (OAAP) was held on March 28 this year. Creation of the panel was aimed at involving older adults from the community in the co-production of research projects. We aim to combine our professional interests with panel members' professional expertise and lived experience, to collaborate on developing projects, funding applications, research outputs and methods of dissemination.

Convening twice a year as a group, the panel consists of 15 older adults, involved for a 3-year term. In addition to the group meetings, we plan to draw on the expertise of panel members as required. Seeking their input into project proposals and on steering committees, etc.

In this initial meeting, we discussed panel members' general priorities around research related to ageing (e.g., elder abuse, social isolation, ageism, and issues of accessibility), and agreed on a framework for how the panel will operate into the future. We look forward to better incorporating the views of older South Australians into our research, from broad strategic planning to the practical application of our findings.

Funding

Windsor, T.D., Cations, M., Bowes, N., & Goh, A. TMH: Talking Mental Health: Implementing practice to improve the mental health of older adults receiving home care services. \$199,329. ARIIA Grants program.



& Professional Services

- Lorna Hallahan contributed to a disability sector consultation on the criminalisation of coercive control, held by SA Department of Human Services, Monday 27 March 2023.
- Damien Riggs was appointed to the Board of Connecting Foster and Kinship Carers South Australia.
- Riggs, D.W., & Ciccarello, C. (2023). The challenges of online recruitment in human-animals studies: A case study of social media advertising focused on LGBTQIA people. [Animals in Society](#) blog post.

SHAPE

Sport, Health, Activity, Performance and Exercise Research Centre

SHAPE to host National Youth Sport Conference 2023

The **National Youth Sport Conference** (November 16-17, 2023) held at the Tonsley, is shaping up to be an exciting event. Abstracts and award nominations are trickling in with proposals and nominations received from local, interstate, and international researchers. The committee are working hard to secure high profile keynote speakers and formulating a social program for all delegates. Keep your eye on the NYSC2023 socials (@NYSCConf2023) for important announcements, and don't forget that [abstracts](#) and [registrations](#) are open. Don't miss this opportunity to be a part of the first [National Youth Sport Conference](#).



Keynote Presentation at AFL Gather Round



Over the weekend of 15th and 16th April, **Associate Professor Sam Elliott** was an invited Keynote speaker during the AFL Gather Round at Adelaide Oval. In his address at the Government and Industry forum attended by 100 attendees from across Australia, Associate Professor Elliott outlined a **research-informed plan to grow grassroots football for the next generation**.

International Conference Keynote Presentation

Associate Professor Shane Pill was invited to present a keynote and workshops at the **Physical, Health, Athletics and Sports Education (PHASE) Conference: United World College Thailand**, 10-12 March. PHASE is a global community of educators focused on physical education, health, athletics, sports, and experiential learning. Attendees are teachers primarily from South-east Asia International Schools. Following Shane's keynote at the inaugural conference in 2015, then called the Asia Pacific Physical Education Conference, Shane presented **The Evolution of Physical Education**, where he discussed trends, like declines in levels of movement ability in the general population, increasing tendencies towards sedentary behaviour, climate change, technology advances and increasing urbanisation and what they may mean for physical education curriculum and pedagogy in the next 10 years. During the conference, **Shane provided workshops on Teaching Touch Football Using Play with Purpose, and De-colonising Physical Education**. Shane also supported Brendan SueSee from the University of Southern Queensland in workshops on The Spectrum of Teaching Styles. Flinders University Honours + PhD student and Seymore College sport coordinator Christopher Pahl also presented at the conference. He provided an insightful workshop on use of visual thinking tools in physical education (Brendan, Christopher and Shane, pictured).



Beyond the Club

Check out the latest episodes of SHAPE's Beyond the Club Podcast:

Episode 21: **Mental Toughness & Resilience** featuring special guest Daniel Menzel
<https://open.spotify.com/episode/0VzFYF1LWhi76JnP1choyy?si=345c54daf667469b>

Episode 22: **Motivation in Sport** featuring special guest Nicole Calder
<https://open.spotify.com/episode/4E0ncJSF7yxL3XoUpyK6rM?si=0ef9dca549c44f68>



SHAPE

Sports and Performance Science Seminar: 28th April 2023

SPORT AND PERFORMANCE SCIENCE SEMINAR

ATHLETE PSYCHOLOGICAL DEVELOPMENT:

Fostering psychological skills and resources to support wellbeing alongside performance in sport

This talk will overview elements of a mixed methods program of research focused on understanding the development of psychological skills and resources to support performance and well-being in sport.

Friday 28th April 2023

1.00 pm – 2.00 pm

Studio 2, Professional Services Building,

Flinders University (behind Grind & Press cafe)

[map](#)

RSVP to sarah.crossman@flinders.edu.au

Associate Professor
Amber Mosewich

Faculty of Kinesiology,
Sport, and Recreation
University of Alberta



Amber's research interests focus on stress, coping, and emotion within the sport domain.

A key directive of her research is to understand the psychological skills and resources necessary to promote adaptive responses to stress and emotion and support athletes in attaining their performance potential while maintaining high levels of well-being.

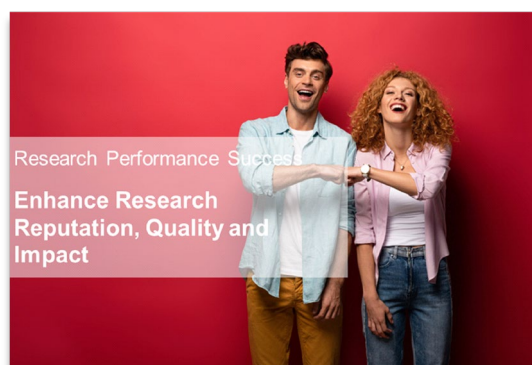


Flinders
University

SHAPE
Sport, Health, Activity,
Performance & Exercise
Research Centre

HDR student news

Introducing...**Julia Church**. Julia is a first year PhD candidate at Flinders University. Her research is looking at **how surf lifesaving clubs in South Australia are looking after the mental health of adolescent surf lifesavers**. Julia is involved with surf lifesaving, working within the surf sports arm of the organisation as a senior technical official, mentor, and assessor, and is about to engage in bronze medallion training. Julia is a member of Brighton Surf Lifesaving Club where she is the junior surf sports official's coordinator, and this is where her interest in this research was developed. As a former specialist community public health practitioner for families and young people, and mother to a young surf lifesaver, Julia is hoping to improve mental health guidelines and services for adolescents in surf lifesaving.



ResearchNow usability and support

The **Research Performance Success** team in IDS Research Engagement and Success are leading a project exploring the challenges you may face in your research journey.

We are conducting a short **3-5 minute survey** to help improve the usability and support of ResearchNow. Your response to the survey will help us to provide a better experience.

https://qualtrics.flinders.edu.au/jfe/form/SV_0e20tfQfkNfAEPc

The more response we receive – the better the improvements will be!

Social Work Innovation Research Living Space



Grants and Funding

SWIRLS is the successful tenderer to undertake a review of the operations of the **Multi Agency Protection Service (MAPS)** for **SAPOL** and other key stakeholders to examine its effectiveness in reducing the incidence and/or impact of domestic and family violence and identify a suitable future model. The aim of MAPS is to reduce the incidence and/or impact of domestic and family violence on adults, youths and children in the community through information-sharing. The funding is **\$125,423** - category 2.

Spotlights

World Social Work Day

SWIRLS recognised World Social Work Day, featuring in the Alumni Newsletter and on [Twitter](#), where Social Work TPD and SWIRLS Member, Lana Zannettino, shared her thoughts about the importance of the day.

Centre Discussions

Hayley Anderson attended the IDS Researcher Success: Research Centres and Institutes Manager Workshop on Friday 10th March, where Centres and Institutes workshopped the potential for automated reporting on centre and institute membership, income/grants, and research output by mapping the current processes and the scope of data. The discussions from this workshop resulted in SWIRLS being sought out by other Centre and Institute staff to share current operational practices, with a view to assisting in the set up and improvement of processes. SWIRLS is also assisting the new ARC Centre of Excellence for the Elimination of Violence Against Women by sharing knowledge on the set up of effective operations and systems to support the success of a newly established Centre.

HDR Advisor

SWIRLS met with the newly appointed Social Work HDR Advisor, Ben Lohmeyer, to talk about how SWIRLS can support and celebrate HDR students and how we can develop a broader sense of scholarly community. We look forward to progressing these conversations.

New Members

SWIRLS welcomes new Associate Members [Amy Marshall](#), Postdoctoral Research Fellow (Aged Care Partnering Program) CNHS and [Sharon Du Plessis-Schneider](#).

Publications: Book Discount

The recently released book **Responding to Domestic Violence** by Kate Seymour, Sarah Wendt and Kris Natalier is available with [20% off](#) until May 2, 2023.

Presentations

KWY 3 day Summit and Gala Dinner (29 - 31 March)

SWIRLS members attended and presented at The National Aboriginal Child Safety and Domestic Violence Summit 2023: Strong Families, Safer Children. The summit was held over 3 full days, including keynote speakers, and presentations by leading industry professionals. Sarah Wendt and Carmela Bastian presented with industry partners Ruka Taite, Julie Powell, Jody Satala, Brad Hart and Craig Rigney. The summit concluded with the FOCUS Awards presentations, for which Sarah Wendt was nominated for the Rosie Batty award.



Community and Professional Services

Submission to Review of the Children and Young People (Safety) Act 2017

In late 2022, SWIRLS made a submission to the Review of the Children and Young People (Safety) Act 2017. This month the Government tabled the [report](#). Over 900 people attended a consultation session, speaking with the review team, making a submission or completing the survey. The depth and breadth of responses was acknowledged by the Hon Katrine Hildyard (MP) and contributions will continue to be considered into the next phase

DV Alert Advisory Group

Sarah Wendt has been appointed to the Advisory Group for DV-alert at Lifeline. Lifeline Australia is funded by the Department of Social Services (DSS) to deliver DV-alert, a free nationally accredited training program designed to help health, allied health and community frontline workers better understand and identify domestic and family violence, and improve their referral and support skills. The purpose of the Advisory Group is to provide advice and small business subject matter expertise during the project implementation period of the DV-alert FDV Paid Leave Project.



13 April 2023. Physical Education Pulse Network (USA, peak body of the Society of Health and Physical Educators). Interview with Associate Professor Shane Pill on how physical education plays a core role in student development.

13 April 2023. Cosmos Magazine. *What was the psychological impact of school lockdowns?* Dr Grace Skrzypiec explains how pandemic lockdowns affected the wellbeing of adolescents.

6 April 2023. ABC Online, and ABC nationally (7 April). Dr Monica Cations discusses the silent issue of suicide among older Australian men as a growing concern.

4 April 2023. ABC Radio, News. Dr Julie McMillan recommends broader specialised training for autism teachers in state schools as part of SA Government's initiative for all public schools to appoint an autism inclusion teacher.

3 April 2023. Pharmacy Daily. *Autism self-check*, featuring Professor Robyn Young's comments many older Australians are now going online and finding ways to self-diagnose to negotiate the best support and health services but this could lead to a misdiagnosis.

3 April 2023. The Sport Psych Show. Interview with Associate Professor Shane Pill on the spectrum of teaching styles in sport education.

2 April 2023. 3 AW, and associated outlets. Professor Robyn Young commenting on world autism awareness day, particularly regarding misdiagnoses, and rates of diagnoses amongst older people.

2 April 2023. Link Disability Magazine. *Early detection for autism means people find the right support*, featuring Professor Robyn Young discussing the benefits of early detection of autism.

31 March 2023. ABC Radio Darwin. Interview with Associate Professor Kerry Bissaker sharing effective strategies to work with disengaged students and building school culture.

31 March 2023. ABC Gippsland and associated stations. Interview with Emeritus Professor Leon Lack discussing sleep as daylight savings draws to a close.

31 March 2023. Cruise 1323; Mix FM. Many older Australians are asking for help with autism, with more people finding ways to self-diagnosis online. Professor Robyn Young says it is important to see a specialist for a diagnosis to get the right care.

31 March 2023. 5AA. For World Autism Day (2 April), interview with Dr Julie McMillan about the need for qualified specialist educators in schools to address the diverse learning of all children, including the diversity of children on the autism spectrum.

31 March 2023. ABC Radio. For World Autism Day (2 April), interview with Dr Julie McMillan about the Autism Inclusion **Teachers** in SA and the need for qualified specialist educators in schools to sustain better outcomes for autistic children.

30 March 2023. ABC Eyre Peninsula and associated stations. Interview with Emeritus Professor John Halsey re teachers in small schools being overburdened with administration.

24 March 2023. The Coaches Network Podcast. Interview with Associate Professor Shane Pill on a game sense approach. Interview.

24 March 2023. ABC Radio Adelaide. Interview with Emeritus Professor John Halsey re current challenges for teachers and reasons as to why teachers leave the profession.

23 March 2023. Child: The real guide for parents. *Why are school attendance rates dropping?* Republished The Conversation article titled *School attendance rates are dropping. We need to ask students why*, by Dr Nigel Howard and Dr Andrew Bills.



The Mind, Body and Cognition Colloquium Series, S1, 2023

All Sessions will be held Mondays 3pm in North Theatre 4

Date	Presentation
April 24	No colloquium this week (ANZAC day Tuesday)
May 1	Psychology discipline meeting
May 8	Christina Galanis <i>Stigma in relation to behavioural addictions: Concept, processes and predictors</i> Bohua Zhang TBC
May 15	Isabella Anderberg <i>Step counts and calories: Associations among diet and fitness app use, body image, disordered eating and compulsive exercise</i> Weiyang Xiong <i>The mental health and wellbeing outcomes of domestic and international tertiary students: Findings from systematic review and meta-analysis</i>
May 22	Dr Serena Bauducco <i>Adolescents' sleep</i>
May 29	Xin Luo <i>Attentional biases in different mental states</i> Indira Carey <i>The interrelationships between movement, music and mood</i>
June 19	Professor Helen Fung <i>Improving age-related performance by making it more meaningful</i>

Finance and Procurement Services Research Finance



Research Development and Support and Flinders Finance and Procurement Services offered the '**Research Finance-principles, systems and dashboards**' presentation which focused on:

- Overview of the structure and services
- Overview of researchers' financial responsibilities
- Detailed presentation on Financial Reports
- Detailed presentation of Finance Dashboards

A recording is available on the [RDS Training Sessions](#) site.

There are future presentation dates available, as follows:

- 2 May, 10.30am-11.30am
- 27 July, 10.30am-11.30am
- 10th October, 10.30am-11.30am

The information session is an interactive MS Teams webinar.

Enrolments via [enrol](#).



Higher Degree by Research

CEPSW HDR UNSUPERVISED EVENTS



Theme: Introducing the Peer Mentoring Program

Date: 4th May 2023

Time: 3pm until 5pm

Location: Multimedia Room, The Hub, Level 1 – then the Tavern

Please join us for our catch up and **Introduction of the PhD Mentorship Program** – for HDR students, old and new! We will be joined by key academics to discuss the mentorship program. If you're interested in being a mentor, mentee, or both, or if you're just curious about the program, meet us down at the multimedia room at 3pm on the first Thursday of May 2023.

This is the third of our **"First Thursday each Month"** engagements with CEPSW HDR Students, planned for 2023. On the next page you'll find the schedule for 2023. Please keep a look out for our meeting requests, which will be sent in due course. We also expect additional activity may be added during the year.

CEPSW HDR Coordinator

Associate Professor Helen McLaren, College of Education, Psychology and Social Work
Telephone: Office +61 8 8201 3025 | <http://www.flinders.edu.au/people/helen.mclaren>

CEPSW HDR Contacts

A reminder that if you have any concerns or questions that you might not feel comfortable asking your supervisor, please get in touch with any of the committee members and we will help you as best we can or point you in the right direction.

Student Committee: epsw-hdr-sc@FLINDERS.onmicrosoft.com

Education: catherine.litchfield@flinders.edu.au; glen.fernandes@flinders.edu.au

Psychology: georgina.maddox@flinders.edu.au (Chair); lucy.bird@flinders.edu.au; sam.antoniades@flinders.edu.au; david.nicoll@flinders.edu.au

Social Work: tess.cunningham@flinders.edu.au

Link to CEPSW HDR FLO page: <https://flo.flinders.edu.au/course/view.php?id=56481>

Twitter: <https://twitter.com/EPSWHDR>

HDR Spotlight

This month we'll hear from one of our PhD student on their HDR journey so far: Glen Fernandes.

HDR Spotlight on Glen Fernandes

Education PhD Candidate, HDR Student Committee member

What is the overview of your PhD?

I did not know what I wanted to study at university, changing majors many times, from nanotechnology to sound engineering. Sampling subjects from lots of different disciplines helped me gain a greater clarity for what inspired me.

Sport was a huge part of my life until I could no longer play due to injury. While recovering from reconstructive knee surgery, my mental health was in a real slump. I wanted to learn more about how I could improve it, so I did an elective about the psychology of surviving and thriving. The content from this topic really resonated with me; so much so that I changed my major the next semester.

From there it was full steam ahead. I switched to a non-contact sport and became the co-president and head-coach of the Flinders University Table Tennis Club (FUTTC) while completing my Bachelor in Psychology. I went on to accomplish a first-class Honours in Sport, Health, and Physical Activity. My honours thesis was part of larger multi-sport project investigating youth-sport, parenting, and club cultures. I have officially commenced my PhD in March, and I'm keen to see what the future holds!

What are you doing for your PhD? What have you enjoyed so far? Why did you start?

Let me work backwards here, before "googling it" was a verb (to my parents' great annoyance), I have always been curious in the "why" of things. This curiosity has seen me take a professional interest in the intersection of sport, psychology, and performance. I am at the very beginning of my PhD which focuses on investigating peak performance in sport, the impact of cognitive training, and flow-states in sport. I am always inspired by watching experts performing in their area of mastery; this inspiration fuels my passion to study peak performance. I have really enjoyed developing my research and academic skills, all while being a part of supportive, inspirational, and cutting-edge research team at the SHAPE research centre.

What's one major thing you wish to accomplish?

Apart from finishing my PhD, I hope to be able to generate and contribute some new knowledge to the sport psychology literature. I want to make my research accessible, actionable, and applicable to everyone, especially athletes, coaches, and practitioners in performative domains. I would also like to organise an inter college tournament to find out which college at Flinders has the best table tennis players.

What advice do you have for someone starting their PhD?

Talk to other PhD students. If you do not have a HDR social network, you can find a supportive bunch of PhDs in the HDR student committee! We meet on the 1st Thursday of every month. See you on the 4th of May at the Multimedia Room in the Hub.







Glen Fernandes
PhD Candidate,
Research Assistant &
Casual Academic



Head Coach & Co-President
Flinders University
Table Tennis Club

HDR 2023 Program of Events

Date	What's on	Who's there	Where? <i>Subject to change, check your emails</i>	Unsupervised?
4 th May	Introducing the PhD Mentorship Program	HDR Coordinator and HDR Students	Media Room in the Hub 3-4pm, then Tavern	
1 st Jun	Q&A with peers on Confirmation of Candidature	HDR Students	Media Room in the Hub 3-4pm, then Tavern	
6 th Jul	Q&A with researchers on Research Groups & Research Culture	CEPSW Research Institute/ Centre members & HDR students	Media Room in the Hub 3-4pm, then Tavern	
3 rd Aug	Q&A on Mid-Candidature Review	HDR Students	Media Room in the Hub 3-4pm, then Tavern	
7 th Sept	Q&A on presenting at Conferences	Seasoned Academics, HDR Coordinator & HDR Students	Media Room in the Hub 3-4pm, then Tavern	
5 th Oct	Q&A on Final Thesis submission	HDR students	Media Room in the Hub 3-4pm, then Tavern	
2 nd Nov	Annual HDR Student Conference	Academics, HDR Coordinator, HDR Students	Venue TBA All day event	
7 th Dec	HDR & FiMWELL joint X-mas catch up	Members of FiMWELL & HDR Students	Media Room in the Hub 3-4pm, then Tavern	

Research⁷
Link for funding searches