



# PERSEDIAAN MINDA DAN PSIKOLOGI SEBELUM PENGAJIAN

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# PERSEDIAAN MINDA DAN PSIKOLOGI SEBELUM PENGAJIAN



# Mindset Preparation

Wrong mindset, and it takes forever to finish PhD



Accept responsibility  
for your actions.  
Be accountable for  
your results.  
Take ownership of your  
mistakes.  
[LightboxLeadership.com](http://LightboxLeadership.com)

When applying...

- Right INTENTION
- Right MINDSET
- Right ATTITUDE
- Right READINESS

**PhD is ALL about YOU!**



## Mindset Preparation



- Matured
- Ability to focus and concentrate
- Disciplined
- Independent
- Hardworking
- Innovative & Creative
- Critical Thinking
- Available (time)



## Adakah anda sudah bersedia????



- Mengharungi perjalanan 3 tahun (PhD) & Satu Tahun Setengah (Sarjana)
- Secara Mental dan Fizikal.
- Berubah dari Dunia PEKERJAAN ke Dunia PELAJAR PASCASISWAZAH
- Untuk GOT (Graduate On Time)
- Mengharungi hidup sebagai seorang pelajar PhD dan Sarjana.



## Panduan Pengajian...

- Tiada Istilah “Last Minute dalam Pengajian PhD & Sarjana”
- Perasaan “ Isolation”. – Dapatkan rakan pengajian
- Boredom (Kebosanan) – ketika tahun pertama pengajian
- Frustration
- Kerja-kerja tertunggak
- Perasaan Up & Down

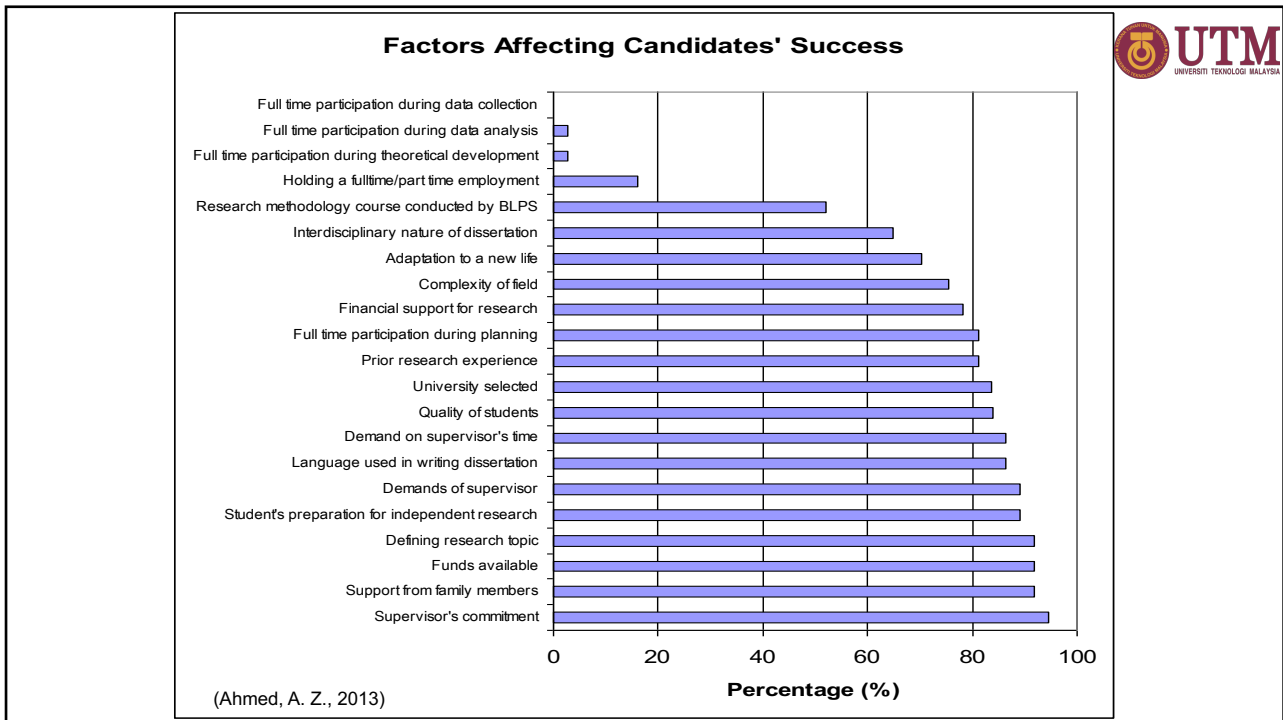
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Anda bersaing dengan **MASA!**,  
**DIRI SENDIRI!** dan  
**PERSEKITARAN!, KELUARGA!**  
bukan dengan  
**RAKAN SEPERJUANGAN**

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## Challenges in Graduate Education

No.	Factors
01	Failure & Non-completion
02	Delay in completion – Completion Gap
03	Students (Numbers, Behavior, International)
04	Area of specialization
05	Work load & Institutions
06	Resistance to supervisor professional development
07	Quality deterioration

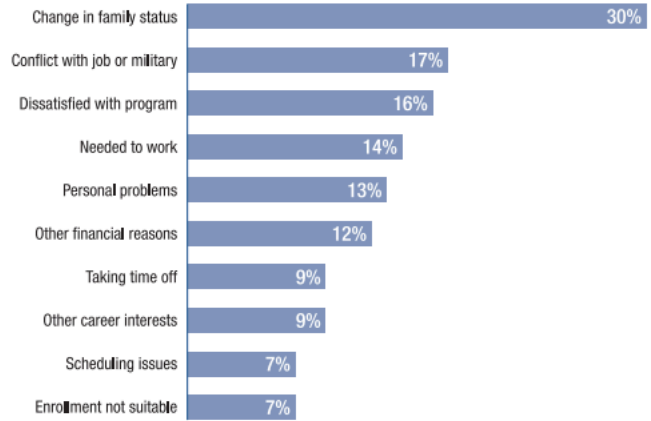
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# Challenges...

Figure 4

## Reasons for leaving graduate school



**Note:** Respondents could select more than one category, hence the percentages add to more than 100%.

Source: Nevill, S. C., & Chen, X. (2007). *The path through graduate school: A longitudinal examination 10 years after bachelor's degree*. (NCES No. 2007-162). Washington, DC: National Center for Education Statistics, U.S. Department of Education.

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## THE BEST YEARS OF YOUR LIFE

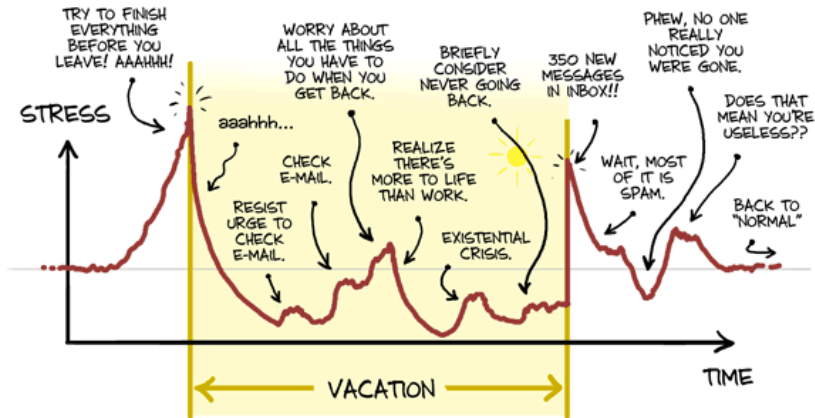


JORGE CHAM © 2013



WWW.PHDCOMICS.COM

### VACATION RELAXATION?



WWW.PHDCOMICS.COM

JORGE CHAM © 2009

# PENGURUSAN KELUARGA, EMOSI DAN PENGAJIAN





## Komitmen!!!

- Komitmen bersama **Keluarga**
- Komitmen bersama **Sponsor**
- Komitmen Bersama **Supervisor**
- Komitmen kepada **Diri Sendiri**
- Komitmen kepada **Tuhan**

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## Pengurusan Keluarga dan Pengajian

- Uruskan keluarga sebaik mungkin sebelum dan semasa pengajian samada pelajar yg bujang atau yang telah berumahtangga.
- Bujang – Komitmen kepada IBUBAPA, ADIK BERADIK dan lain-lain.
- Berumahtangga –Komitmen kepada isteri/suami dan anak-anak.

Shattering the myth: Raising kids is a stumbling block to pursuing a PhD  
Lessons I have learned while working towards my PhD with three young children



The decision to pursue a PhD in science with three little kids was of course a difficult one. When I began my PhD program two years ago, my oldest child was 3 and my youngest just 2 months.

Nonetheless, it turned out to be a blessing in disguise. Many of us are not audacious enough to take initiative after having kids. We assume that children will be a stumbling block on our way to excel.

However, for many people, children and higher studies are quite manageable simultaneously, though the journey will require more effort, persistence and management. One of the most common reasons people remain reluctant is they believe it would be extremely incommodious. It's very important for us to challenge that perception.



Bushra Jamil is pursuing her PhD in Nanobiotechnology and Microbiology at [Comsats Institute of Information Technology \(CIIT\)](#), Islamabad Campus, in Pakistan

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## Pengurusan Keluarga

- Evaluate the options: maids or babysitters vs. daycare centers
- Studies with kids made me more conscious of my time management
- When you busy – you will have more time! – 25 hours in a day
- Punctuality always put me in good stead and brought discipline to my life. When you have to manage many things simultaneously, nothing can be more rewarding than punctuality
- Don't feel guilty for not being a best mum

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**GAGAL MENGURUSKAN  
KELUARGA boleh  
menyebabkan anda  
GAGAL dalam  
PENGAJIAN**



**Pengurusan Keluarga dan Pengajian**

- Bincang sebaik mungkin dengan keluarga.
- Keluarga perlu FAHAM tentang HIDUP seorang pelajar PASCASISWAZAH (balik lewat, buat tesis, makan tak tentu dll)
- Jelaskan kepada keluarga anda sebaik mungkin.
- Restu Ibu, bapa dan suami/isteri adalah penting



## Pengurusan Keluarga dan Pengajian

- Bawa sekali keluarga bagi yang tidak boleh bersendirian. Sokongan keluarga penting dalam pengajian.
- Uruskan keluarga sebaik mungkin sebelum pengajian bermula.
- Persediaan minda perlu sekiranya berjauhan dengan keluarga.



## Pengurusan Pengajian

**Komitmen bersama SPONSOR (B. Tajaan KPM)**

- Target untuk GRADUATE ON TIME (GOT)
- Sentiasa peka pada dateline mengisi progress report.
- Sekiranya ada masalah, bincanglah dengan sponsor.
- Jangan sembunyikan masalah dengan sponsor.
- Tunjukkan komitmen yang tinggi.

## Pengurusan Pengajian

### Komitmen bersama SUPERVISOR (PhD dan Master)

- Target untuk GRADUATE ON TIME
- Patuh pada MASA (Dateline) dan PERTEMUAN.
- Hormati “Guru”
- Sering bertanya dan jujur dengan SV

## organize meetings and make them happen!

### WHEN TO MEET WITH YOUR ADVISOR Is there ever a good time?

#### Beginning of the week

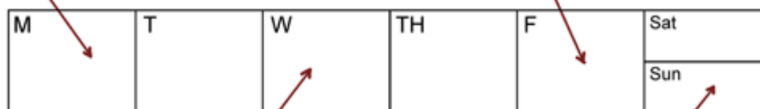
**Pro:** Get it over with quickly

**Con:** You have a guaranteed date with work on Sundays

#### End of the week

**Pro:** You might actually have something to show by then.

**Con:** You might not (!)



#### Mid-week

**Pro:** Good balance. Gives you time to work on feedback

**Con:** Your advisor will probably not show up (actually, this might be a pro)

#### Saturday/Sunday

**Pro:** There is no "pro".

**Con:** Your advisor is a workaholic maniac. Good luck with that.



## Pengurusan Pengajian

### Komitmen bersama DIRI SENDIRI

- Jaga kesihatan DIRI.
- Jangan terlalu STRESS sehingga menjejaskan diri sendiri.
- Reward yourself apabila mencapai sesuatu dalam penyelidikan.
- Sentiasa bergaul dengan rakan PASCASISWAZAH lain.



## Pengurusan Hubungan dengan Tuhan

### Komitmen kepada PENCIPTA

- Solat awal waktu
- Berzikir dan solat sunat
- Solat Tahajjud
- Husnuzon kepada ALLAH



## Pengurusan Masa

- Amat penting
- Masa cepat berlalu
- Jangan Tangguh kerja
- Lakukan Jamak Taqdim
- Belajar bekerja dengan pantas
- Jalan pantas

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## Strategi Pengurusan Masa

- Menulis tesis walaupun masa lapang hanya ada 10 minit – ketika menunggu flight, ketika menunggu kain di basuh, menunggu anak keluar sekolah, etc.
- Tulis sahaja apa yang difikirkan walaupun ayat tidak lengkap dan kemas.
- Sentiasa ada buku nota kecil atau gunakan Notes dalam hp.
- Sentiasa risau mengenai pengajian – dan lakukan sesuatu setiap hari untuk mengurangkan kerisauan
- Dapatkan teman yang boleh untuk anda berkongsi masalah
- Sediakan to-do-list setiap hari.

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## Pengurusan Emosi

“Wahai umat manusia! Sesungguhnya telah datang kepada kamu al-Qur’an yang menjadi nasihat pengajaran dari Tuhan kamu, dan yang menjadi penawar bagi penyakit-penyakit batin yang ada di dalam dada kamu, dan juga menjadi hidayah petunjuk untuk keselamatan, serta membawa rahmat bagi orang yang beriman.”

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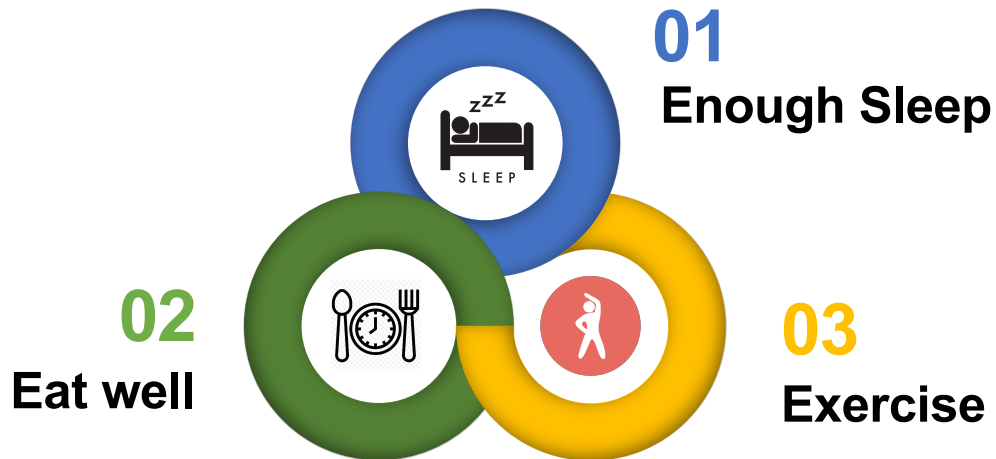
## Strategi Pengurusan Emosi

- Tekanan emosi boleh dikurangkan dengan - cukup rehat, cukup tidur, pemakanan yang seimbang dan senaman yang konsisten serta mempersiapkan diri secukupnya untuk menghadapi tekanan
- Sentiasa berfikiran positif dan bersangka baik
- Menentukan keutamaan dalam kehidupan dan pengajian pada masa tertentu.
- Mengurus masa dengan bijak
- Menentukan masa istirehat yang produktif
- Jangan hutang kerja – selesaikan kerja dahulu sebelum bercuti
- Redha
- Banyakkan berzikir dan berdoa
- Solat tahajjud dan taubat serta hajat
- Husnuzon dengan ALLAH dan penyelia serta keluarga dan rakan-rakan
- Mohon restu suami, ibu bapa

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## Staying Healthy!



**MOTIVASI DIRI DAN TIPS KEKAL  
BERMOTIVASI**

## Mengapa anda menyambung pengajian???



Source: <https://www.findaphd.com/>

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## Tips

- Anda mesti mempunyai pemikiran yang anda inginkan PhD tersebut.
- Percaya akan kebolehan diri
- Usaha tangga kejayaan
- Dapatkan bantuan rakan atau pakar

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### What Can I Say To Myself?

Instead of...	Try thinking...
• I'm not good at this.	• What am I missing?
• I'm awesome at this.	• I'm on the right track!
• I give up.	• I'll use some of the strategies we've learned.
• This is too hard.	• This may take some time and effort.
• I can't make this any better.	• I can always improve, so I'll keep trying.
• I just can't do math.	• I'm going to train my brain in Math.
• I made a mistake.	• Mistakes help me to learn better.
• She's so smart. I will never be that smart.	• I'm going to figure out how she does it so I can try it!
• It's good enough.	• Is it really my best work?
• Plan A didn't work.	• Good thing the alphabet has 26 more letters!

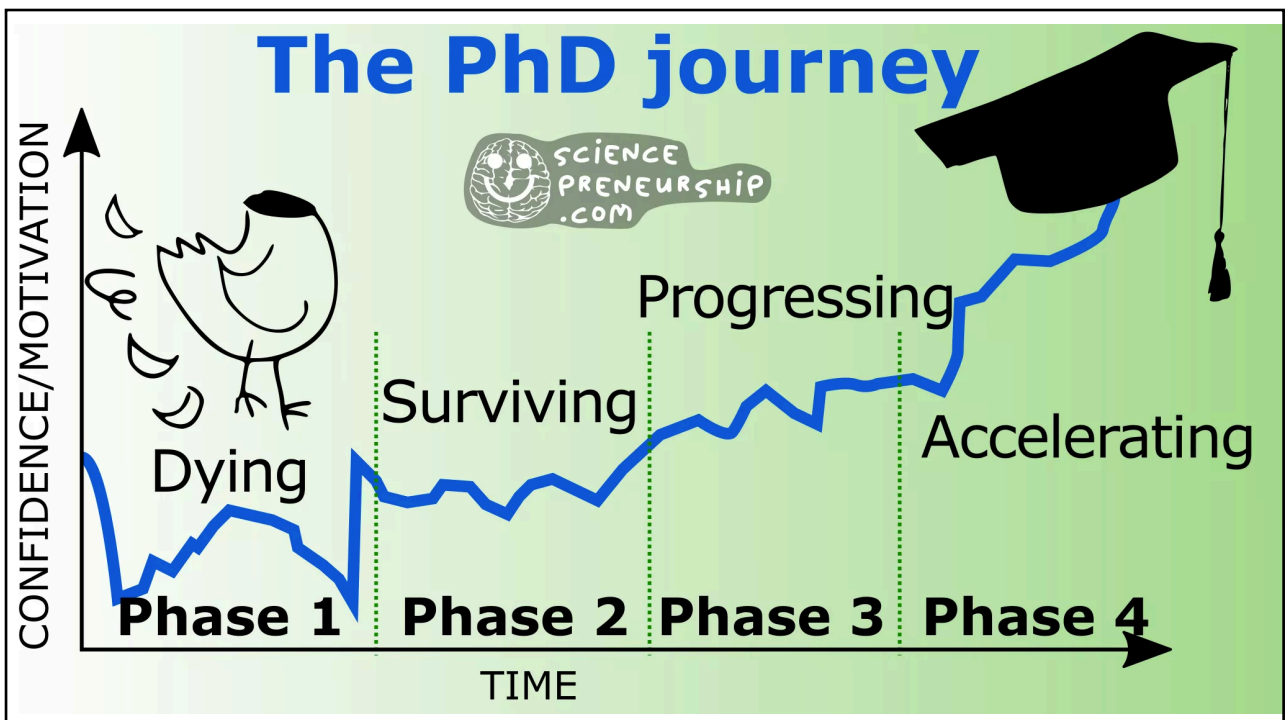
### BUILDING SELF-ESTEEM WHILE RECOVERING FROM DEPRESSION

1. Set daily goals or have to do list. This provides you with a sense of accomplishment.
2. Schedule activities in a calendar or timetable. This gives you structure and a reason to wake up.
3. Focus on your good qualities. Write a list of positives about yourself every day.
4. Use positive affirmations about yourself e.g "I am overcoming this," "I am in control".
5. Ask for mental health help or talk to family and friends. Get the professional help you need.
6. Change your physical location. Step outside the house if you can. It interrupts the monotony.
7. Be creative, or do things that distract your mind.
8. Get moving. Even a short walk around the block is beneficial.
9. Be around people. It makes you feel like you're part of the world.
10. Volunteer. It gives you a sense of purpose.

Fay Agathangelou HealthyPlace.com



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## 7 RULES OF LIFE

1. Make peace with your past so it does not affect the present.
- 2. WHAT OTHERS THINK OF YOU IS NONE OF YOUR BUSINESS.**
3. TIME HEALS MOST THINGS; GIVE IT TIME.
4. Refrain from comparing your life to others and from judging others. You have no idea what their journey is all about.
- 5. Sometimes it is alright to not know the answer. It may come to you when you least expect it.**
- 6. YOU ARE IN CHARGE OF YOUR HAPPINESS.**
- 7. Smile. Try not to own all the problems in the world.**



## Improve Your Self-Esteem

### Start with a Positive Morning

Start your day with an affirmation, meditation or an activity that you enjoy.  
Set a strong, positive tone for your day!

### Cheer Yourself On

When you do something well or make a good decision, celebrate it. Give yourself the proverbial pat-on-the-back for a job well done!

### Take Care of Yourself

Spend at least 10 minutes a day doing something that feeds your soul. Reading, writing, meditating, whatever it is, make it a non-negotiable!

### Become a Master

If there's something you really enjoy doing, do it more! Building a mastery of a craft (baking, yoga, dog training, etc) makes us feel worthy & valuable.

[www.BreakthroughMindandBody.com](http://www.BreakthroughMindandBody.com)



# TIPS KECEMERLANGAN

**How many good jobs will disappear before you have a Ph.D.?**


**How old do you want to be while still being a student?**

**How long can you delay starting a family or bringing home a real paycheck?**

**How many years of fellowship support do you have left?**

**Students ... The clock is ticking!**

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Factors contributing to the loss of research candidates 

**Brown & Atkins (1990)**  
commitment given to life outside their research among the part-time students.

**Brown & Atkins (1990)**  
difficulties with methodological skills, problems of isolation

**Wisker (2001)**  
Personality Factor  
Life Demand & Crises  
**STUDENT**

**Wisker (2001)**  
Research questions and areas  
Access to research subjects, contacts and contexts  
**RESEARCH**

**Wisker (2001)**  
Lack of genuine research culture  
Departmental facilities and arrangement  
**ECOSYSTEM**

**Wisker (2001)**  
Professional guidances  
Mentors & Experts  
**SUPERVISOR**

**Hillage & Aston (2001)**  
Lacking of confidence, fear of failure, lack of confidence in own learning abilities

**Hillage & Aston (2001)**  
Financial constraints – direct and indirect costs (fees, transportation, books, childcare)

**REALITY**

# Mismatch!

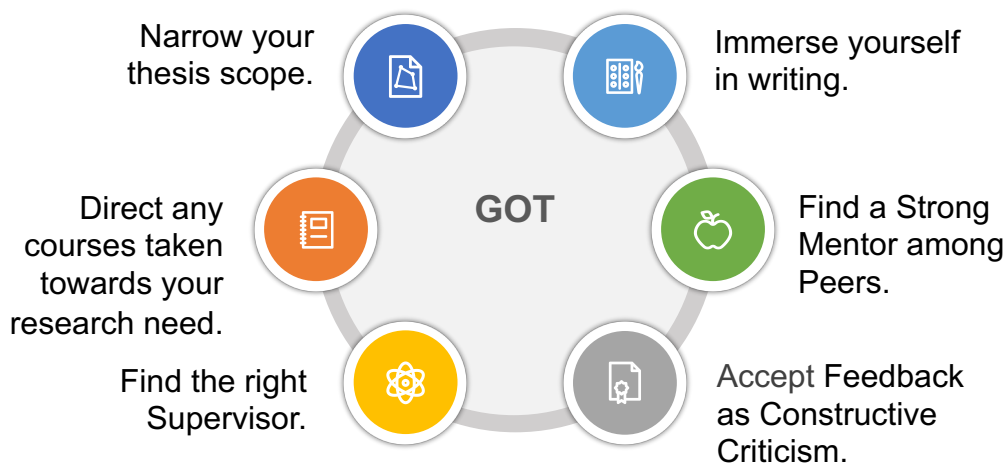
## Roles of Supervisor

Supervisors expected their students to be independent and possess an intellectual capacity suitable to that of a research candidate at a postgraduate level

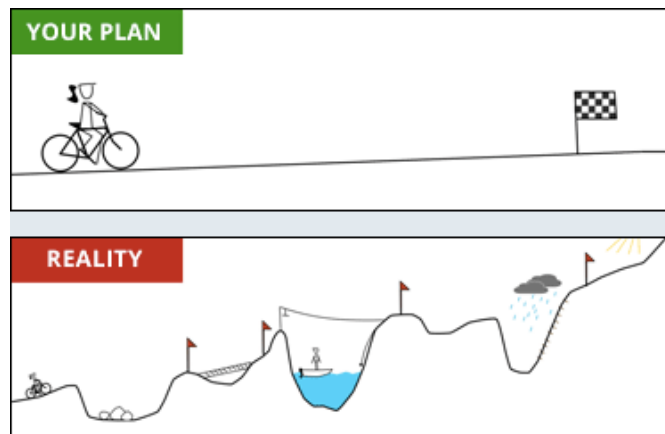
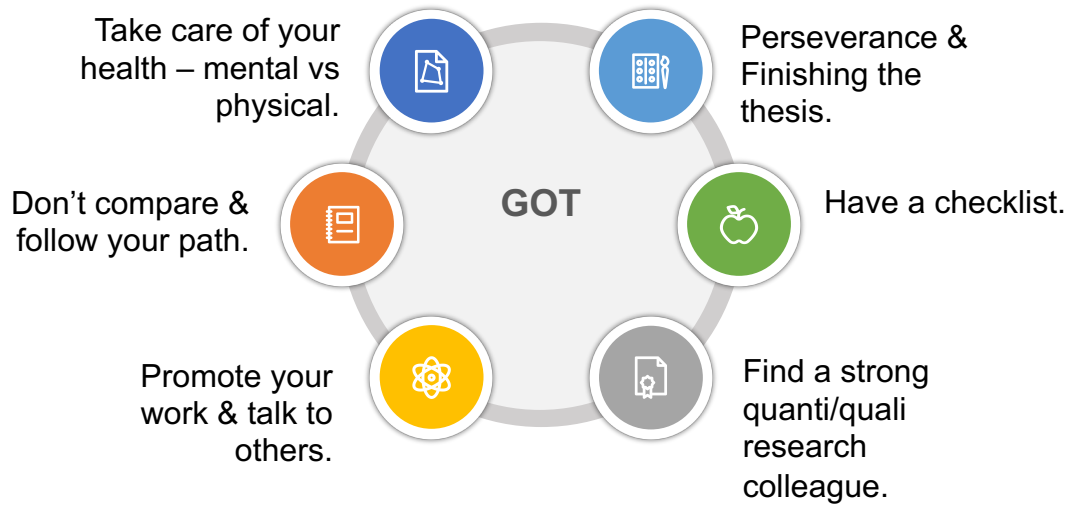


The candidates were dependent on their supervisors and required important decision making to be done by the supervisors

## Tips for GOT



# Tips for GOT







## Acknowledgement

- Prof Dr. Rose Alinda Alias (TNCAA UTM)
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Thank You

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