Own your PhD project
...and have some fun in the mean time

School of Computer Science and Communication Breakfast Seminar – Part 2

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Aspects of your PhD research

....Previous breakfast meeting
Session 2: The art of communication

A.S.A.P. - THE GRAD STUDENT VERSION:

GET THIS DONE AS SOON AS POSSIBLE.

TRANSLATION: YOU SHOULD HAVE DONE THIS YESTERDAY.

A.S.A.P. - THE PROFESSOR VERSION:

I WILL REVIEW YOUR PAPER AS SOON AS POSSIBLE.

TRANSLATION: I’LL GET IT DONE SOME TIME THIS CENTURY.
Dealing with Change
Getting a PhD is a *change* process

- Getting a degree or Initiation as an academic?
- 4-5 years in crucial part of your life
- Emigrating, moving, new life
- During a PhD one can change insights, morale, partners, peers, friends

- But your supervisor(s), topic and end goal remain.....most often

➢ Core question: what is your own influence?

➢ Are you the master of your own *reality*?
Getting a PhD is a *change* process

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➢ Core question: what is your own influence?

➢ Are you the master of your own *reality*?
REALITY?
“The images, assumptions, stories, beliefs which we carry in minds about ourselves, other people, institutions, every aspect of the world ........“
Mental Models

• How do I look at the world?
• How do I look at science and scientists?
• What are my own mental models in relation to my PhD project?
• Do I wait for things to happen to me? Or do I proactively look for solutions?
• Do I worry about things I can’t influence? Or do I focus my energy on what I can influence?
• What are my own mental models in relation to the attitude I have?
• What attitude do I have? What attitude should I consider adopting?
• What do I expect from myself in order to be successful in getting my PhD?
• What do I expect from others in order to be successful in getting my PhD?
• Should I consider changing some of my perspectives? If so, which ones? If not, why not?
• How am I going to deal with ‘difficult / defining moments’ in the years to come?
Effective Communication
‘It takes a change of mind’

<table>
<thead>
<tr>
<th>FROM</th>
<th>TO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assuming there is only 1 way to understand complex problems</td>
<td>Assuming there are different ways to understand complex problems</td>
</tr>
<tr>
<td>Assuming your point of view is complete</td>
<td>Assuming your point of view is incomplete</td>
</tr>
<tr>
<td>Regarding your point of view as a fact that should be obvious to others</td>
<td>Regarding your point of view as a hypothesis to be explored with others</td>
</tr>
<tr>
<td>Minimizing concerns and finding ways to bypass them</td>
<td>Actively seeking others’ concerns</td>
</tr>
<tr>
<td>Discounting criticism and see it as a threat</td>
<td>Using criticism to continually improve</td>
</tr>
<tr>
<td>Searching for data that serves only your opinion</td>
<td>Searching for data that might alter your opinion</td>
</tr>
</tbody>
</table>
Awareness Test
Mindset of Communicating?

Aim for better relationships

Value input from others

Aim for mutual understanding

Learn from others

.....?
Communicate with others on the basis that ‘every human being makes sense to him/herself’
• Advocacy & Inquiry
• Ladder of Inference
• Left Hand Column (LHC)
• Advocacy & Inquiry
• Ladder of Inference
• Left Hand Column (LHC)
Advocacy – key steps

• Clearly state what you want to say ...
• Reveal the thinking behind what you want to say ...
• Invite others ...
• Truly listen ...

Inquiry – key steps

• Clearly state what you want to ask ...
• Reveal the thinking behind why you ask ...
• Try to really understand ...
• Truly listen ...
• Advocacy & Inquiry
• Ladder of Inference
• Left Hand Column (LHC)
Adopt Beliefs

Draw Conclusions

Make Assumptions

Select Data

Observable Data

Take Action
Tips for using the Ladder of Inference:

- Listen for conclusions or opinions – your own and others
- Listen for the underlying assumptions – your own and others
- Listen for the data. Give your data. What data you have selected
- Make your reasoning process explicit and ask others to be explicit in theirs
- Use High Quality Inquiry to walk others up & down their ladder
- Use High Quality Advocacy to walk others up & down your ladder
• Advocacy & Inquiry
• Ladder of Inference
• Left Hand Column (LHC)
### Screening Your Inner Dialogue

<table>
<thead>
<tr>
<th>What you think</th>
<th>What you Say</th>
</tr>
</thead>
<tbody>
<tr>
<td>“What a stupid question, how can he even think that?”</td>
<td>“I probably can ...”</td>
</tr>
<tr>
<td>Assumption:</td>
<td></td>
</tr>
<tr>
<td>“If I tell him, he is going to be angry with me”</td>
<td></td>
</tr>
</tbody>
</table>

**Left-Hand Column**

**Right-Hand Column**
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