These resources are designed to help you navigate your way through your higher degree research program. They have been produced by the Graduate Research School in partnership with HDR candidates and Counselling and Psychological Services at UNSW.

**Tips and strategies**

HDR candidates share their tips and strategies for making the most of the HDR experience [Duration 3:17]

**HDR Candidate/Supervisor relationship**

The HDR Candidate-Supervisor relationship is arguably the most crucial relationship while undertaking an HDR Degree. Hear from past candidates and staff on how to approach and manage this relationship. [Duration 2:13]

**Common challenges**

Undertaking an HDR degree can be a challenging yet fulfilling experience. Hear from past students and staff members about the challenges they faced and how they overcame them. [Duration 2:48]

**Resources**

Gain tips on how to manage your candidature

Procrastination modules by the Centre for Clinical interventions. See the Procrastination module in Mind Smart as well.

Beyond Blue, excellent starting place to help identify challenges. Follow up with an appointment with a Candidature management officer or a Counsellor at UNSW

Mind Spot: online support with a therapist

Need help? Contact the GRS Candidature Management Officer for your Faculty

**Self reflection space**

Taking charge and reflecting on your HDR experience is the first step in solving any problems or challenges.

If you need help contact the GRS Candidature Management Officer for your Faculty or make a free confidential appointment with the UNSW Counselling staff.
Mind smart

Self-help videos and guides

Individual appointments
Counselling