

Postgraduate Education President Report

Namesh Kumar

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Item	Measure	Target	Actual
TUSA Meetings	Attendance	1	1
UTAS Meetings	Attendance	1	1
UTAS Committees	Attendance	2	2
TUSA Events/Trainings	Attendance	0	0
Miscellaneous Meetings	Attendance	0	1
Media Communications	Participation	0	0
UTAS Events/Orientation	Participation	0	0
Community Events/Rallies	Participation	0	0

Narrative update (FOR PUBLICATION):

The "Shut Up & Write" (SUAW) sessions are now in full swing, held every Monday and designed specifically for postgraduate (HDR) students looking to enhance their writing productivity and stay connected with their peers. Whether you're stuck on a chapter, polishing a draft, or simply struggling to carve out distraction-free time to write, SUAW offers the perfect solution. These sessions are based on the Pomodoro technique—four focused 25-minute writing sprints, each followed by a 5-minute break. This structured format helps boost concentration, reduce procrastination, and make writing feel far less isolating. But SUAW is more than just a writing session—it's a community. During the short breaks, students stretch, chat, and share insights about their research journeys. These moments of informal connection have become an invaluable part of the experience, offering encouragement, accountability, and camaraderie.

Since launching with just two attendees, interest and participation have grown steadily, with more students joining each week and word spreading quickly. Students consistently report that SUAW helps them stay on track with their writing goals and feel less alone in the process. Calendar invites are sent out each week to help students lock the time into their schedule, making it easier to commit to regular, focused writing time. We're also in discussions with the Graduate Research Office to potentially launch in-person SUAW sessions in the future, expanding both reach and impact. If you're a postgraduate student juggling writing deadlines and looking for structured support—and a few friendly faces along the way—SUAW is for you. Come along, bring your laptop, coffee, and to-do list, and experience how productive and motivating this space can be.

I met with Jesse Gardner, who is the National President of the Council of Australian Postgraduate Associations (CAPA). The conversation with Jesse provided me with insights into postgraduate societies and the need to gather feedback through student surveys so that HDR students' voices are heard and represented. I also met with Chris Dunn of the Graduate Research Office (GRO) to discuss collaborating. We discussed how TUSA could have a stronger presence at HDR orientation events as well as networking events. This would provide the new and ongoing postgraduate students with helpful information and support at the beginning of their research experience. Chris appreciated this suggestion and agreed to include the Postgraduate President in planning and communicating for future events.

We discussed the GRO AI chatbot on Microsoft Teams. The chatbot is being tested now. It desires to give more concise and easy-to-read information regarding TUSA support and student services for HDR students. It will become more helpful to students who require instant answers. Another well-received proposal was to begin "Shut Up & Write" (SUAW) sessions in person. I spoke about the successful online SUAW program and requested for more support from GRO.

In short, we discussed creating an online forum for postgraduate students. The forum would enable HDR students to gather, discuss their experiences, pose questions, and assist one another in less formal settings. Chris provided helpful feedback and considered how they could assist with running the forum and developing the site.

There is a strong focus on exploring the involvement of the HDR students and on increasing their wellness and engagement. My overall vision is to assist in responding more effectively and addressing the true needs of our postgraduate students.