

GUIDE FOR LEARNING IN THAILAND HIGHER EDUCATION FOR SAFETY AND ETHICAL CONSIDERATION (SCI&TECH)

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OUTLINE

1. Understanding Thai culture
 2. Introduction to campus resources and services
 3. Academic expectations and requirements
 4. Academic Integrity and avoiding plagiarism
 5. Time management and organization
 6. Cybersecurity and online safety
 7. Mental health and well-being
- Extra point: Understanding your supervisor/advisor

UNDERSTAND THAI CULTURE

<https://siam.recipes/blogs/news/essential-guide-to-thai-food-culture-and-eating-customs>

- Thailand is a Buddhist-majority nation.
- A strong emphasis on respect for elders, teachers, and authority figures.
- Thai greeting "Wai" demonstrates respect.
- Dress politely when visiting religious sites or attending formal university events.



INTRODUCTION TO ACADEMIC RESOURCES AND SERVICES

- Global Affairs and Corporate Communication Center (GACC) or Faculty International Affairs Office
- Library
- Study space and quiet zone
- Internet databases
- Office of Digital Innovation and Intelligent Systems (licensed software) at <https://diis.psu.ac.th/licensing>
- Coffee shops, co-working space



ACADEMIC INTEGRITY AND AVOIDING PLAGIARISM

- Properly **cite all sources** using university/journal-approved referencing styles.
- **Paraphrase and summarize** information in your own words, giving credit to the original source.
- Uphold academic integrity by avoiding **plagiarism**, which can result in disciplinary action.
- **Data fabrication** is the act of making up data or results, while **data falsification** is the act of manipulating data (maybe partly), research materials, or processes to give a false impression. Both are considered **research misconduct** and are primary concerns in avoiding it.

EXAMPLE OF REJECTED AND ACCEPTED MS

- Show **Turnitin** (before revision) and Turnitin (after revision) in

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MS2\revisedmanuscriptforbioresourcetechnologyjournal\remssubthermophilic\New folder\BITE

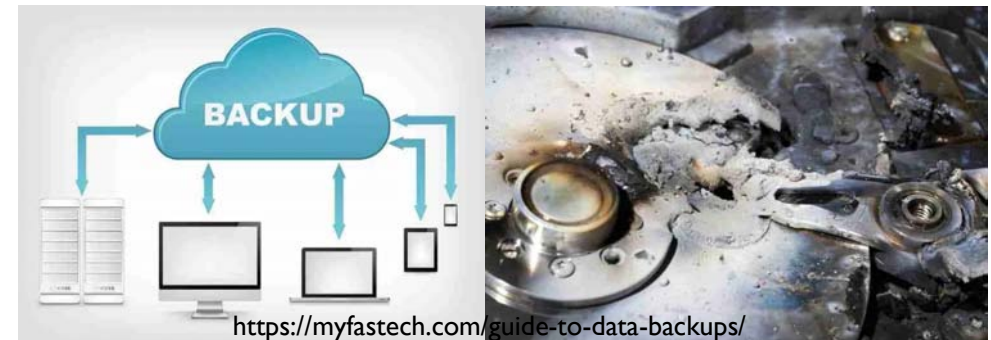
TIME MANAGEMENT AND ORGANIZATION

- Develop a study schedule that **prioritizes** classes, assignments, and personal well-being.
- Utilize time management **tools** like calendars, planners, or to-do lists to stay organized.
- Communicate effectively with professors and classmates regarding **deadlines and workload**.



CYBERSECURITY AND ONLINE SAFETY

- Use strong and unique passwords for all your online university accounts.
- Be cautious about opening suspicious links or downloading unknown files.
- Beware of phone or internet **scams** that try to trick you into giving them money or personal information.
- **Backup!!** (often and keep them in separate places)



MENTAL HEALTH AND WELL-BEING



- Prioritize your mental health by getting enough sleep, exercising regularly, and eating nutritious meals.
- Utilize university resources such as counseling centers or student support groups.
- Maintain a healthy work-life **balance** to avoid burnout and maintain focus on your studies.

CONCLUSION

- Graduate study is a stepping stone to achieve career goals
- Everything is a training/practice to make perfect. Making mistakes is still ok.
- Build network and friends. You won't believe how it works out later in life.
- It will most likely be the last time of your college life. Enjoy it while it lasts.



Q&A

If there is time, and extra material on Understanding your supervisor will be given.

Research Methodology

DR LEO-PAUL VAURS

With permission from
Dr. Leo Vauris

Overview of the semester content

1

Introduction to Research Methodology

2

How to manage your supervisor?

3

How to communicate about your research?

4

The literature review: the starting point of your research

5

How to quickly and efficiently read journal articles?

6

The process of starting a research project

7

Identifying variables

8

Formulating and testing hypotheses

9

Research design

10

Data collection

11

Selecting sample

12

Working with data

13

Writing, proposal, thesis and papers

14

Ethics in research

How to deal with your supervisor?: Understand your interlocuter to better communicate with him/her about your research

- 1 How much time you got from him/her?
- 2 Understand your supervisor
- 3 What is the role of your supervisor?
- 4 What is NOT the role of your supervisor?
- 5 How to communicate with your supervisor

First series of questions

At which frequency you are able to see your supervisor (every day, every week, every year)

Do you think this is enough?

How often would you like to see him?

Personal experience and retrospection



That was me before my PhD, last year of Master

I was not ready at all to be left alone for a PhD without guidance, I was totally immature

So I expected a lot from my supervisors, and misunderstood the role a supervisor should have

Personal experience and retrospection



Prof Charles Banks

The first year I had 1 meeting of 45min every week

Then 1 meeting of 45min every 2 weeks.

At first I was thinking that It was not enough

Plus:

- He was always canceling my meetings
- He never remembered what I was working on (once he even forgot my name)
- He was always screaming at me
- I was sending him desperate emails with no answer
- He was not giving me any guidance



I was very angry at him



At the end of my first year, I really thought about **quitting** my PhD



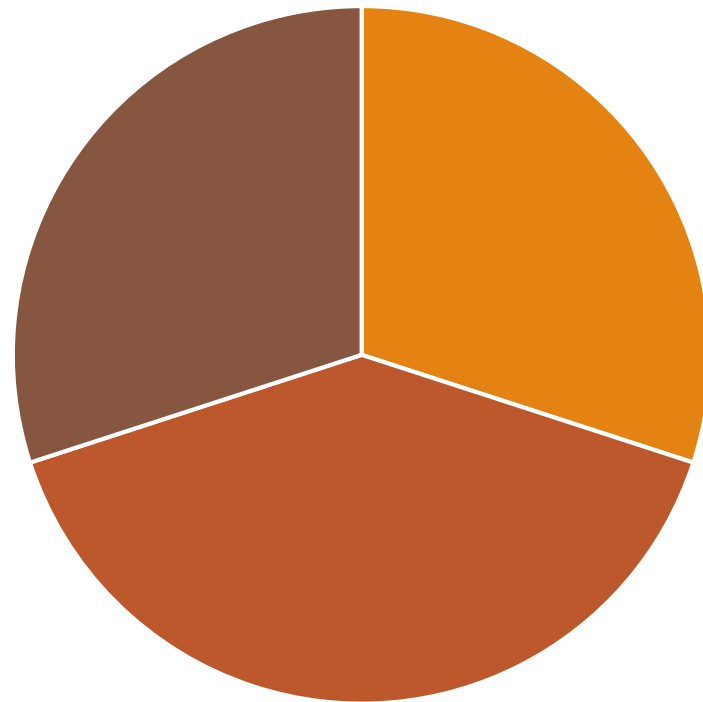
Understand your supervisor

A (good) supervisor must:

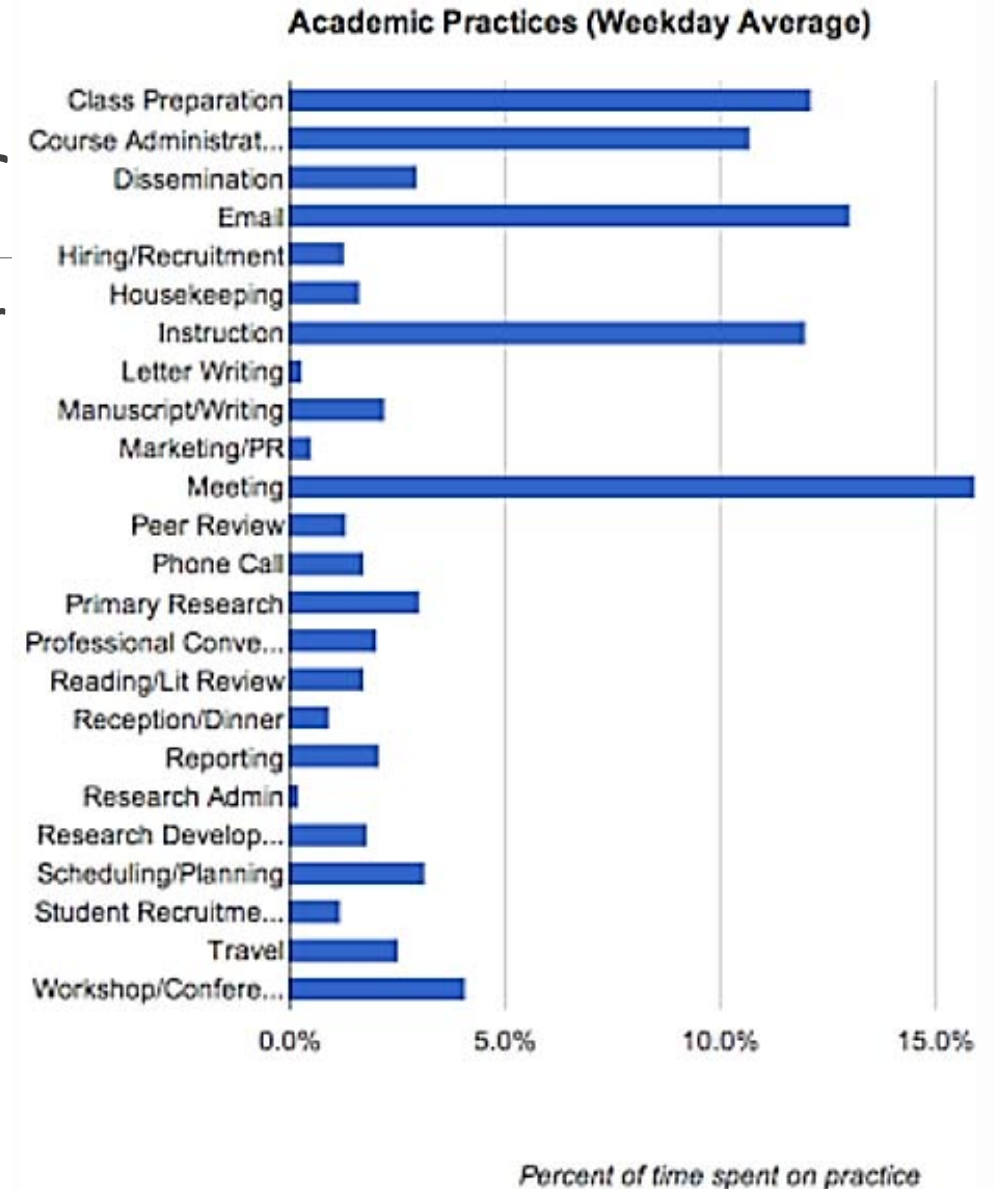
- Teach several subjects. For 1h of class → 4-5 h of initial preparation. 1h every time to update and recall what it about. Plus time where he is physically in the class
- Reply to hundred of emails per day
- Attend to meetings/Go to seminars, conferences
- Get fundings for you and his research. Rule of thumb: max you will only get 20% of the grants you apply for. 1 grant application = 30h
- Conduct research and write papers.
- Do academic services
- Supervise undergraduate, master and PhD students: Mine had 25 PhD students
- Nowadays, we also have to actively recruit students

Understand your supervisor

An average professor at University work a **minimum of 60 h per week** (from Mckenna 2018, (Ziker, Wintermote et al. 2014))

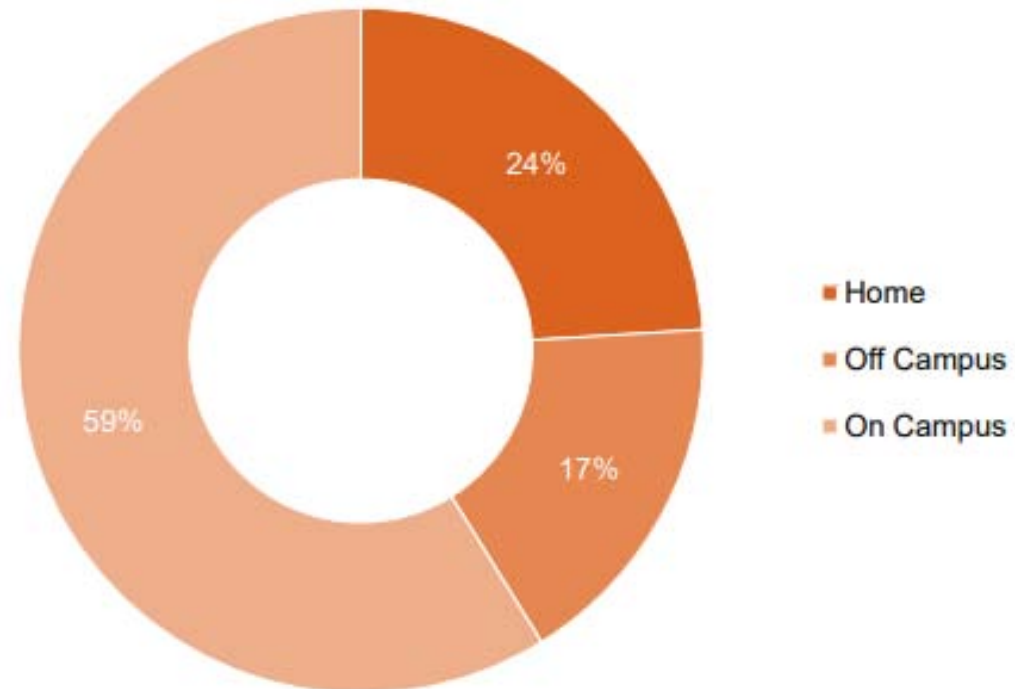


■ Going to meetings/replying to emails ■ Teaching related task ■ Other



Understand your supervisor

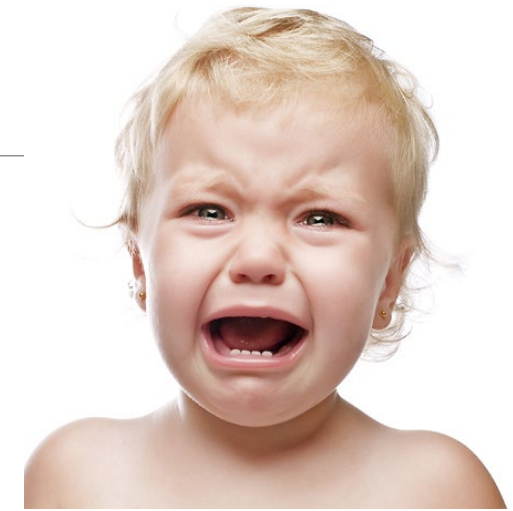
Proportion of Work Time by Place



Understand your supervisor

But he is also a normal human like you and me, with perhaps:

- Family (and crying babies at home)
- Hobbies
- Problems

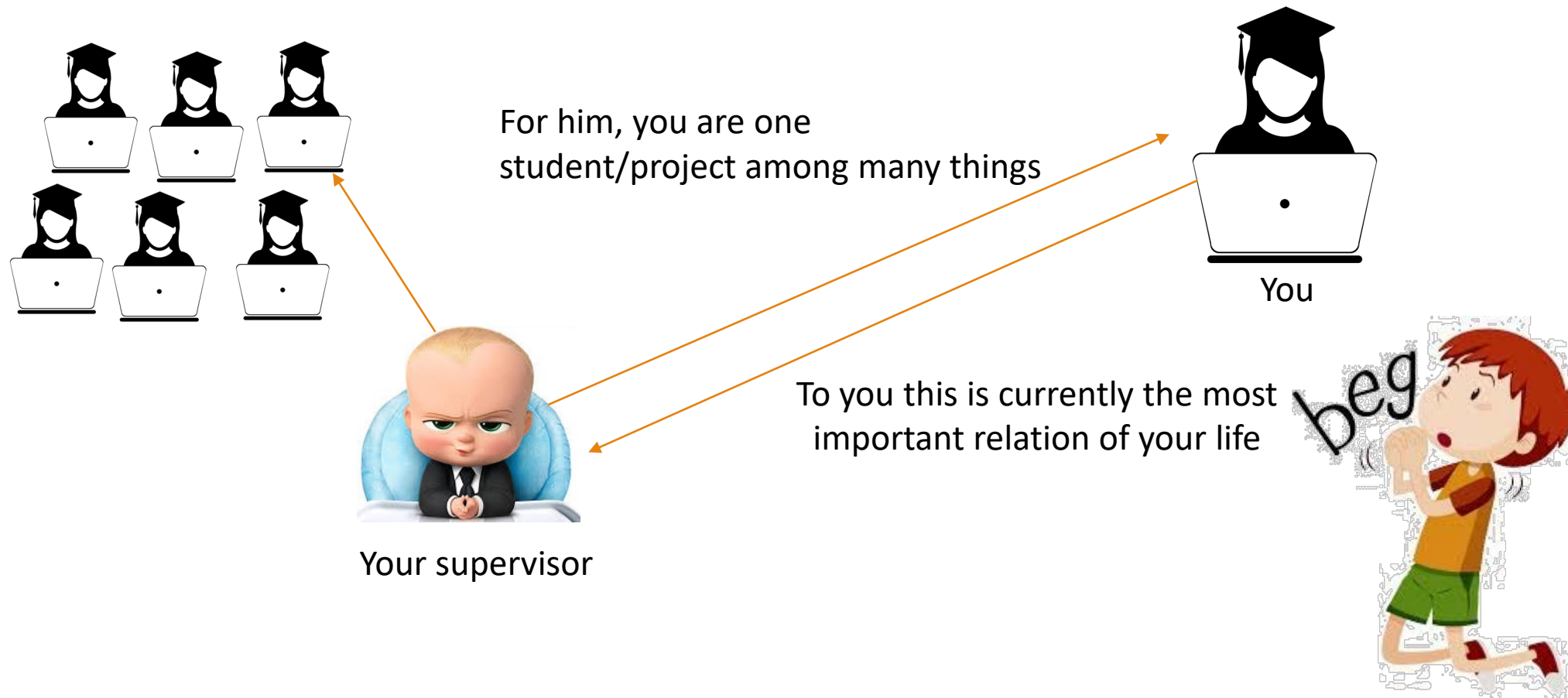


Understand your supervisor

Conclusions:

- Be grateful for the time your supervisor is giving you he/she does not have a lot
- Don't forget that he very likely already spent a lot of time to get your fundings
- Learn how to make the most of this time

Understand your supervisor



The different types of supervisors

To my point of views they are 7 types of supervisors:

Type 1: The Know-it-all

Type 2: The Absent Supervisor

Type 3: The Perfectionist

Type 4: The Very Hands-on Supervisor

Type 5: The Pessimist

Type 6: The Friend

Type 7: The Coach

The different types of supervisors

Type 1: The Know-it-all

Ex: “I see your point of view but I think you should do the following....”

“Yes but no”

Advantages	Disadvantages
They have a lot of knowledge And experience	Not always 100% right Sometime they are blinded by their ego

The different types of supervisors

Type 2: The Absent (Ghost) Supervisor

Those who are never here because too busy

Advantages	Disadvantages
Really good reference to you Your research will have big visibility	Not often here when you need them

The different types of supervisors

Type 3: The Perfectionist

Those who criticize every aspects of your work

Advantages	Disadvantages
Will help to make the most of your research Will give you very useful feedback	Can negatively affect your confidence

The different types of supervisors

Type 4: The Very Hands-on Supervisor – The no-life supervisor

Very hardworking supervisors, send you emails/phone call on weekend or late at night

Advantages	Disadvantages
They are normally very involved in your work which can be useful when you have problems	May negatively impact your independence process

The different types of supervisors

Type 5: The pessimist

Ex: “This will probably not work but you should try it anyway”

→ they can be indecisive as well so don't really make decision

Advantages	Disadvantages
They will not be disappointed if something does not work They will not fill you with false hope	May negatively impact your confidence and enthusiasm Lack of guidance

The different types of supervisors

Type 6: The friend

Someone who will always tell you all the things you want to hear

Advantages	Disadvantages
Nice person to deal with They will be supportive, and they are understanding	Not know the gravity of situation and how to deal with bad news and much needed criticism

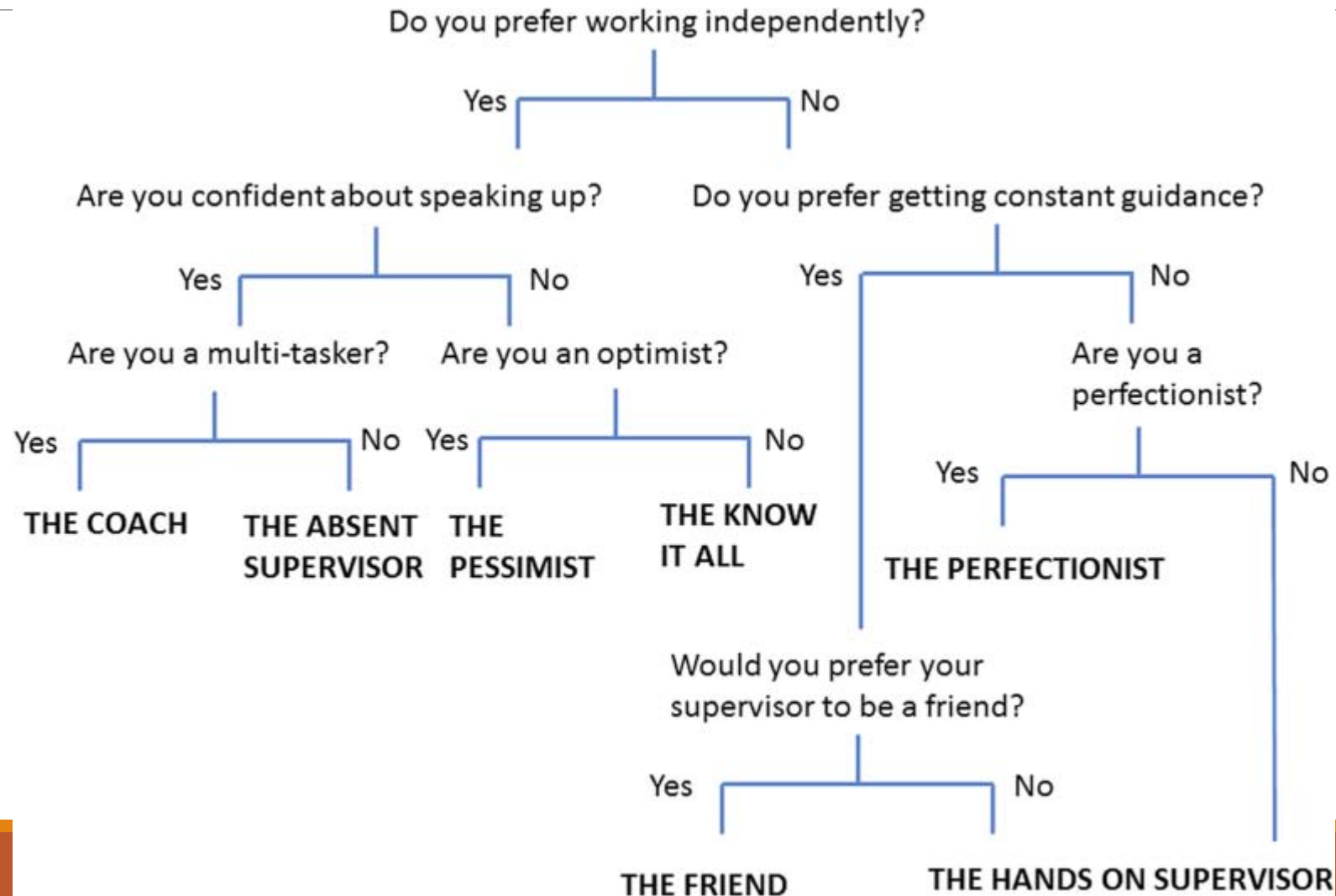
The different types of supervisors

Type 7: The coach

Supervisor who are involved in the growth of the student in all aspects of their life. Supervisor will encourage you to go on training courses, to present your work and get you involved in community/departmental engagements.

Advantages	Disadvantages
You will be involved in many different aspect of academia You will gain multiple skills	Don't forget that research should be your main focus

What is your best fit?



The different types of supervisors

A supervisor could be mix of several types

Activity: With you neighbor identify which type is your supervisor. Which are the problems you are experiencing with him, and how you can solve them



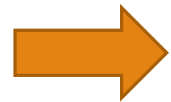
By Teacher Ale Lara.

The different types of supervisors

Type 1: The Know-it-all

Ex: “I see your point of view but I think you should do the following....”

“Yes but no”

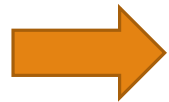


Come very prepared to a meeting, to make sure you are confident in what you are going to present
Talk with professionalism
Fight for your ideas

The different types of supervisors

Type 2: The Absent (Ghost) Supervisor

Those who are never here because too busy



They normally read emails, so keep him update about what you do, to give them a chance to response and be involved

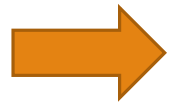
Try to fix regular mettings, even by skype/line when they are not around

Seek for support from your comittee

The different types of supervisors

Type 3: The Perfectionist

Those who criticize every aspects of your work



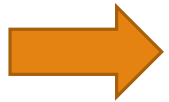
Analyze how severe is the situation, if not bad →
If serious, accept the criticisms
Listen to the complaints for a few minutes then
direct the conversation toward something you have done well, or How to
solve the problem



The different types of supervisors

Type 4: The Very Hands-on Supervisor – The no-life supervisor

Very hardworking supervisors, send you emails/phone call on weekend or late at night



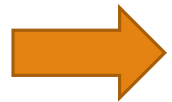
Talk to him about reasonable boundaries between your personal and professional life

The different types of supervisors

Type 5: The pessimist

Ex: “This will probably not work but you should try it anyway”

→ they can be indecisive as well so don't really make decision



Take leadership of your project

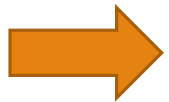
Try to find out why they think this or this wont work and what it will take for them to be satisfied

When you meet him offer him multiple options

The different types of supervisors

Type 6: The friend

Someone who will always tell you all the things you want hear



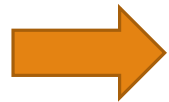
Filter too big compliments

Come with your own criticism of your work to discuss with him

The different types of supervisors

Type 7: The coach

Supervisor who are involved in the growth of the student in all aspects of their life. Supervisor will encourage you to go on training courses, to present your work and get you involved in community/departmental engagements.



Prioritize what is important to you and your research
Be strong and tell him NOOOOOOOOOOOOOOOOO

What is the role of your supervisor?

Question for you

What is **NOT** the role of your supervisor?

- A supervisor is not here to tell you what to do. You are not a technician
- He is not a teacher
- He is not here to write your thesis/papers
- He is also not your editor. *You should not expect him to correct your English*
- If your work is not at standard, he is not here to “fix” your work
- Your supervisor is not here to use you for his own research

“A master or PhD thesis is the first step into **scientific independence**” (Dr Erik Strub, University of Cologne)

→ Don't forget that you might one day tell your colleagues/students what to do?
What if you are not able to do this yourself?

What is the role of your supervisor?

- He is an expert in your area BUT not necessary in your topic:
 - Otherwise, what the point of you doing this research?

You can expect quality advice at least at the beginning of your research:

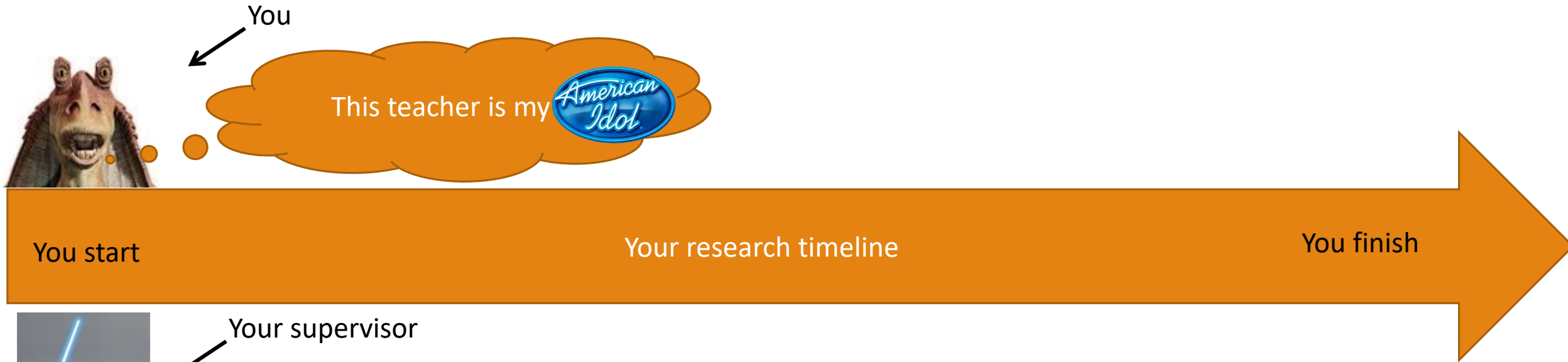
What papers to read?	What your first experiment be?
Which equipment to use?	are my research ideas/objectives good enough?

- He is here to challenge you, to make you stand for your research and work and measure the strength of your argumentation/methodology
 - You have to fight for your idea.
- He is here to give you feedback on your work during meetings or when reading your thesis/papers
- He is here to guild you and give you support

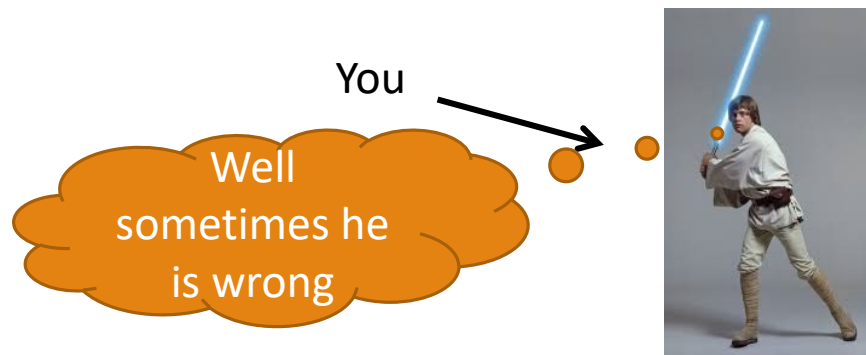
What is the role of your supervisor?



What is the role of your supervisor?



What is the role of your supervisor?



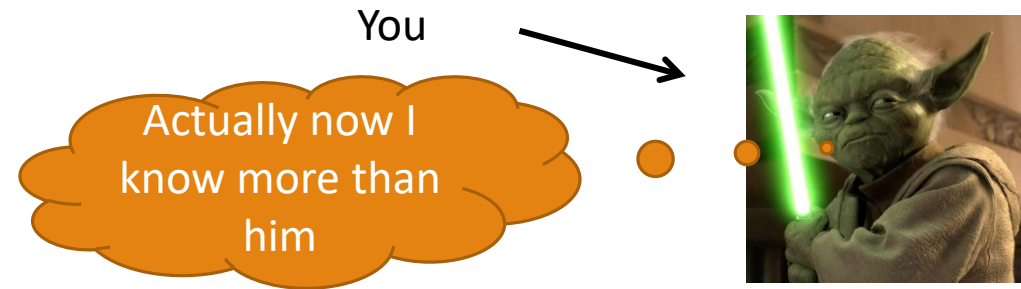
You start

Your research timeline

You finish



What is the role of your supervisor?



You start

Your research timeline

You finish



How to communicate with your supervisor?

You should leave the meeting with:

- A clear idea of what you have done right or wrong
- What to do next
- And how to start

References

Mckenna, L. (2018). "How hard do professors actually work?". Retrieved 2019-03-19, from <https://www.theatlantic.com/education/archive/2018/02/how-hard-do-professors-actually-work/552698/>.

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