Transcript: **Sean Cowlishaw** – PhD

Now I guess unlike a lot of other postgraduate degrees, a PhD is a very individual experience there’s no coursework, there’s no training, it’s very much self directed and you drive your own research and you drive your own learning. Now in that respect, I believe that the experience is determined much more by the people around you. I had two supervisors who brought I guess very diverse and complementary perspectives to my research projects. One was very adept with the theoretical work and I guess the background literature while another one of my supervisors was very effective and very good at guiding me through the applied stages of the research. Now I was part of a research group here as well which meant I had a lot of other staff members and PhD students surrounding me and basically, there were always people around me when I needed, when I needed direction, consultation and I guess even just to bounce ideas off different people. I guess in particular thinking about my two supervisors, they were always avaialable when I needed, they were I guess based on campus for most of the time. So in terms of getting access to supervision to consultation, they were either around in the offices for the most part or you know I only needed to send off an email and I got a very quick response and basically they were collaborators on my research. So it was more like working in a team with people that I could learn off and I guess I could work under.

Now I know La Trobe has a number of areas of expertise including a very effective and excellent academics in the fields of social psychology and developmental psychology. And I guess for potential postgraduate students looking at La Trobe. If they can find the right area of expertise and also the right match in terms of personality style with I guess their supervision team the school here is very well resourced, very very supportive and I think it provides all the opportunities necessary to create a very positive experience doing the post graduate degree.