

## Activity: The ‘Transitions’ model, post-viva

The activity below is based on the concluding chapter of Kay Guccione and Jerry Wellington’s *Taking Control of Writing Your Thesis: A Guide to Get You to the End* (Bloomsbury, 2017). In this chapter, Guccione and Wellington invite readers to ‘take some time to review what you have gained and could take forward with you from your time spent, sifting for useful ways of working that you can take with you, and letting any ineffective thoughts or behaviours go.’ This ‘Transitions’ model is made up of three phrases, and we would encourage you to think about their implications with respect to your work in the viva, and throughout the thesis as a whole.

**i) The ending.** *What ways of working have you enjoyed, but will now be leaving behind? What mistakes have you made? What do you wish never to be involved with again?*

**ii) The ‘neutral zone’.** *What will you maintain, what worked well, and what have you perfected? What positives can you take forward? How will you utilise these positives in your future role(s)?*

**iii) Beginnings.** *What new ways of working will you need to become familiar with? What will you need to learn to do? Which doctoral experiences can you use as a basis for expansion into new learning?*