

How I Finished My Dissertation (Fall 2022)

Dannon G. Cox, Ph.D.

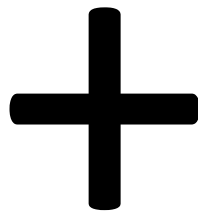


Objectives

- **Discuss the processes to completing a dissertation**
- **Tips / advice for the dissertation process**
- **Provide example of dissertation presentation**
- **Discuss questions regarding dissertation**

WTF is a Dissertation?!?

- **Ability to conduct research**
A good dissertation is a done dissertation
- **Extremely detailed and organized manuscript**
Could someone repeat your study?
- **Personal interest + gap in knowledge**



Standard Dissertation



Introduction

Literature
Review

Methods

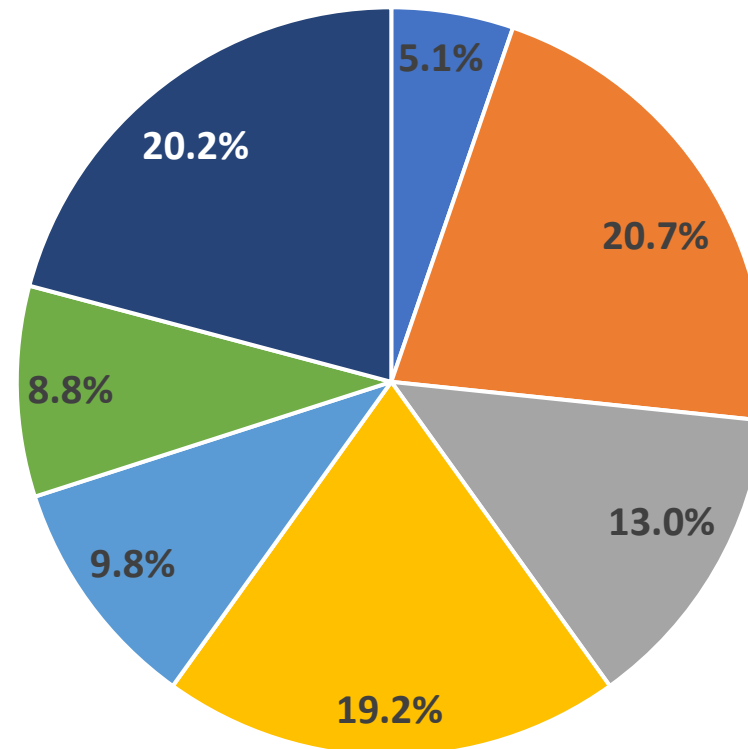
Results

Discussion

References

Appendix!

	Pages
Introduction	10
Literature Review	40
Methods	25
Results	37
Discussion	19
References	17
Appendix	39
Total	193



not a sprint...

not a marathon...

...but a triathlon



Dannon G. Cox – Ph.D. Gantt Chart



✓	Tasks / Activities	Reminders / Tips	2018												2019												2020							
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun		
	Plan of Study (POS)	Advisor Signature required	Progress									Progress	Strict Deadline	Progress																				
	Create Committee	Discuss with advisor / peers	Progress																															
	Committee Change	Multiple signatures required													Progress																			
	Written Comps	Use campus resources if possible (e.g., Writing Center)	Progress			Strict Deadline	Progress		Progress																									
	Oral Comps	Schedule with Grad School	Progress																															
	Write Proposal	Consider dissertation style	Progress									Progress	Strict Deadline	Progress																				
	Defend Proposal	Schedule with Grad School	Progress												Progress				Progress															
	IRB	Anticipate changes / amendments	Progress												Progress				Progress															
	Collect Data		Progress																															
	Write Dissertation		Progress																								Progress				Progress		Strict Deadline	
	Defend Dissertation		Progress																								Progress				Progress		Strict Deadline	
	Signature Page		Progress																								Progress				Progress		Strict Deadline	
	Editor		Progress																								Progress				Progress		Strict Deadline	
	Send to Graduate School		Progress																								Progress				Progress		Strict Deadline	

Key	
	Progress
	Strict Deadline



FIRST THING TO DO...ORGANIZE

zotero



Custom

Info	Examples
Author	Smith & Jones
Year	2017
Keywords	Physical Activity Courses, Case Study, Technology
Description	<ul style="list-style-type: none">• Conceptual vs/ theoretical• Methods• Results



Comprehensive Exams (Comps)

- Choose committee (remainder of program)
- Knowledge of all previous course work
- Program specific



Written



Oral

Schedule
with Grad
School





Comprehensive Exams (Comps)

Tips



- Establish Definition of Terms
(e.g., Digital Media, Constructivism)
- Know what to expect from committee
- Aim to publish manuscripts (if applicable)
- **It's okay if you 'do not pass'**



Comprehensive Exams (Comps)

Tips



- Ask the Library!
- Go to Writing Center (Ross Hall)
- Go to SRM Lab (McKee)
Quantitative & Qualitative
- Schedule reasonable dates
(i.e., not summer)
- Annoy the Grad School

Standard Dissertation

Edit

Graduate School

Formatting Your Thesis & Dissertation Using Microsoft Word



Setting Up Your Document

Formatting Your Document

Setting Up Your Table of Contents

Adding Page Numbers

Setting Up Your Document

Microsoft Word Overview

Graduate School

Section Breaks

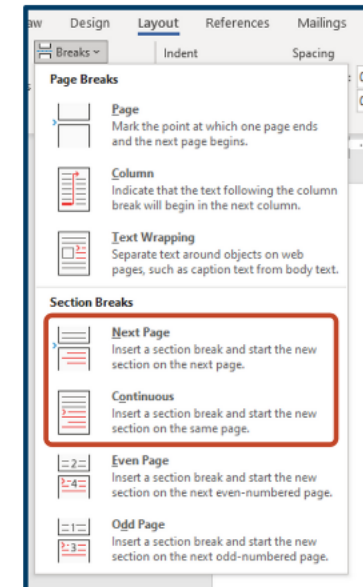


Section breaks are used where you need to change the format, such as page numbering such as the preliminary section from the chapters, or change from portrait to landscape for a large table or figure.



Setup

- Place your cursor at the end of the page where you need the break
- Go to the Layout tab
- In the Page Setup section, select the Breaks drop down
- Select "Next Page" when you want to change the numbering style, such as at the end of the Preliminary Section.
- Select "Continuous" when inserting a landscaped page in the middle of the document or inserting a larger page size for a musical score. Continuous Section Breaks are mostly used for columns within the document. NOTE: It is discouraged to use Continuous Section Breaks within your document.
- For landscape pages, you must enter another section break at the END of the landscape page to change settings back to Portrait layout. Same may apply to a different paper size for musical scores.



Dannon G. Cox – Ph.D. Gantt Chart



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	Signature Page		Progress							Progress		Progress			Progress																			
	Editor		Progress																															
	Send to Graduate School		Progress																															

Key	
	Progress
	Strict Deadline

Dannon G. Cox – Ph.D. Gantt Chart

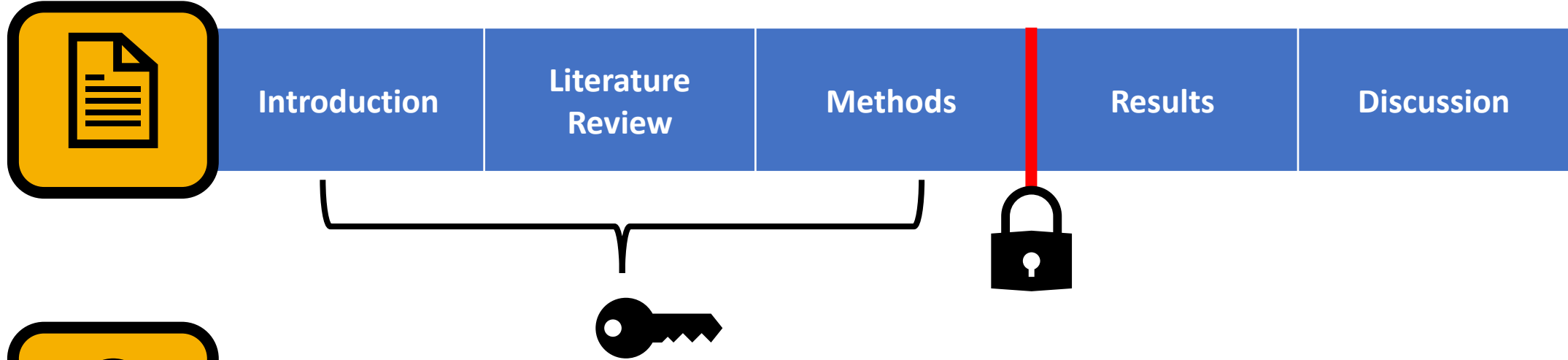


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	Signature Page								Progress		Strict Deadline																					
	Editor																				Progress											
	Send to Graduate School																				Progress											

Key	
	Progress
	Strict Deadline



Proposal



Find examples of similar dissertations



Proposal



Find examples of similar dissertations

Title:



Implementing Digital Media as a Pedagogical Tool
in University Physical Activity Courses

Digital Media Pedagogies

Physical Activity Courses

Case Studies



Proposal



- Outline / List all necessary content of proposed dissertation
- Regularly meet with advisor
- Write daily
- Be **uniquely** colorful
- Keep references organized...



Proposal

recite

Reference checking made easy

[Pricing](#)

[Product Tour](#)

[FAQ](#)

[Login](#)

**Checking citations takes hours.
With recite it takes seconds.**

(we've already checked 174,987,092 citations)

Login
safely with Google

or

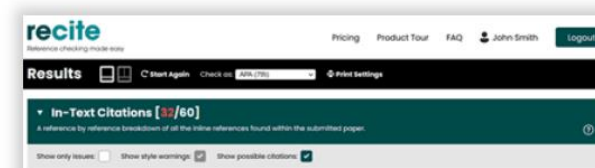
Demo
with a sample paper

Reference checking made easy

What does **recite** do?

Very simply, Recite checks that your in text citations match the reference list at the end of your work.

In 2 clicks you get this:





Proposal

Plan Ahead



Proposed Phases			
Phase	Action/Procedure	Timeline	
Preparation Phase	Establish rapport and preparation with administration	February 2019	
	Obtain IRB approval	May 2019	
	Design and organize QPD evaluation for workshop	May – July 2019	
	Conduct digital media PD workshop	August 2019	
	Phase I: Data Collection/Data Analysis	Invite Participants/Collect Consent and Information Forms	Week 0 (~August 19, 2019)
		Schedule Interviews	Week 0-1
		Interview/Document Collection #1	Weeks 1-2
	Observation #1	Weeks 4-5	
	Technology Journal #1	Week 5	
	Interview/Document Collection #2	Weeks 7-8	
	Technology Journal #2	Week 10	
	Observation # 2	Week 11-12	
	Interview/Document Collection #3	Week 15-16	
	Technology Journal #3	Week 15	
	Data Analysis	Weeks 1-16 (~August 26 – December 12, 2019)	
Phase II: Comprehensive Data Analysis	Data Analysis	December 2019-January 2020	

Note. Specific dates for data collection can be found in Appendix P.

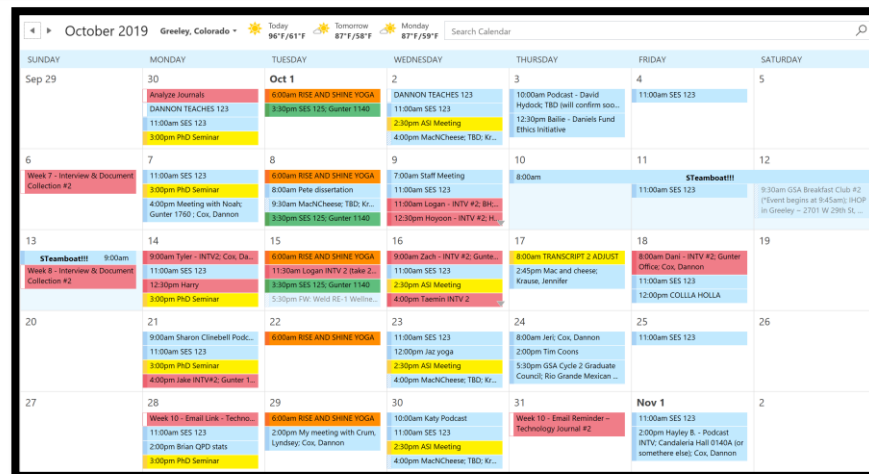
Appendix K Initial Email - Technology Journal (#1)

Good morning/afternoon

Thank you again for your participating in this study. This is a friendly email requesting you to complete your first technology journal. Please complete the technology journal by this Sunday. Please feel free to use the optional technology journal that was provided to you at the beginning of the semester. You will receive a reminder to complete the technology journal at the end of this week. Do not hesitate to contact me if you have any questions.

Please complete the technology Journal #X by Sunday at 11:59pm. <insert link>

Thank you again for your participation and have a great weekend!





Proposal

- Prepare for the unknown
- Expect feedback
- Breathe





Proposal

Line #	Notes
4	1.1 Rationale for digital Media -Addressed the rationale for digital media use with college students.
22	1.2 Building a Case for PACs -Introduced national standards and recommendations for university physical activity programs -Included the history of university physical activity programs
51	1.3 PAC and digital media on students -Included the impact of PACs with technology's necessary role
67	1.4 Digital Media Challenges -Included the challenges associated to Digital Media in PACs



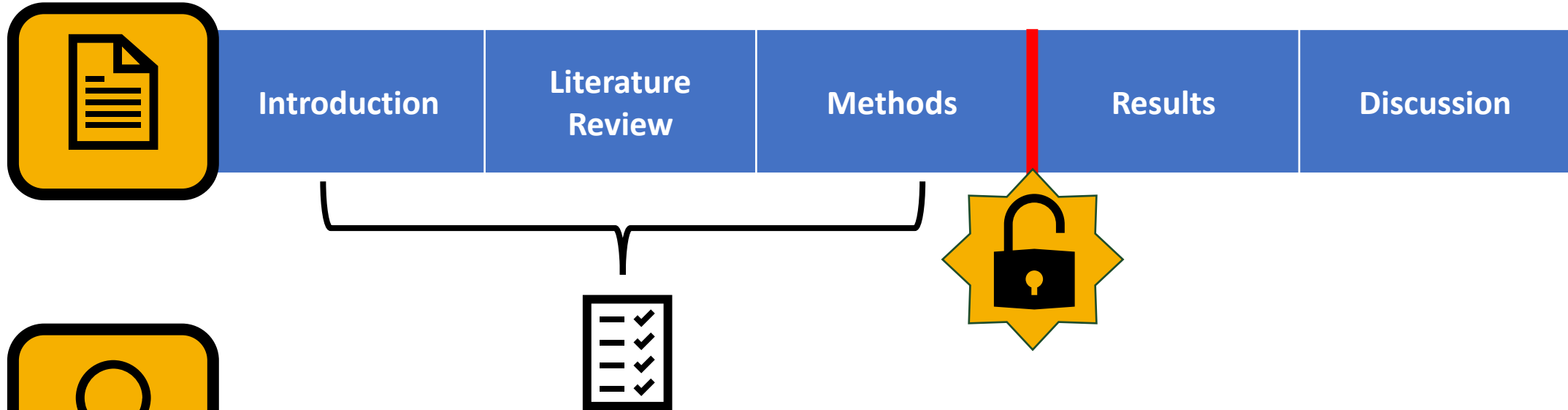
Proposal



- Defend...Make revisions...
- Get signatures ASAP
- Submit to Grad School
- Complete IRB



Dissertation



Expect changes to entire document

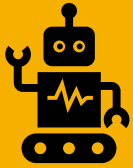
- Future tense to past tense
- References



- Backup all data
- Stay organized
- Analog or Digital



Dissertation



My Data Collection

- Interviews – Transcriptions (www.temi.com)
- Observations
- Document Collection
- Participant Journal
- Reflection

October 2019 Greeley, Colorado

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sep 29	Analyze Journals DANNON TEACHES 123 11:00am SES 123 3:00pm PhD Seminar	6:00am POSE AND SHINE YOGA 8:00am SES 125, Gunter 1140	DANNON TEACHES 123 11:00am SES 123 2:30pm ASI Meeting 4:00pm MacN Cheese, TBD, Kr...	10:00am Podcast - David Hydock: TBD (will confirm soo... 12:30pm Bailie - Daniels Fund Ethics Initiative	11:00am SES 123	
6	11:00am SES 123 3:00pm PhD Seminar 4:00pm Meeting with Noah, Gunter 1760, Cox, Dannon	6:00am POSE AND SHINE YOGA 8:00am Pete dissertation 9:30am MacN Cheese, TBD, Kr... 3:30pm SES 125, Gunter 1140	7:00am Staff Meeting 11:00am SES 123 11:00am Logan - INTV #2, BH... 12:30pm Hoyoon - INTV #2, H...	8:00am	11:00am SES 123	9:30am GSA Breakfast Club #2 (*Event begins at 9:45am) 9:45P In Greeley - 2701 W 29th St, ...
13	9:00am 11:00am SES 123 12:30pm Harry 3:00pm PhD Seminar	9:00am Tjyer - INTV2, Cox, Da... 11:00am SES 123 11:30am Logan/INTV 2 lake 2... 3:30pm SES 125, Gunter 1140 5:30pm FW, World RE-1 Wellst...	6:00am POSE AND SHINE YOGA 11:00am SES 123 11:30am Logan/INTV 2 lake 2... 3:30pm ASI Meeting 4:00pm Tamin INTV 2	9:00am Zach - INTV #2, Gunte... 11:00am SES 123 2:45pm Mac and cheese Krause, Jennifer	8:00am TRANSCRIPT 2 ADJUST	8:00am Dan - INTV #2, Gunter Office, Cox, Dannon 11:00am SES 123 12:00pm COLLIA HOLLA
20	9:00am Sharon Clinebell Podc... 11:00am SES 123 3:00pm PhD Seminar 4:00pm Jake INTV#2, Gunter 1...	6:00am POSE AND SHINE YOGA	11:00am SES 123 12:00pm Jaz yoga 2:30pm ASI Meeting 4:00pm MacN Cheese, TBD, Kr...	8:00am Jeri, Cox, Dannon 2:00pm Tim Coons 5:30pm GSA Cycle 2 Graduate Council; Rio Grande Mexican ...	11:00am SES 123	
27	Week 10 - Email Link - Techno... 11:00am SES 123 2:00pm Brian QPJD stats 3:00pm PhD Seminar	6:00am POSE AND SHINE YOGA 2:00pm My meeting with Crun, Lyndsey, Cox, Dannon	10:00am Katy Podcast 11:00am SES 123 2:30pm ASI Meeting 4:00pm MacN Cheese, TBD, Kr...	Week 10 - Email Reminder - Technology Journal #2	11:00am SES 123 2:00pm Hayley B. - Podcast INTV: Candalaria Hall 0140A (or somewhere else); Cox, Dannon	



Dissertation



- Write Daily (or almost daily)
- Verify your work with colleagues
- Create daily / weekly checkpoints
- Readable Revisions (i.e., track changes, separate documents, line/page numbers)
- Put your 'Manuscript Hat' on



Dissertation Defense



- Receive advisor approval before ANYTHING
- Ask advisor to take notes / feedback
- Prepare note cards / Script
- Practice, practice, practice



Dissertation Defense



- Focus on methods, results, and discussion, NOT literature review
- Keep it simple (no more than 24 words on a slide)
- Bullet Points / Summary
- Have familiar themes



Dissertation Defense

Example...

four slides
results & discussion

Common experiences

- Content-specific
- Teaching & learning preferences
- Inclusive
- Videos

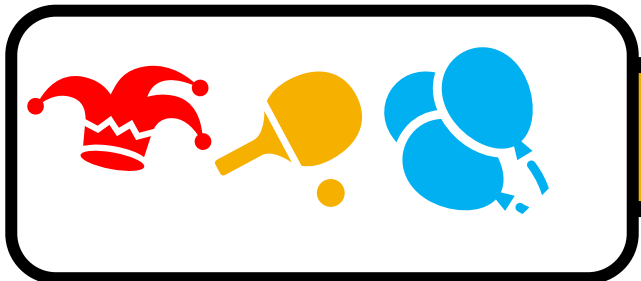
Participant F

“I’d like to give them the option of how they want to digest this information, so they can read the PowerPoint or they can just listen to my voice...”

- Experienced with online PACs
- Autonomy focused

Results





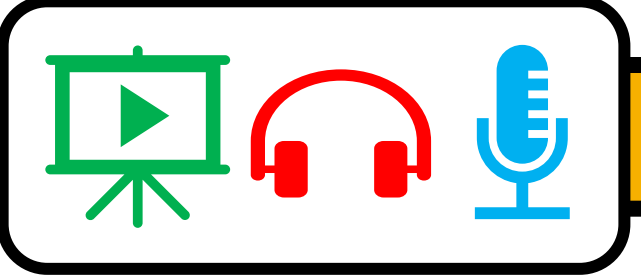
Experiment with engagement



Locating resources



Learning Canvas



Valuing video & audio

Discussion



Lived experiences



Experiment with engagement

- **Develop instructional design strategies**
(Reynolds, 2016)
- **Promote digital literacy**
(Beaudoin et al., 2018; Kawaguchi, 2009; Nelson et al., 2011; Reynolds, 2016; Tiernan, 2015)
- **Build relationships**
(Evans et al., 2013)
- **Modify content and learning environment**
(Beaudoin et al., 2018; Braga et al., 2015)



Discussion



Lived experiences

Recurrent themes

Instructional guidelines
(NASPE, 2009)



Locating resources



- **Limiting factor for success**
(Hensley, 2000)
- **Department resources**
(Charles & Charles, 2016)
- **Contact peer / network**
(Brock et al., 2018; Langdon & Wittenberg, 2018)
- **Blend with content**
(Tiernan, 2015)
- **Search YouTube**
(Ottenbreit-Leftwich et al., 2010; Tiernan, 2015)
- **Use mobile apps**
(Cochrane et al., 2014; Goldstein et al., 2017; Melton & Burdette, 2011)
- **Personal preference**
(Cox et al., 2019; NASPE, 2009; Ottenbreit-Leftwich et al., 2010)

Discussion



Lived experiences

Recurrent themes

Instructional guidelines
(NASPE, 2009)



Dissertation (Almost Done!)



Hire an editor...*

Confirm with Grad School

Print your Dissertation



Dannon G. Cox – Ph.D. Gantt Chart

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In Conclusion



Key	
Progress	Progress
Strict Deadline	Strict Deadline

Thank you!

