Your Thesis/Dissertation: Copyright, Research Data Writing, Formatting, Resources

Spring 2022

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Procrastination
The action of delaying or postponing something.

I'm very busy doing things I don't need to do in order to avoid doing anything I'm actually supposed to be doing.

How to recognize when procrastination is occurring:

- Avoidance – not doing the task of importance.
- Anxiety or dread upon thinking about the important task.
- Engagement in peripheral tasks of lesser priority or distracting oneself. (Netflix? Insta?)
- Waiting for the “right mood/time” in order to start.
- Starting the important task and then stopping before completion.
- Thin excuses or rationalizations for not approaching the task of importance.
Working Through Procrastination:
"your first tip is to avoid procrastination"

Approach Behaviors:
- Committing to oneself and the task (i.e., making meaning out of the task).
- Rewards to oneself for completing a task or a portion of the task.
- Accountability and removal of excuses.
- Early initiation of task.
- Writing a To-Do list that is measurable and achievable during the day.
- Time-Bound Goals (e.g., “I am going to work on the task for 1 hour at 3pm.”).
- Apps that support your goals
  - Focuswriter
  - Procraster
Counseling & Psychological Services

Services Available (via Telemental Health):
- Free and confidential individual counseling
- Couples counseling
- Group counseling
- Gaining Practical Skills Group
- Mindfulness Skills Group
- Interpersonal Process Group
- Stress Management
- Test Anxiety
- Many more!
- Consultation

CPS
Let’s talk about it.
406-994-4531
Erin Strickland – erin.strickland@montana.edu
Graduate Program Coordinator &
Multilingual Writing Specialist

• One-on-One Appointments with graduate students
  • In-person and online writing groups
    • Focus Fridays
MSU Library

Leila Sterman
Scholarly Communications Librarian
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Copyright, Publishing, Research Data, Supplementary Materials
Copyright

- Copyright is automatically assigned to you
- You do not need to register copyright
- If you are working on the manuscript option or try to publish it gets more complicated (we can help)
Citations

https://guides.lib.montana.edu/citation_management

More Resources

http://guides.lib.montana.edu/grad
Formatting

[Website Link]

ETD Formatting Advisor: Ashley Peebles
gradformatting@montana.edu

Next ETD Approval Deadline: Spring 2022 May 6th
ETD Submission Process

You (Student) → Your ETD → Me (Formatting Advisor) → Formatting Updates → You (Student)
ETD Formatting

• Follow Grad School formatting & accessibility standards

• Best Resources:
  • Sample Pages
  • Templates
  • Video Tutorials
  • FAQ

All this and more can be found at www.montana.edu/etd
CHAPTER ONE
TITLE IN ALL CAPS

First Level Heading

Second Level Heading: If Heading is too Long, Wrap to the Next Line, Single Spaced

Third Level Heading: If you have any questions, please reach out to the Formatting Advisor at grafformating@montana.edu.
BEGIN TITLE HERE IF IT REQUIRES THREE LINES

HERE IF TWO LINES; TITLE OF ETD IS

IN ALL CAPITAL LETTERS

by

Your Name (First Middle Last)

A thesis/dissertation submitted in partial fulfillment of the requirements for the degree

of

Appropriate Degree (e.g., Master of Science)

in

Appropriate Program Name (e.g., Chemistry)

MONTANA STATE UNIVERSITY

Bozeman, Montana

Month and year ETD is accepted by The Graduate School

September 2017

Make sure your page margins are set to at least 1 inch on all sides.
Submission

• Use Submission Portal for Drafts & Final Upload

  Draft Upload
  Students will submit drafts of their ETD to the ETD Submission Portal. They will receive feedback from the Formatting Advisor on changes that need to be made to their formatting.

  Submit Draft Now

  ETD Final Upload
  After your ETD draft has been reviewed; you have successfully defended; and you are ready to submit a final document, upload your final PDF to the ETD Submission Portal.

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• Use Submission Checklist
Thank you!

Questions?

ETD Deadlines

Spring 2022: May 6, 2022
Summer one-credit extension: May 16, 2022