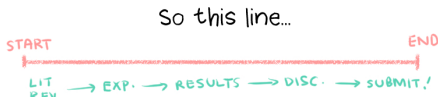
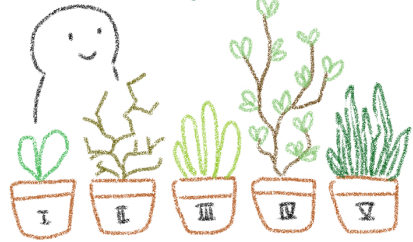


It's easy to look at the PhD journey as something **linear**, but it's actually anything but.



The actual PhD journey is more... organic.



...looks more like this:



The PhD journey isn't just about research. Zoom in and you'll find a PhD's struggles...



lock of support
university admin
heartbreak
IMPOSTOR SYNDROME
Stress
homesickness
health problems
depression
ANXIETY
...and everyone handles struggles differently.

If you're doing a PhD

you'RE DOING A GREAT JOB.



Be kind to yourself.

If your loved one is doing a PhD

you're doing GREAT!



Support them.

Make peace with your own **TIMELINE**.



Comic by: Dr. Suraya Hilmi Hazim

PHD: THE AMAZING JOURNEY





PHD: THE AMAZING JOURNEY

Muhammad Ashraf Fauzi
Cheng Jack Kie
Puteri Fadzline Muhamad Tamyez

2020
Penerbit
Universiti Malaysia Pahang



**Universiti
Malaysia
PAHANG**
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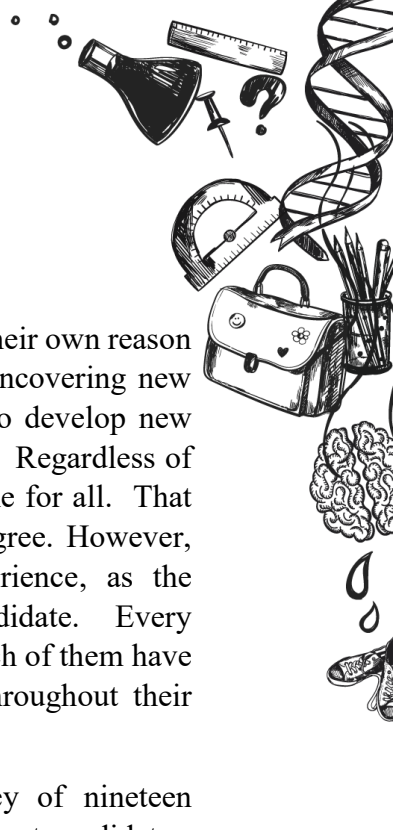
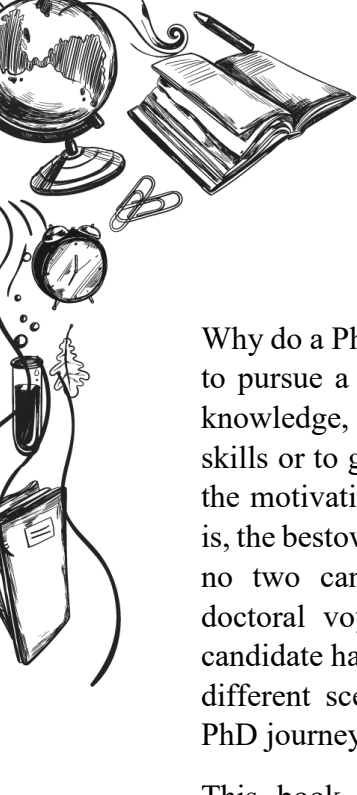
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Preface

Why do a PhD? Every PhD candidate has their own reason to pursue a PhD. Be it for the thirst of uncovering new knowledge, to discover new boundaries, to develop new skills or to go beyond one's personal limit. Regardless of the motivation, the ultimate end is the same for all. That is, the bestowed of Doctor of Philosophy degree. However, no two candidates have the same experience, as the doctoral voyage is unique for each candidate. Every candidate has their own story to tell and each of them have different sceneries accompanying them throughout their PhD journey.

This book compiles the amazing journey of nineteen successful PhD candidates. Nineteen different candidates, nineteen different experiences. Each story is a personal story, a personal PhD memoir. The editors handpicked stories from both local and oversea university graduates. All are equally poised, unique and refreshing, some with a twist or two, while some with sarcastic humour.

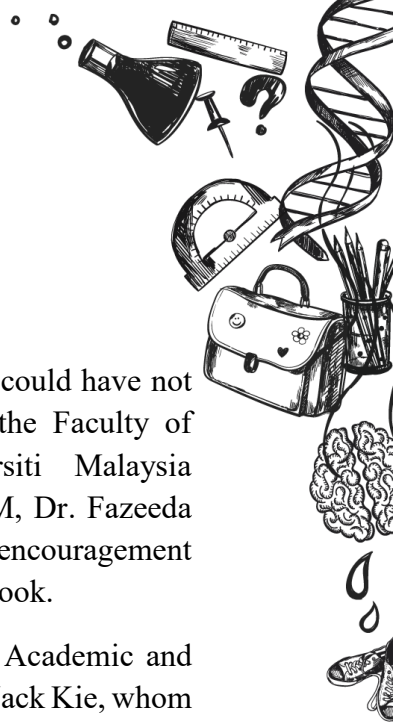
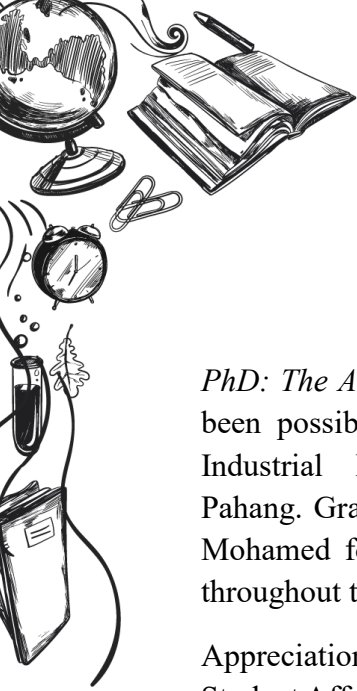
This book is a great companion for PhD candidates who are either just embarking their PhD voyage or in the midst of their PhD journey. It is also a great sneak peek for PhD candidate-to-be, who are curious on how does it feel to do a PhD. Surely, in any manner, the narratives in this book are relatable. It is hoped that this book inspires and provides strength and motivation to the readers, to persistently carry on walking towards their ultimate goal, the Doctor of Philosophy degree.

Happy reading and hope in the near future, you will have your own amazing PhD legacy to tell.

A journey is a person in itself; no two is alike. And all plans, safeguards, policing, and coercion are fruitless. We find that after years of struggle that we do not take a trip, a trip takes us

John Steinbeck (1980)





Acknowledgement

PhD: The Amazing Journey is a book that could have not been possible without the support from the Faculty of Industrial Management (FIM), Universiti Malaysia Pahang. Gratitude goes to the Dean of FIM, Dr. Fazeeda Mohamed for her relentless support and encouragement throughout the process of completing this book.

Appreciation goes to the Deputy Dean of Academic and Student Affairs, Associate Prof. Dr. Cheng Jack Kie, whom with her team has initiated the idea of producing this PhD journey book. Together with Dr. Muhammad Ashraf Fauzi and Dr. Puteri Fadzline Muhamad Tamyez, they formed a formidable team. The initial idea was to provide guidance and experience sharing to FIM postgraduate students that they can refer to in completing a PhD. But after time progresses, the editorial team had better idea and decided that this book would benefit the general public, especially to those who are just starting and planning to start their own PhD journey in the future.

We would like to express our heartiest gratitude to our 19 authors for their kind attention, time and cooperation in helping us completing of this book. Their unique journeys provided different perspectives and diverse backgrounds from the United Kingdom, the United States and of course Malaysia. Most of them work in academia in public and private higher learning institution, and there are even those who are not working as academic, but in other sector and venturing into other than academia. Sharing part of their

life stories during the PhD phase has made this book a must-have and must-read masterpiece.

Lastly, to all readers who are planning and are currently doing their PhD, thank you that you are holding this book in your hand. We hope that this book would provide more insight and meaning towards your PhD journey. Stay passionate in your research and you will achieve the end of your PhD journey as all the PhD survivors in this book.

Above all, to the Great Almighty, the author of knowledge and wisdom, for His countless blessing and mercy. Syukur Alhamdulillah.

The Editorial Team
May 2020



List of Contributors



Dr. Puteri Fadzline Muhamad Tamyaz is a senior lecturer at the Faculty of Industrial Management, Universiti Malaysia Pahang. She is currently holding a position as Deputy Dean of Research and Postgraduate Affairs. She graduated from Universiti Teknologi MARA, Shah Alam, with a PhD in Business

Management, and from Universiti Sains Malaysia, Penang, with BSc and MSc degrees in Bioresources, Paper and Coating Technology under the School of Industrial Technology. Prior to Universiti Malaysia Pahang, she had accumulated industrial experiences in the furniture and wood flooring industry for 4 years. At both companies, she is responsible for matters related to Quality Control and Production processes. She has been teaching for five years on Management of Technology, Research Methodology and Product Management. Her research interests are design innovation and business management.



Dr. Muhammad Ashraf Fauzi is a senior lecturer at Faculty of Industrial Management, Universiti Malaysia Pahang. He acquired his Bachelor Degree in Manufacturing Engineering in 2010 and later in Manufacturing System Engineering in 2013 from Universiti Putra Malaysia. At the doctoral level, he decided to change the field of study to social science. He completed his PhD in the Faculty of Management, Multimedia University in 2018 in Knowledge Management. He has more than ten years in academic, where he serves nine years in the Centre for Foundation Studies, IIUM. His research interests include knowledge management, organisational behaviour, marketing, leadership, entrepreneurship, quality management and project management. He has published close to 15 articles in top tier journal and International Conference. He is also active in writing for the newspaper where he is an active contributor to the local newspaper. His article has appeared in Berita Harian, Utusan Malaysia, Harian Metro and News Straits Times. He is an avid sports enthusiast, a half marathon finisher (a marathon to go) and a nature lover—a proud father of two girls and two boys.



Dr Zetty Ain Binti Kamaruzzaman is a Senior Lecturer at Faculty of Industrial Management (FIM), Universiti Malaysia Pahang (UMP). She holds a Doctor of Philosophy (Statistics) from Universiti Kebangsaan Malaysia, Master of Science (Statistics) from Universiti Sains

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Dr. Kamalesh Ravesangar is currently a Business Studies Lecturer and Associate Editor for *Albukhary Social Business Journal (ASBJ)* at *Albukhary International University*. She graduated from *Universiti Teknologi Malaysia* with a Bachelor

Science in Human Resource Development and pursue her first career in 2008 as Human Resource Executive attached with Small Medium Corporation. Outside of the office, she was committed to education and completed her MBA in Human Resource Management with First Class Honour from *Limkokwing University of Creative Technology* in 2013. She started to pursue her passion in lecturing and joined *PTPL College, Sarawak* in 2013 as Business Studies Lecturer. She had also attached to *Segi College Penang* for almost 6 years as Lecturer and a year as Academic Leader. Her passion towards inspiring students to pursue academic and personal excellence has made her to be appointed currently as Lecturer and Associate Editor for *Albukhary Social Business Journal (ASBJ)* at *Albukhary International University*. Moreover, passion towards education does not stop her to obtain her doctorate and successfully graduated from *Universiti Sains Malaysia* with PhD in Organisational Behaviour



Dr. Suhaidah Hussain was awarded Doctor of Management (Industrial PhD) from Universiti Utara Malaysia in 2017, Master of Business Administration (Universiti Utara Malaysia) in 2011 and Bachelor of Business Administration (Hons) Marketing (Universiti Teknologi Mara) in 2003. She

started her career in sales and marketing with one of the multinational corporations in automotive industry in Penang. She was attached with Naza Kia Academy Sdn. Bhd. in 2007 and in 2010, she further developed herself into human resources and administration field with automotive private higher education. She served DRB-HICOM University of Automotive Malaysia for 8 years as Head of Human Resources, as well as Dean of Faculty Business and Management. Currently she is holding a position as Head of Programme for Master of Business Administration programme and appointed as Coordinator for Faculty of Industrial Management Governance and Integrity Centre (FGIC). Her 17 years' experience nurtured her into the following field; human resource management, training and development, organisational behaviour, organisational development, change management and corporate governance ranging from middle to top level management. She is actively involved in research and consultancy with industry and academics related to human behaviour in waste segregation, ethics, governance, integrity and entrepreneurship.



Dr. Norizzati Azudin is the CEO of Ty Academy, a start-up company she founded to help the Malaysian postgraduate students, and indirectly supporting them as freelancers to fund their studies. With more than 18 years of experience in teaching, research,

training, administration and diplomatic relations, she lived in Malaysia, Indonesia, Brazil, and Kingdom of Saudi Arabia currently. After graduating from Universiti Malaya, she started working at the first private university in Malaysia, moved abroad several times and now joins University of Business and Technology in Jeddah as Assistant Professor. A world traveller, Dr Ty adores different cultures and aims to educate the ladies around the globe in communication.



Dr. Chia-Kuang LEE is a Senior Lecturer in Project Management, with more than 10 years of experience in R&D works, specifically in construction management and project management. He has worked as the Head of Program for Project Management Degree Course in Universiti Malaysia Pahang, and has been recognised with several teaching and research awards during his career, such as the New Zealand ASEAN Scholar Awards 2014 and the Most Promising Academician Award 2018. Dr. Lee is currently the Head of Research Cluster (Project Management). Dr. Lee has managed several research projects as research leader, overseen the development of project management degree program and pioneered the course towards full PMI GAC accredited status by the Project Management Institute (PMI), USA. He has several professional qualifications and credentials, such as Certified in Quantitative Risk Management (CQRM) by International Institute of Professional Education & Research (IIPER), Project Management Professional (PMP) by Project Management Institute (PMI), Certified as Professional Technologist by the Malaysia Board of Technologists (MBOT), Train the Trainers (TTT) by HRDF, and Certified Trainer for MonsoonSIM. Dr. Lee has a Bachelor Degree in Quantity Surveying (B.Q.S) and Master of Science (MSc Construction Contract Management) from Universiti Teknologi Malaysia. He earned a PhD in Civil Engineering from The University of Auckland, New Zealand in 2017, focusing mainly on the field of Construction Alternative Dispute Resolution (ADR) method.



Ts. Dr. Lee Khai Loon is a Senior Lecturer and Head of Programme (Business Engineering) in Faculty of Industrial Management (FIM), Universiti Malaysia Pahang (UMP). He is specialised in supply chain management, technology management, operation management, industrial engineering and business management. He holds a Doctor of Philosophy (PhD) in Supply Chain Management and Bachelor Degree in Technology Management from School of Technology Management and Logistics, Universiti Utara Malaysia. He has a long industrial experience in fast-moving consumer goods (FMCG), fashion, food and beverage, and manufacturing industries. He started his first academic career in 2015, in teaching undergraduate and postgraduate students in the university. He is a chartered member of The Chartered Institute of Logistics and Transport (CMILT) Malaysia and UK, the Professional Technologist in Malaysia Board of Technologists (MBOT), the Certified Trainer (TTT) by HRDF, the Certified Trainer for MonsoonSIM and Mendeley Advisor.



Dr. Syazwani Mohd Zaki is currently working as an assistant professor in the Faculty of Engineering, International Islamic University Malaysia. She has just started her career as a senior lecturer in Department of Manufacturing and Materials Engineering, IIUM in 2019. She obtained PhD in Materials from University of Manchester, United Kingdom in 2019, Master of Science (Materials Engineering) from USM in 2014 and Bachelor of Materials Engineering from IIUM in 2010. Her research area is focusing on polymer colloids (hydrogel) and nanocomposite for smart materials. She is a professional member (MIMMM) of Institute of Materials, Mineral and Mining (IOM3), United Kingdom. Her favourite quote that she holds so dearly is “be thankful for the hard times as they only make you stronger”. She had gone through such a challenging journey in completing her PhD studies. This is the first time she poured her heart out.



Dr. Suffian Hadi Ayub received his PhD in Communication and Media Studies at UiTM, Masters of Corporate Communication and BA (English) Hons. from UPM. He has more than 18 years of experience in the higher education industry. He has taught communication at

various institutions of higher learning. Currently, he is a senior lecturer at the Department of Communication, Sunway University. He had also wide administration and management experiences where he served as Assistant Manager at MMU, Head, International Office at UNITEN, and Director at the Centre for Commercialisation and IP Management, UniMAP. To date, he is currently active in health communication research, where he served as the main researcher and consultant for the Health Literacy Index studies with other universities and the Ministry of Health, Malaysia. In total, he has obtained grants awarded by various ministries and institutions worth more than RM500,000. He has written journal articles, chapter in books, served as reviewer for SCOPUS Indexed journals and has presented papers at conferences locally and abroad. He is also active in consultation work where recently he has been appointed as consultant and assessor to evaluate APEC 2020 Pocket Event and Subject Matter Expert for OUM.



Dr. Rahimi A. Rahman is a Senior Lecturer at Universiti Malaysia Pahang in the Faculty of Civil Engineering Technology. His research group explores a wide range of topics to realise sustainable development in the construction industry, including decision making (e.g. decision support tools, assessments), green construction (e.g. waste management, green building) and construction technology (e.g., building information modelling (BIM), technology adoption). To achieve that goal, his team explores new and alternative approaches for enabling a more rigorous process in decision making, identifying the “right” size and composition of project teams, and creating action plans for recruiting or developing individuals for the workforce. The team is currently exploring topics related to decision support tools for design and build projects, project managers’ decision making processes towards environmental regulations, assessments for designing buildings, and tools for evaluating BIM capabilities. Before becoming a faculty member, Rahimi was a senior consultant in a Japanese-owned consulting firm in Kuala Lumpur. During this term, he consulted more than 75 Japanese companies regarding planning, incorporating and operating their businesses in Malaysia. He holds B.S. and M.S. degrees in Civil and Environmental Engineering from Saitama University and Ph.D. in Civil, Environmental, and Sustainable Engineering from Arizona State University.



Dr. Nurhaizan Mohd Zainudin

worked professionally in the oil and gas industry before she went to Queensland, Australia to study project management. Upon completion of her master degree, she then embarked on a career in academic at Universiti Malaysia Pahang. She served under the Faculty of Industrial

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Associate Professor Dr. Cheng Jack Kie received her PhD and Bachelor Degree in Decision Sciences from Universiti Utara Malaysia. She is currently an Associate Professor and also the Deputy Dean of Academic and Student Affairs at the Faculty of Industrial Management, Universiti Malaysia Pahang. Prior to joining University Malaysia Pahang in 2012, she exercised her knowledge and experience of conducting market study on employee engagement, as well as customer satisfaction for numerous industries such as Oil and Gas, Transportation and FMCG, to name a few, with Kantar TNS Malaysia. Now with Faculty of Industrial Management, she has taught courses such as Operations Research, Managerial Decision Modelling, Project Management, Strategic Management and Change Management. Her area of research interest includes System Dynamics Simulation, Discrete Event Simulation, Operations Research, Logistics and Supply Chain Management.



Dr. Senthil Kumar is an academician specialising in finance, with about twenty years of extensive experience in teaching postgraduate and undergraduate students, supervision, research, publication, institution development, editorial activities, case writing, mentoring, and student development. He earned PhD in Management Sciences from Anna University (India) for research on bank consolidation. Graduated with first class in MBA and Mechanical Engineering degrees from Bharathiar University (India). Received UMP MBA Most Dedicated Lecturer Award in 2016, UMP Excellent Staff Award in 2018, Special Award for Revenue Generation in 2019 and UMP Excellent Service Award in 2019. Engaged as Head of Finance and Accounting Cluster, Editorial Board Member of Prerana Journal of Management Thought and Practice, Technical Board Member of Journal of Governance and Integrity, Member of ABEST21 Accreditation Steering Committee and Life Member of Indian Society for Technical Education. Has served in various capacities as Coordinator of Faculty Courses, Project Leader and Academic Advisor of Graduate Summer Programme initiatives, Editor of Faculty News Bulletin, Keynote Speaker and Session Chair in International Conferences, Reviewer for International Journals and Conferences, Director/Member of International Conference Committees, Management Representative of ISO QMS, and Member of ACBSP Accreditation Steering Committee.



Dr. Hadijah Ahmad is an ambitious woman who had experienced a few years of career stagnant before embarking on a new journey called PhD. Her career started at MOSTI, and then, Talent Corp, where she served the Returning Expert Programme for the issues of Brain Drain Malaysia. After her contract ended, she served PERMATA Prime Minister Office as *Ketua Pendidik* for 4 years. Apart from her tasks and duties, she served the community in delivering free courses of public speaking and storytelling. She is also an active emcee for various events inside and outside her organisation. Her love on research and academia led to the journey as a PhD candidate in Universiti Tun Hussein Onn Malaysia. Hadijah Ahmad is now actively serving the course of Education Management and leadership by pen and speech. She is now joining the Department of Soft Skills, Centre for Human Sciences, Universiti Malaysia Pahang.



Dr. Norhakimah Khaieessa binti Ahmad started her teaching career as a secondary school English language teacher for six years in Miri, Sarawak. In 2006, she joined Institute of Teacher Education (IPG) Sultan Abdul Halim Campus as a teacher educator. Six years later, she moved to Kuala Lumpur to serve at her current workplace; the International Languages Campus (IPBA). She has been involved in training the pre-service teachers, in-service teachers and also the international teacher-participants for the Malaysian Technical Cooperation Programme (MTCP), a joint training programme with the Ministry of Foreign Affairs, Malaysia. Norhakimah is also a school mentor known as *Rakan ELIT* (Educational Leadership and Instructional Team) for School Transformation Programme 2025 (TS25). Her research interests include teacher identity, second language teacher education and grammar instruction.



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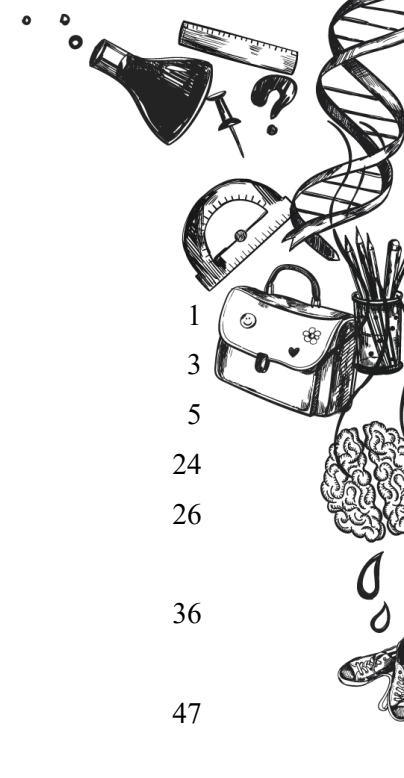
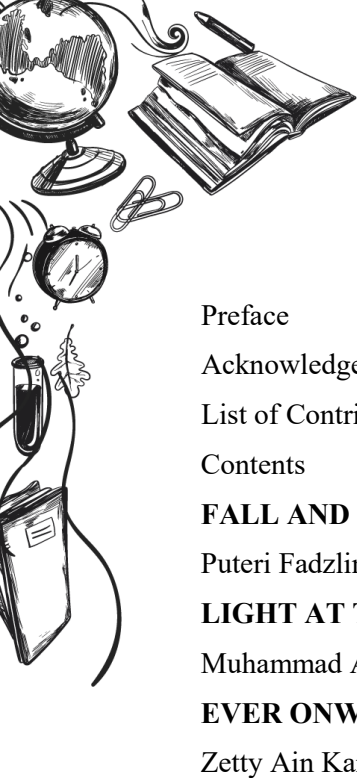


Dr. Diyana Kamarudin is currently the Head of Program for Entrepreneurship and the Head of Research Cluster for Entrepreneurship and Marketing at University Malaysia Pahang. She completed her Diploma in Integrative Journalism at the Malaysian Institute of

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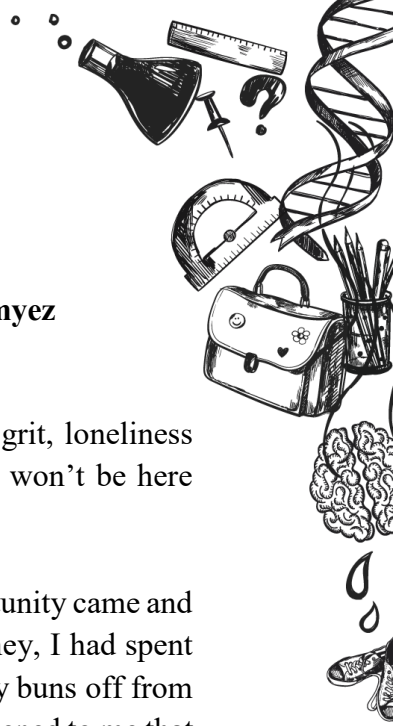
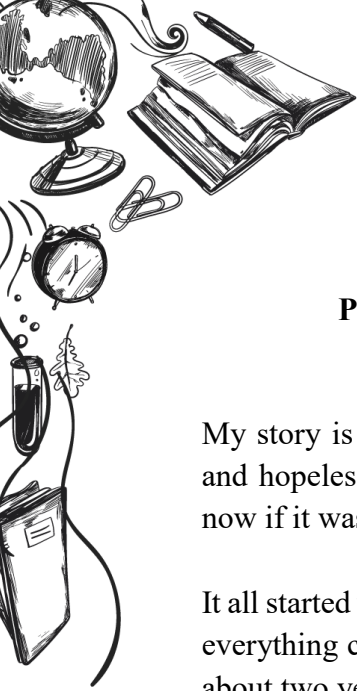
Ahmad Syahid Fawzal (Dr Aid Fawzal) was born in Selangor, Malaysia, on November 1982. He received the Diploma of Engineering Technology degree in machine building and maintenance from Universiti Kuala Lumpur Malaysia France Institute, Selangor, Malaysia, in 2007; the B.Eng. degree in mechanical engineering from the University of Derby, U.K., in 2009; and the M.Sc. in computational fluid dynamics from Cranfield University, U.K., in 2012. In 2015-2018, he pursued his PhD at Coventry University, U.K., sponsored by YASA Ltd., Oxford, U.K. He has invented novel cooling system called Rotor Cooling Technique and contributed to the body of knowledge by introducing a new dimensionless number to assess the cooling performance. Find him at [www.facebook.com/ DrAidFawzal](https://www.facebook.com/DrAidFawzal).



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FALL AND RISE

Puteri Fadzline Muhamad Tamyez

My story is about opportunity, arrogance, grit, loneliness and hopelessness. The underlying fact is I won't be here now if it wasn't for Him, our Creator.

It all started with one big dream, then opportunity came and everything changed. Prior to my PhD journey, I had spent about two years in the industry, working my buns off from early am to late pm, six days a week. It happened to me that having a Master's degree didn't promise a career advancement according to my employer at the time. If I can describe my job as a Quality Control Executive back then at a company producing wood products, it was akin to working as a *kuli*. I remember how skinny I was, being drenched in sweats all the time. At one time, blood gushed out of my forehead after I was hit by fallen timber planks that were originally stood against the wall.

All those time, I've been thinking that if I can work like hell with such diligence and commitment, pursuing PhD must be a piece of cake!

And so I applied for a scholarship and got shortlisted for an interview. I still remember how sleepy the panels were when listening to my proposal. As for me, I was really convinced that my proposal presented a gap of study that was significant enough to have everyone in awe, except I was the only one who thought so. Obviously, I didn't get