How to Survive Your Viva: Defending a Thesis in an Oral Examination, 3/e

Authors: Rowena Murray

How to Survive Your Viva 3e is a concise, practical introduction that equips students with the skills they need to defend their thesis or dissertation. The oral examination requires the highest standard of communication skills. The book ensures you are ready for what can be a complex and intimidating experience, telling you what to expect, how to practise and prepare, what questions you might be asked and how to ensure your responses support your thesis. Written in an accessible style, this book draws on the tried and trusted material and activities created for viva preparation workshops run by the author over many years.

Thoroughly updated but retaining its well-loved style, this 3rd edition provides:

- Planning tools for you to employ, plus summaries at the start of each chapter to help you prepare
- Checklists of how to do well in your oral examination, with action points to clarify what you should do next
- Example questions with samples of strong and weak answers, plus narratives of students’ real viva experiences
- More on research into viva questions and different types of questions you may be asked, including specialist ones in your discipline
- Advice on condensing your rationale, framework, methods and findings into a short verbal statement
- New material on maintaining positive body language, posture and eye contact for an assertive and calm viva

Rowena Murray is Professor of Education, Director of Research at the University of the West of Scotland, UK, and Principal Fellow of the UK Higher Education Academy.

Audience

The third edition is the essential handbook for all students and researchers anticipating an undergraduate, Masters or doctoral examination. It is also an invaluable reference for supervisors, tutors and examiners.
As a social work student or practitioner it is essential to be able to understand, recognize and critically reflect on your own emotions and those of others. Consciously or unconsciously, emotions play an integral role in day-to-day decision making, assessments and relationship building, and a lack of emotional awareness and understanding can result in poor practice and biased thinking.

Practical and engaging, this book will encourage you to consider the role of emotions in light of your own experiences and practice contexts.

Key topics include:

- Understanding what emotions are and how they apply to social work practice
- Recognizing and reflecting upon the emotional content of practice
- Incorporating emotions in reflective journals, reports, case notes, critical incident analysis and academic writing
- Understanding the conscious and unconscious emotions at play in your practice and how these can impact upon the development of positive relationships
- Enhancing understanding of self and the importance of resilience
- Understanding the role of emotions in supervision, support and reflection

Richard Ingram is a social work lecturer and programme director at the University of Dundee, UK.

**Audience**

This is an invaluable book for all social work students and early career practitioners aiming to boost their self-awareness and personal wellbeing, and ultimately improve their practice.
This fully revised public health text offers students and practitioners a grounding in the practice of health promotion and introduces a range of methods that are used in health promotion practice. It also helps to develop skills needed to do health promotion in a range of settings, including project management, partnership working, needs assessment and evaluation. Whether the public health intervention is through face to face contact with individuals, or community based or involves strategic policy development this book now also explores recent developments in social media and web based health promotion interventions.

This second edition:

- provides practical guidance and tools for planning, delivering and evaluating health promotion
- gives greater emphasis to upstream health promotion interventions, including Healthy Public Policy and health advocacy
- includes activities to help you make applications to your own study or practice of health promotion

Understanding Public Health is an innovative series published by Open University Press in collaboration with the London School of Hygiene & Tropical Medicine, where it is used as a key learning resource for postgraduate programmes. It provides self-directed learning covering the major issues in public health affecting low, middle and high income countries.

Series Editors: Rosalind Plowman and Nicki Thorogood.

Will Nutland is a Research Fellow and tutor on the MSc in Health Promotion at the London School of Hygiene and Tropical Medicine. He was formerly head of health promotion at the UK’s Terrence Higgins Trust and a senior public health strategist for the London Borough of Tower Hamlets.

Liza Cragg is a freelance consultant specializing in international health. She contributes to courses and teaching at the London School of Health & Tropical Medicine, UK, and led the update of Health Promotion Theory 2e, also published by Open University Press (2013).

Audience

Health Promotion Practice, 2nd Edition is an ideal resource for students of public health and health policy, public health practitioners and policy makers.
Economic shocks pose a threat to health and health system performance by increasing people’s need for health care and making access to care more difficult – a situation compounded by cuts in public spending on health and other social services. But these negative effects can be avoided by timely public policy action. While important public policy levers lie outside the health sector, in the hands of those responsible for fiscal policy and social protection, the health system response is critical.

This book looks at how health systems in Europe reacted to pressure created by the financial and economic crisis that began in 2008. Drawing on the experience of over 45 countries, the authors:

- Analyse health system responses to the crisis in three policy areas: public funding for the health system; health coverage; and health service planning, purchasing and delivery
- Assess the impact of these responses on health systems and population health
- Identify policies most likely to sustain the performance of health systems facing financial pressure
- Explore the political economy of implementing reforms in a crisis

**Audience**

The book is essential reading for anyone who wants to understand the choices available to policy-makers and the implications of failing to protect health and health-system performance - in the face of economic and other forms of shock.
This book provides an economic perspective on health promotion and chronic disease prevention, and gives a rationale for assessing the economic case for action. It provides a comprehensive review of the evidence base in support of a broad range of public health interventions, addressing not only their effectiveness in improving population health, but also their implementation costs, impacts on health expenditures and wider economic consequences.

An economic perspective is about more than counting the costs associated with poor health. It is about understanding how economic incentives can influence healthy lifestyle choices in the population. The book provides tools for developing effective and efficient policy strategies and addressing trade-offs between the goals of improving population health, while being mindful of the need to tackle inequalities in health outcomes across individuals and populations.

The book:

- practically illustrates methods and measures of cost and outcome used in the evaluation of interventions
- covers specific risk factor areas including tobacco smoking, alcohol, unhealthy diets, physical inactivity, poor mental health and harmful environmental factors
- considers cross-cutting themes including key implementation issues, health inequalities, and the merits of early life interventions

**David McDaid** is Senior Research Fellow in Health Economics and Health Policy at the London School of Economics and Political Science, UK.

**Franco Sassi** is Senior Health Economist in the Health Division of the Directorate for Employment, Labour and Social Affairs at the OECD in Paris, France.

**Sherry Merkur** is Research Fellow and Health Policy Analyst at the European Observatory on Health Systems and Policies, London School of Economics and Political Science, UK.

**Audience**

The book is designed for health policy makers and all those working or studying in the areas of public health, health research, medicine or health economics.
This book focuses on the leadership of practice and, in particular, how to bring about changes which improve practice. It draws on research into a group of early years leaders which followed them for almost three years as they attempted to improve provision in their settings as 'change agents' and 'leaders of practice'. Through exploring their successes and failures, the book builds a picture of what it takes to lead improvements in practice.

This book develops four principles of practice that many leaders adopt as they innovate. These principles provide basic guidance about how to bring about improvements in practice and are derived from the real-life attempts of both inexperienced and established leaders to improve the quality of provision.

Mark Hadfield is Professor in the School of Social Sciences, University of Cardiff, UK. Michael Jopling is Professor in Education at Northumbria University, UK. Martin Needham is Principal Lecturer at Manchester Metropolitan University, UK.

Audience

With its strong research methodology and skilled analysis, this book provides an excellent insight into the challenges of leadership for quality provision in early years settings. If you are working as a leader in the early years sector, or aspire to a leadership role in the early years, this book is inspiring and essential reading.
This popular, established text has been expanded to include the most up-to-date research on social cognition models and health behaviours. This edition takes account of important developments in the field, and features:

- Three completely new chapters on Self-determination Theory, Prototype-Willingness Model and Health Behaviour Change Techniques
- Updated work on the health belief model, protection motivation theory, social cognitive theory and the theory of planned behavior
- New models and greater focus on health behaviour change

Mark Conner is a Reader in Applied Social Psychology at the Institute of Psychological Sciences, Leeds University. His research interests include attitude-behaviour models, and the social psychology of health behaviours. He is co-author with Christopher J. Armitage of The Social Psychology of Food (Open University Press, 2002).

Paul Norman is Reader in Health Psychology in the Department of Psychology at the University of Sheffield. His research interests include social psychology and health, attitude-behaviour models, and illness beliefs. He is the current Editor-in-Chief of Psychology and Health.

Audience

This book is aimed at students and researchers studying Social Cognition models and Health Psychology.
Observation of young children, their development, and planning for next steps is a fundamental requirement of early years practice. Awareness of appropriate techniques, understanding what you are observing, as well as what it all means in terms of planning for learning is an essential yet difficult skill to acquire.

This is a very practical book on observing young children that supports you in preparing a child observation case study. Taking a step-by-step approach the book covers the whole process beginning with choosing a child to study before discussing the fundamentals of child observation.

It includes invaluable guidance on:

- The ethics of your study
- Appropriate techniques and tools for gathering data
- Observations that are useful
- How to select material to include
- Analyzing or interpreting the information
- Potential pitfalls

The book includes many examples of good observations, which help show how your own observations can be evaluated, analyzed and used. In addition there is a fully worked example of a child observation case study in the penultimate chapter.

Cath Arnold works at the Pen Green Centre, an internationally renowned Children’s Centre in Corby, UK. She is author of Observing Harry (Open University Press 2003).

Audience

If you are studying early years or early childhood studies at foundation, undergraduate or Master’s degree level then this book will really help you get to grips with how a good child observation study unfolds and develops.
This inspirational book describes how Clare McGregor set out to do just that. Reading it, you will find a lot of your preconceptions about prisons and prisoners challenged. The book celebrates the amazing resilience of the human spirit. Willingness to take risks and learn from mistakes helped coaching adapt and thrive, even behind bars.

Clare McGregor is a creative executive coach, mentor, facilitator and consultant bringing things to life with offenders, communities and leaders. She is the Managing Director of Coaching Inside and Out, a social enterprise and charity that provides coaching to offenders to create life-long change.

Audience

The book will be invaluable reading for coaches looking to use their coaching techniques in new contexts and with new clients, as well as those working within the criminal justice system or interested in social justice issues and women’s equality. This title is to appear in the Coaching in Practice series edited by Jenny Rogers.
Resilience: A Guide for Coaches is based on the author's experience as an expert executive and career coach. Inspired by her own research with individuals who have lost their resilience; it provides key insights from psychology, case study evidence and tools for coaches to work with on resilience issues. It will help the practising or trainee coach to gain:

- An understanding of what resilience is, and what separates it from burnout and trauma
- A range of approaches that they can use in working with resilience issues
- A better understanding of their own resilience and how they can use their own experience to help others

Carole Pemberton accessibly explains the current thinking and allows the reader to assess how they might want to develop their own approach. For any coach who wants to understand this fundamental subject, this book provides a clear and comprehensive resource on what resilience is or isn't; how to recognise its loss and how to work with resilience in a variety of ways.

Audience

For any coach who wants to understand resilience, this book provides a clear and comprehensive resource on what resilience is or isn't; how to recognise its loss and how to work with resilience in a variety of ways.