“The Shard Building” Southwark London- 95-storey skyscraper Standing 309.6 metres (1,016 ft) high, which is also the tallest building in the United Kingdom, second-tallest free-standing structure in the United Kingdom, the fourth-tallest building in Europe and the 105th-tallest building in the world. The structure was designed by the architect; Renzo Piano. Picture Courtesy– Diego Torres on Pixabay

“ To me, life is more valuable than money; ‘Time is Life!’ ”
read more p.16

“Do it now! Sometimes ‘later’ becomes ‘never’”
read more p.21

“UNI LADS beat the world record”
read more-back cover story

“The environment should also be fun”
read more p.5

“Personal favorite of mine on the Twitter is @PhDForum”
read more p.13

“Cover Story

“The Shard Building” Southwark London- 95-storey skyscraper Standing 309.6 metres (1,016 ft) high, which is also the tallest building in the United Kingdom, second-tallest free-standing structure in the United Kingdom, the fourth-tallest building in Europe and the 105th-tallest building in the world. The structure was designed by the architect; Renzo Piano. Picture Courtesy– Diego Torres on Pixabay
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MESSAGE FROM THE EDITOR

I am very happy to present the fourth edition of the LSBU Student Chapter Newsletter, which is the third under my editorship. I have been fortunate with this edition to have the assistance of a sub-editor, Upeksha Madanayake, who shall be taking on the role of Editor for future editions.

Upeksha has put a considerable amount of work into making this issue possible, for which I am very grateful. She has collected a range of interesting articles from our PhD colleagues which I know you will enjoy reading. The newsletter is a fantastic opportunity for research students to not only present their work to a large audience but also to share their problems, experiences and achievements, with a view to improving the research experience at LSBU.

The Student Chapter has a strong presence on Yammer, which is proving to be an important communication channel to the student and academic members. I encourage more people to join the group. I happen to believe that the CIB Student Chapter is a very special community that will prosper and thrive in the name of research for years to come. I am proud to be a part of CIB and I thank you for all you do to make this a wonderful place.

By Ertan Siddiqui (siddique@lsbu.ac.uk)

MESSAGE FROM THE STUDENT CHAPTER PRESIDENT

Dear CIB Members and fellow research colleagues,

It has been a busy few months since the last newsletter and our December 2016 seminar event. The event was a huge success, with a great keynote presentation by Jonathan Elvins on ‘Buildings as power stations. There is an open invitation from Jonathan to anyone who would like to visit the ‘SPECIFIC installation at Swansea.

The CIB board will be undergoing some changes in the coming months. Victor and Ertan will be moving on as they focus on completing the Ph. D research. New board members have stepped forward to take responsibility for building on the success of the LSBU CIB Student Chapter and keeping the momentum of the group going. Roles and responsibilities will be determined over the next month. If you would like to contribute to the work of the CIB board please let me know.

The board is currently working on our next event, the popular ‘Five-minute thesis competition’. We have eight enthusiastic contestants who will summarise their research and compete for cash prizes. The event will take place on Thursday 23rd March 2017 at 15.30 at CEREB. There are still a few tickets for the event left, which can be booked on Eventbrite. This event will hopefully encourage you to take part in the Three-minute thesis competition being organised by Louise and the research team.

This year will see some changes for researchers at LSBU. The new London Doctoral Academy will be launched in the summer. A suite of rooms is being prepared in the London Road building for the exclusive use of PhD students. There will be meeting rooms, a seminar room and communal area. This will provide a focal point for research students to meet and collaborate. The CIB Student Chapter will use the facilities for future events and meetings. It is important that this facility is used to good effect to promote research and enterprise at LSBU. Also, there will be a new online system for managing your PhD progress and development.

Continued..
MESSAGE FROM THE STUDENT CHAPTER PRESIDENT Continued.

The Student Chapter’s Yammer Group has proved to be very popular. It is the largest university society on Yammer, which is a real achievement. The Yammer group provides an opportunity for members to bring issues to the attention of their colleagues. It is also a good way to advertise conferences, events, courses, jobs and funding opportunities. Anyone can add posts to this group and I would encourage this.

It has been a great honour to represent the CIB student chapter over the past year. I am looking forward to helping the new CIB board members settle into the roles and develop new projects. I would like to thank Ertan, Victor and Ronny for their support and commitment and wish them good luck in completing their research. Please enjoy this newsletter and I look forward to seeing you at our next event.

Regards
Tara Singh Ghatauray
LSBU CIB Student Chapter President

MESSAGE FROM THE SUB EDITOR

Welcome to the CIB student chapter Newsletter 2017 spring edition! First and foremost I am very much thankful for all the CIB board members for offering me this opportunity to be a part of this ideal platform for connecting researches across the university. The CIB Student Chapter board itself with the creator, professor Charles Egbu have striven tirelessly over the past years to put it together. Not to forget Ertan, the respectful editor’s guidance and encouragement is outstanding, which made me pleased and honoured to takeover his role with his support. For me, it is more of an adventure to gather articles and put them all together to produce an eye catching newsletter that everybody would love to read. Being a PhD student at LSBU I’m keep learning and making new friends everyday. The two things that keep me awaken are curiosity and courage; qualities essential for a lifelong journey of researching.

It is fascinating to see how creative writing skills reflect each individual’s explicit knowledge as well as how their minds are spoken in their words. I am pleased to include a variety of creative pieces in this issue ranging from; on-going research work, academic skills. study essentials, work life balancing tips to motivational boosts, as I believe no research is effective unless you balance everything well. We should put everything in the same container and create a coherent narrative doing so can reduce work-life separation. However, the main focus of this issue lies within the gauge of research insight which opens a platform for every researcher to discuss and share their views with each other.

I hope that you find this issue to be refreshing, encouraging, and informative in everyway which continues to benefit all the post graduate and PhD students.

Running this publication has been one of the most enjoyable experiences in my life, and I thank all of you readers, and contributors for been generous with your time and efforts for making this a possible. I highly appreciate your creative suggestions of how we can improve this. Hence, please keep contributing and be prepared to find out what’s new on the next CIB newsletter.

Upeksha Hansini Madanayake
madanayu@lsbu.ac.uk
The exchange of knowledge, cross-fertilisation of ideas, and gauging one’s academic views and position with other academics, are all important aspects of the PhD journey. This is at the heart of what the CIB Student Chapter is about. PhD students “learn their trade” and obtain their knowledge (Mode1 and Mode 2 knowledge) through a number of ways. This could be from their supervisors, other academics internal and external to their university, industry, publications, and their peers, to mention but a few. But the environment for knowledge communication is vital.

A conducive environment for research study helps to stimulate the mind. And an important aspect of such an environment is one where students are encouraged to share their views, present and debate the epistemological, ontological, and axiological philosophical positions of their research study. It is equally important that such an environment allows them to make their mistakes, fail but fail forward, and learn from their failures; grow in confidence and research maturity – and grow as independent researchers. And of course, the environment should allow them to build trust, friendship, and respect for one another. The environment should also be fun; offering opportunities to build networks and friendships. After all, the most important knowledge (tacit knowledge) assets are communicated through socialisation, storytelling and in networks and communities of practices (CoPs). The CIB Student Chapter offers this. It is a forum and initiative that offers benefits to research students, run by research students, and for research students.

I hope that our research students are able to take advantage of the potential that the CIB Student Chapter offers. I would very much encourage every research student to play a full and active part in the life and activities of the CIB student Chapter. Wishing you the very best in your research.

By Professor Charles Egbu (PhD FRICS FCIOB FAPM FRSA FHEA)

MESSAGE FROM PROFESSOR PETER DOYLE
Researcher Development at LSBU

Since 2003, LSBU has been committed to the wider development of its postgraduate research (PGR) students. At this point, and at a time when other universities were considering what they might do to help their own students, LSBU introduced a system that would ensure that all PGR students would have the opportunity to consider their own personal development. This meant that while most students would traditionally be focused on their own, necessarily narrow, research projects they would now get to consider other aspects of development: in personal effectiveness, engagement and other skills.

The LSBU system has stood the test of time. It involves every PGR student in a reflective cycle that allows them to consider skills, and to set a development plan (in concert with their supervisor) for the years ahead. With evidence of development recorded in a portfolio of activities, and an annual review re-setting the development plan for the year ahead,

Contd.
the cycle continues to service the needs of the PGR community, backed up by key skills sessions and other training opportunities – some of which are provided by Central Research Services (CRS), others by the Library Resources, or indeed, within School. The Summer School is another valuable way of networking with other PGR students, and of picking up ideas and developing skills.

In 2010, Vitae (www.vitae.ac.uk/RDF) introduced its Researcher Development Framework, and with it, a wheel-like planner to assist researchers at all stages of development, from PGR students to professors. In many ways the Vitae approach mirrors that developed by LSBU, and there is a good read-across of principles that means it is easy to apply in the LSBU model.

The RDF wheel is a convenient way to consider development needs, and has been adopted by most universities, and is described as ‘reflecting the attributes of leading researchers’. The planning wheel describes four ‘domains’ of development, each in turn subdivided into three ‘subdomains’. The Vitae website carries more information on the application of the RDF, but needless to say it provides a convenient way of considering development opportunities.

**Domain A: Knowledge and Intellectual Abilities**, encompasses knowledge and creative capabilities. Typically, such skills may be enhanced through the fertile intellectual relationship with supervisors, as well as through courses and other learning opportunities, many of which are offered by LSBU’s school provisions.

**Domain B: Personal Effectiveness**, considers self and career management, with many skills derived from business practice. Typically, such skills may be developed through practical application of work-place skills, and attendance on a range of courses that are offered by LSBU, by CRS, Library Services and Schools, as well as other external resources. Membership of and engagement with the CIB Chapter is also a good means of delivering some of these development goals.

**Domain C: Research Governance and Organisation**, considers best practice when it comes to management of projects, professional conduct and stakeholder development. This is an important part of any research project and opportunities for development of these skills should be sought out.

**Domain D: Engagement, Influence and Impact**, is one of the most important aspects of any researcher’s development journey, as the delivery of lectures, attendance at conferences and the writing of papers and other outputs is the tangible evidence of engagement with the research community. CRS offers a number of opportunities for developing these skills, and School provision – as well as external resources and opportunities for attendance and delivery at conferences – should be examined as well.

Researcher development is all about personal development, such that the more that is put into it, the more is taken out. Engagement in development is the mark of a committed researcher, and is taken very seriously in today’s research environment. As such, I would urge you to get involved with as many opportunities as you can.

(Currently, CRS is reviewing the provision of its training and development provision, with many exciting opportunities in the pipeline. If you have any suggestions for development, we’d very much like to hear from you. Contact Nadia Imtiaz (imtiazn2@lsbu.ac.uk) or myself doylep8@lsbu.ac.uk)

By Professor Peter Doyle
Central Research Services
doylep8@lsbu.ac.uk
Engagement, influence and impact
The knowledge and skills to work with others and ensure the wider impact of research.
Domain D

Knowledge and intellectual abilities
The knowledge, intellectual abilities and techniques to do research.
Domain A

Research governance and organisation
The knowledge of the standards, requirements and professionalism to do research.
Domain C

Personal effectiveness
The personal qualities and approach to be an effective researcher.
Domain B
Fraudulent and corrupt practices are a world-wide phenomenon within the construction industry. Tender collusion, price fixing, sub-contractor bribes, and overbilling have all been found to occur at project level. These practices not only have deleterious effects on moral, integrity and trust but also financial implications that extend into the billions of pounds. The UK is no exception and cannot be exonerated. With false representation and change order manipulation found to occur at high levels of frequency, fraud is believed to be an ‘epidemic’ in the UK construction industry. Asymmetrical information between project parties is believed to act as a stimulus for corrupt and fraudulent practices. In light of this, literature has not provided any up to date empirical investigation into the ethical actions of the Royal Institution of Chartered Surveyors (RICS) quantity surveyors working in the UK. There appears to be a conundrum relating to how the ethical behavior of a professional agent aligns with: (a) their organisational objectives and (b) the ethical requirements set by their professional body.

This research project stems from an idea from a MSc student that I am supervising. The project looks at the ethical theories, perceptions, standards, and challenges the construction industry is facing and attempts to uncover the degree in which the RICS ethical standards are being implemented by differing groups of quantity surveyors in the UK construction industry.

By Dr. Cynthia Lee (leec15@lsbu.ac.uk)
Quick Facts about the CIB and Student Chapter

What is CIB?

CIB is the acronym of the abbreviated French (former) name: "Conseil International du Bâtiment" (in English this is: International Council for Building). In the course of 1998, the abbreviation has been kept but the full name changed into: INTERNATIONAL COUNCIL FOR RESEARCH AND INNOVATION IN BUILDING AND CONSTRUCTION

CIB History

CIB was established in 1953 with the support of the United Nations as an Association whose objectives were to stimulate and facilitate international cooperation and information exchange between governmental research institutes in the building and construction sector, with an emphasis on those institutes engaged in technical fields of research. It has since evolved into a worldwide network of over 5000 experts from about 500 member organisations active in the research community, in industry or in education, who cooperate and exchange information in over 50 CIB Commissions covering all fields in building and construction related research and innovation.

CIB Today

At present about 500 organisations are members of CIB from whom about 5000 individual experts participate in over 50 CIB Commissions. These extend over the whole area of building and construction research and innovation.

The CIB Student Chapter

LSBU-CIB Student Chapter was approved in March 2015. The Chapter organizes and plans activities where postgraduates and researchers meet informally and formally to discuss issues regarding their research and facilities. Workshops/seminars are held to discuss many research issues, including ‘Research Methodology’.

Postgraduates and researchers in the LSBU student chapter have access to a wide array of CIB publications and also have the opportunity to interact with other Student Chapters across the world.

The University of Huddersfield has launched their own CIB Student Chapter. That make three student chapters in the UK, and twenty globally.

For more information, please visit; www.cibworld.nl
The global emission of carbon dioxide (CO2) into the atmosphere has reached an unsustainable level that has resulted in climate change and therefore there is the need to reduce the emission of CO2. However, the reduction of CO2 emission has become a global environmental challenge and the use of CO2 to produce value-added chemicals could be one of the few ways of reducing CO2 emission. CO2 is recognised as an abundant, cheap, recyclable and non-toxic carbon source and thus its utilisation for the production of value-added chemicals is extremely beneficial for the chemical industry.

1,2-butylene carbonate is a valuable chemical of great commercial interest. It is an excellent reactive intermediate material used in industry for the production of plasticisers, surfactant, and polymers and can also be used as a solvent for degreasing, paint remover, wood binder resins, foundry sand binders, lubricants as well as lithium battery because of its high polarity property. Several reaction routes have been attempted for 1,2-butylene carbonate production, which was phosgene, oxidative carboxylation, direct synthesis using homogeneous catalyst and direct synthesis using a heterogeneous catalyst. The latter being the most attractive route due to the inexpensive raw material, ease of catalyst recovery and the avoidance of corrosive reagents, such as phosgene.

Continuous hydrothermal flow synthesis (CHFS) has been employed as a rapid and cleaner route for the synthesis of highly efficient graphene-inorganic heterogeneous catalyst, represented as Ce–La–Zr–GO nanocomposite. The graphene-inorganic heterogeneous catalyst has been characterised using transmission electron microscopy (TEM) and X-ray photoelectron spectroscopy (XPS), while X-ray powder diffraction (XRD) and Brunauer–Emmett–Teller (BET) methods have been used for the surface area measurements.

Ceria, lanthana, zirconia doped graphene nanocomposite catalyst studies have shown high catalytic activity as compared to other reported heterogeneous catalysts in the absence of any organic solvent with a higher selectivity of 76% and 64% yield of 1,2-butylene carbonate at the reaction conditions of 408 K, 75 bar in 20 h.

By Victor Nnamdi Onyenkeadi
(onyenkev@lsbu.ac.uk)

Please turn over for the research poster section
Human activities have contributed immensely to the rise of greenhouse gases in the atmosphere especially CO₂ which increased since the industrial revolution, from 280 ppm in the mid-18th century to 407 ppm as of 2016, consequentially can cause change in climate. To prevent global warming further emission of CO₂ should be put under a severe control. Amongst other measures, utilisation of CO₂ to value added chemicals, such as carbonate, is consider economically attractive route.

**Research Objectives**

- To utilize CO₂ as a raw material for the synthesis of value added chemicals
- To design and develop a greener process for the production of organic carbonates
- To establish a suitable heterogeneous catalytic system to replace the existing homogeneous process for the conversion of CO₂ to organic carbonates
- To study the effect of reaction conditions such as temperature, pressure, mole ratio, catalyst loading, and catalyst reusability on reaction rate and yield of organic carbonates
- To improve the process complexity and optimising the reaction conditions

**Reaction Scheme for Styrene Carbonate Synthesis**

![Reaction Scheme](image)

R stand for alkyl group. MO represent metal oxide catalyst, where M is a metal atom and O is an oxygen atom.

**Research Findings**

**Different catalysts usage**

![Different Catalysts Usage](image)

**Raman spectra Catalysts**

![Raman Spectra](image)

**Effect of catalyst loading**

![Effect of Catalyst Loading](image)

**Effect of temperature**

![Effect of Temperature](image)

**Effect of CO₂ pressure**

![Effect of CO₂ Pressure](image)

**Effect of stirring speed**

![Effect of Stirring Speed](image)

**Effect of time**

![Effect of Time](image)

**Effect of catalyst reusability**

![Effect of Catalyst Reusability](image)

**Conclusions**

- Ceria-lanthana doped zirconia catalyst showed very high catalytic activity for the synthesis of styrene carbonate
- Optimum reaction conditions are 408 K, 75 bar CO₂ pressure, 20 h reaction time and 10% (w/w) catalyst loading
- 84% conversion of styrene oxide and 52% yield of styrene carbonate were obtained at optimum reaction conditions

**Acknowledgements**

- The authors thank Magnesium Elektron Limited (MEL) Chemicals, UK for supplying the catalysts for this work.
- School of Engineering London South Bank University.
I am a PhD student in the School of Built Environment and Architecture. My research is meant to develop a BIM-Knowledge Framework for impactful decision making in sustainable development projects. The research is informed by the need to see how Building Information Modeling (BIM), which has been criticised for being too information-centric (Fangxiao et al., 2013; Boyes, 2016) can be improved by infusing knowledge (which is an advance level of understanding compared to information) into it. It has been argued that BIM and the process of transforming construction information into knowledge are still isolated, causing a drawback in harvesting the vast amount of potential knowledge from the models. The need to capture and document abundant knowledge that is being generated in the construction industry throughout the life cycle of a project for integration into the existing BIM for effective decision making justifies the need for this research.

The aim of the research is to develop a “BIM-Knowledge” (BIM-K) framework that will integrate knowledge and BIM to fully capture knowledge contribution to BIM implementation for impactful decision making in sustainable development project. About six (6) objectives have been put forward towards achieving the main goal. These include: 1. a critical review of extant literature on Building Information Modeling (BIM), Knowledge Management (KM) and Sustainable Development (SD) with a view to documenting their strengths and weaknesses; 2. exploration of how knowledge management (especially tacit knowledge) can enhance the use of BIM to effect sustainable development projects; 3. investigating the decision making process in BIM implementation for improved sustainable development and the role knowledge can play in this regard; 4. investigating the roles of skills, knowledge, competencies, culture, motivation and level of education in the effective use and exploitation of BIM-K for managing sustainable development project; 5. developing skills and knowledge inventory/bank of the key decision makers in the use of BIM-K to address sustainable development projects and; 6. Developing and validating a BIM-K Framework for improved decision making on sustainable development project.

The research, which is still at the preliminary stage, intends to provide answers to two critical research questions:

1. what factors impact on the successful implementation of BIM infused knowledge for sustainable development projects and what is the extent of the impact.
2. In what complex ways do BIM infused knowledge contribute to impactful decision making in sustainable development projects?

The research will adopt a pluralistic approach (mixed method) in order to achieve the stated objectives. The essence is to tackle the research problems using more than one investigative perspective. The research shall make original contribution to the existing body of knowledge through the development of BIM-K Framework that enables the capturing and integration of tacit knowledge into BIM for impactful decision making in addressing the issues of sustainable development in the construction industry.

By Ganiyu Sikiru Abiodun
(ganiyus@lsbu.ac.uk)
A new generation of research students is currently in place in many higher institutions. In many ways, researchers can achieve much from their phone, tablets, or computers which wasn’t possible in the past. It is possible to carry out research in this era with a potential to disseminate, network and grow within the academic and industrial communities using the many social media outlets that are available to us.

The use of social media allows for the possibility of interaction with a wider community which traditional journals, conferences and seminars don’t provide, as these are read by peers and occasionally family and friends you make read it. Niche communities can be found on different social media platforms from Twitter, Facebook, Snapchat, ResearchGate, Yammer to LinkedIn naming a few. In any aspect of research there is some form of social media platform that can be utilized from the wordy, not so wordy to lots of pictures.

A personal favorite of mine on the Twitter is @PhDForum with a huge community of research students sharing relatable experiences through the journey of the PhD giving you motivation. On Youtube; How2Stats on statistical analysis and Tara Brabazon on a range of research development and progression issues. In house, @LSBU and the London South Bank University do a great job and could be an avenue to explore.

In conclusion, there is a social media outlet suitable for every research student allowing some sort of escape from the conventional.

By Itua Cyril Omokhomion (omokhomi@lsbu.ac.uk)

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**Did you know?- Social media facts**

- In any given month, approximately 1.28 BILLION people are active on Facebook – roughly equivalent to the entire population of India, the world’s second most-populous country.
- Facebook’s user base grows by eight people per second, or 7,246 people every 15 minutes.
- Facebook earns an average of $5.85 for every Facebook user in the United States and Canada.
- Almost one-quarter – 23% – of Facebook users check the site FIVE TIMES or more per day.
- Almost half of all Twitter accounts – 44% – have never sent a tweet.
- Two new users join LinkedIn every second.
- Last year, the most overused word in LinkedIn profiles was “motivated.”
- Approximately 41% of millionaires use LinkedIn.
- New York City is the most frequently geotagged city on Instagram, and Times Square is the second-most geotagged place.
- Instagram’s per-follower engagement rate is 58 times higher than Facebook’s and 120 times higher than Twitter’s.
- More than 70% of Pinterest’s user base is female.

-Upeksha-
LIFE AT LSBU AS A PHD STUDENT IS WONDERFUL

How time flies! It has been a year and a half since I came to London South Bank University.

What impressed me most is the university frequently organizes academic activities, for example some skill sessions, seminars on different fields hold by CIB. I benefit from these academic activities a lot. I meet new PhD students, make friends with people in the same field, and learn about knowledge of different areas. The academic activities help me rich experience and become more prepared for my career after university.

The professors and staff here are very kind, and my colleagues are all very friendly to each other.

I’m Chinese, so at the beginning, I have difficulty in communication with my supervisor. What’s more, I also found it difficult to do my research. I’m very grateful that my two supervisors help me a lot, meeting me frequently and give many advices on my study. Their selfless help make me feel warm and now I adapt well to my research.

LSBU has a very good location, with convenient transportation and beautiful scenery. I can get to the university easily by underground or buses. When looking through the window, London’s landmark buildings will appear in front of your eyes. Life in LSBU I think is wonderful and fresh.

By Xiaoxia Liang,
liangx3@lsbu.ac.uk
TIME MANAGEMENT: AN ESSENTIAL SKILL TOWARDS SUCCESSFUL LIFE

Introduction: Man has never been under pressure for want of time worse than this age in history. Today, there are several things competing for the few hours available to man. It appears that the number of hours in a day is now less than 24 hours! Time, however, is the only capital available to everybody in equal quantity regardless of your age, wealth, colour, religion, etc. We are all equally gifted – everybody has 24 hours in a day, 7 days in a week, 4 weeks in a month, 12 months in a year! One of the reasons behind the achievement of the successful people in life is their ability to effectively manage their time. If you must be great and successful in life, irrespective of what do, one of the secrets is to learn how to manage your time effectively and exceptionally.

Meaning: Time management, per dictionary.com, is “the analysis of how working hours are spent and the prioritization of tasks to maximize personal efficiency in the workplace”. Time management is the ability to plan, organize and prioritize the amount of time you spend on specific activities. It is the secret of getting more done in less time. The goal is to increase the efficiency, effectiveness and productivity in whatever you are doing at any material time. As students, good time management marks the difference between studying hard and studying smart!

Strategies for Effective Time Management: Below are some of the effective time management skills and techniques:

1. Self-awareness: Knowing and understanding yourself is key to effective time management. Know your strengths, weaknesses, opportunities and threats. Avoid complex and unnecessary comparison.

2. Set Goals and work towards them: Set realistic and achievable goals every day and consciously work towards achieving them.

3. Write down the tasks: Always keep a list of tasks to be accomplished every day and strike them out as appropriate.

4. Prioritize your Tasks: There are four (4) different type of tasks and responsibilities must be prioritize accordingly.

Some tasks are urgent and important, others are urgent but not important, some are important but not urgent, while others are neither urgent nor important.

5. Avoid Procrastination: Procrastination is avoidance of doing a task that needs to be done now for a more pleasurable thing. Don’t push what is important but not urgent forward till they become important and urgent! Procrastination is killer; avoid it like plague!

6. Organize your time: Organize tasks around fixed and important events of your day such as eating period, prayer time, etc. Put important tasks in the morning when you are fresh and energetic. What do you want to do before breakfast? What is to be done between breakfast and lunch? Most people spend substantial amount of time in transit: are there tasks that can be done in the bus or on train?

Contd.
7. Create positive habits: Some tasks can be permanently fixed for same time as habits.

8. Avoid distractions and interruptions: Avoid people interrupting your schedule without prior notice. Learn to politely turn down requests that will significantly alter your plan and disrupt your schedule. Avoid wasting time on avoidable time wasting exercise such as social media.

9. Delegate responsibilities: Learn to share tasks with people by delegating responsibilities. It saves you time. However, endeavour to give adequate notice and always cross check.

10. Review progress: It is important to take stock of daily activities and review progress made. Roll over unaccomplished tasks. Revise your work plan appropriately with a view to creating alternative ways of accomplishing similar tasks with little time. Always have a contingency plan – Plan B – in case Plan A fails!

Effects of Time Management: What do you gain by effectively managing your time and what do you lose by failing to? The advantages include: increase in efficiency and effectiveness, greater productivity, less pressure, meeting set goals, better output, sense of self-actualisation and self-fulfilment, opportunity to advancement and good reputation. Poor time management can lead to increased pressure and high stress, missing deadlines, poor output, inefficient work flow, low reputation and failure.

**Conclusion**

“Time is like a sword: if you don’t cut with it; it may cut you!” If you are a materialist who believe ‘time is money’, remember: yesterday is a cancelled cheque – it is not useful again; tomorrow is a promissory note – it may never materialise; today is cash-at-hand – invest it wisely!

To me, life is more valuable than money; ‘Time is Life!’ What is life if not accumulation of seconds and minutes? Time is indeed an irreversible reaction; manage it effectively and efficiently because it will determine how successful you will be in life.

By Ganiyu Sikiru Abiodun  
(ganiyus@lsbu.ac.uk)
HOW TO BEST PRESENT YOUR RESEARCH PROPOSAL?

Building Up your public speaking skills

From an eye of a PhD student, I am not an expert in public speaking, but sharing my experience that might be of interest to learn from.

Practice...Practice and practice "Practice makes perfect"

No matter how knowledgeable you are with your research topic, spending the extra time to structure your talk and rehearse your phrases is essential to master your talk, and have the confidence of storytelling without tripping over your words. Rehearse your talk loudly alone. This will allow you use your speaking and listening skills to best memorise your difficult acronyms, with smooth and easy flow.

Prepare your Shopping List!

List down the main themes of your presentation, do not document everything. Writing down the details of your presentation will drag you into the routine of reading from your notes or the screen, rather than focusing on eye contact with your audience and delivering the key points to the audience in your own words.

Engage with your audience...and not to forget the attention span

Think of the sequence of your talk, and most importantly your opening statement. Ask leading questions, but try not to overdo that. Pay attention on how to control your body language. You will always be nervous in from your audience, but be positive and remember how much time and effort you have put into your research. Remember to keep your talk between 7-10min not to lose your audience attention span. Reserve at least five minutes time for open discussions, to allow for feedback and question from your audience. This will deliver the best part of your talk, challenge your propositions, and open the door into new prospective, that you might not have achieved alone.

Time Management

During your practice before the presentation, watch the time, and make sure that your talk does not exceed your allocated time limit. You may need to go back and cut off parts of your presentation, or summarise the less important point. Nothing is worse than being told that you have one minute left, when you are just half way through your presentation, and did not show the best out of your proposal.

Closing Summary

End up your talk with very short statement that sums your ideas, but also reminds the audience with your research rationale, to strengthen your argument and most importantly lessen the chances of receiving a very challenging question that might leave you speechless!!!

By Nuha Eltinay
eltinayn@lsbu.ac.uk
Being financially prepared is great gain for every student no matter your level of access to finance. However, despite the importance of financial planning you can unequivocally say that this is an aspect students do not give commensurate attention to.

I have come up with a few tips that could enhance the student’s financial prowess as stated below:

1. Budget: Always create a written budget on your possible expense and potential/ available income at the beginning of every term. This could also be broken down to weekly budget as the case may be.

2. Develop a Savings Culture: Safe between 10% to 20% of your monthly income if you have a regular job or part time job. This could act as a buffer in times or need or act as a foundation for future investments.

3. Operate at least two bank accounts: One of these accounts should be a savings account. Preferably a non-card account. It should house your savings while you make regular, weekly, etc transfers to the card account. This arrangement will help safe guard your funds should your card details be compromised. It will help reduce the possibility of a fraud on your account as well as help you save.

4. Get a part time job: This will enhance your financial comfort as a student.

5. Discounted Travel cards: Take advantage of discounted student travel arrangements such as the student oyster and train passes. It will avail you 30% discounts. A number of other travel companies have provisions for student’s discounts as well so look up all available options when making travel arrangements.

6. NUS (National Union of Students) extra cards: Having this card will enable you access to discounts with a number of Retailers.

7. Student Friendly Retailers: Use student friendly retailers like New look and Peacock amongst others to buy your clothing as you could get 10% with your LSBU ID.

8. Online and off peak sales: Online and off peak sales should be used as a means of getting lovely things at reduced rate in other to save money.

9. Understand your legal tax exemptions: study to understand student tax exemptions such as council tax and non –payment of tax for students with allowances of £11,000 and below. Seek to get refunds if these errors have been made.

10. Open Market Purchases: Open Markets such as the Borough markets and East Street Market are avenues to make purchases at reduced rates and should be utilised.

11. Usage of on-Campus discount cards: There are a number of discount cards that could enable you buy drinks and snacks around the Campus.

I hope the above tips will be of some assistance in your financial planning as a student.

By Lucy Ogbenjuwa
ogbenjul@lsbu.ac.uk
Call for Papers International Research Conference
Shaping Tomorrow’s Built Environment:
Construction and Design for the Modern World

Introduction
The University of Salford is organizing the International Research Symposium on the 11th and 12th September 2017.

The event promises a huge gathering of key international players and speakers from industry, academia and the research community, forming an important networking point for all participants.

The Research Symposium is part of the International Research Week that also includes the Industry Day which will be held on 13th of September and the 13th International Postgraduate Research Conference in the Built Environment what will be held on 14th – 15th September.

The event is organised in partnership with the International Council for Research and Innovation in Building and Construction (CIB) and the following of CIB Commissions will use the International Research Symposium as the platform for their annual meetings:

- W055 Construction Industry Economics
- W065 Organisation and Management of Construction
- TG72 Public Private Partnerships
- W070 Facilities Management and Maintenance
- TG91 Global Construction Data
- W099 Education in the Built Environment
- W099 Procurement Systems
- W102 Information and Knowledge Management in Building
- W112 Culture in Construction
- W117 Performance Measurement in Construction
- W118 Clients and Users in Construction
- W120 Disasters and the Built Environment
- W121 Offsite Construction

More information about these CIB Commissions can be obtained here.

Background / additional information
In order to address the rapidly changing needs of modern society, the construction and design industries will need to develop their capabilities and strategies to deal with the major challenges that confront them in the coming years.

Submissions of Abstracts
Abstracts (maximum of 300 words) should be submitted online via EasyChair where you will also require to select your thematic track related to the subject areas of any of the CIB Commissions mentioned before. Abstracts will be sent to referees and the authors of the abstracts that pass this peer-review will be invited to submit full papers.

The website for the International Research Week can be accessed via www.conference.org.uk/international-research-week

Important Dates Call for Papers
Abstract submission deadline 6th February
Abstract acceptance notification 20th February
Full papers submission deadline 30th April
Paper review notification 8th May
Final papers deadline 29th May

Contact details
Conference Organiser: Professor Les Ruddock
lruddock@salford.ac.uk

Conference Administrator: Ms Hanneke van Dijk
h.vandijk@salford.ac.uk

Follow CIB on LinkedIn
Ever wondered why you feel depressed at a time and joyous at another time? Yes there are both agonies and joys of being a PhD student. At the beginning of your PhD, everything was fresh and pleasant. You dream big of achieving your doctorate after solving a great big problem, winning awards at conferences sharing your new experiences with colleagues and family, etc. (uninformed optimism/ positivism).

But when time passes by you began to realise that things aren’t that peachy and rosy as you thought. After some time, you get used to the environment/field and the challenges. But still things do not make 100% sense; instead you feel like forever waiting for those good results that you were always waiting for. Then you begin to think this is a bit more than you can take in to your capacity (Informed pessimism).

In the mid-way of your journey you begin to feel the roughness of the research. You struggle with deadlines and the quality of your research. You then begin to feel you have just wasted half of your time doing different things that you cannot find a relationship between them (Crisis of meaning).

If you fail to avoid this negativity and step forward for a different direction you’ll end up letting the negativity to rule you over with a little depression and may lead for quitting (Crash and burn (optional)). Nevertheless, if courage is still left and you are confident enough to change the direction and step forward bypassing the negativity, connecting the dots that made you lost, you’ll realise that this may not going to be as awesome as you originally stereotyped, but you will get some valuable publications that count you a lot as a “good-researcher”. You may feel the contribution you have made to the current state-of-art of your research field with your highest potential. You’ll then enjoy the joy of finishing a decent PhD thesis.

Not everyone will experience the extremes, but I’m sure everyone is going through their own hurdles. Likewise, during your PhD process, your level of motivation will definitely vary. Peironcely (2011) has simulated this fluctuating PhD motivation in to a “roller coaster”.

Contd.
Contd.

Whenever your self-esteem fall apart, just believe that there is definitely a light at the end of the tunnel. So, if you have reached a realization that worries you; it’s being three months passed already in 2017 and you haven’t done anything at all, trapped in the same place, just remember you’re not too late to give it a fresh start. Do it now! Sometimes ‘later’ becomes ‘never’. Failure is a success if we learn from it. So here’s some poetical energy for all of you to start everything fresh with brave and gutsy new decisions and practice some smart new habits from the #1 bestsel-

THE DECLARATION

A Poem by Robin Sharma

#1 bestselling author of “The Leader Who Had No Title”

Today, I declare I am strong and brave, not timid nor weak.

Today, I declare that my past will no longer limit my future and just because I couldn’t achieve something yesterday doesn’t mean I won’t do it this day.

Today, I declare that I’ll honour my talents, express my gifts and reveal my creativity to everyone around me.

Today, I declare I’ll be loyal to my values, respectful of my mission and fiercely focused on my dreams.

Today, I declare that I am a maker versus a consumer, a giver versus a taker and a visionary versus a victim.

Today, I declare that I will always be part of the solution and never part of the problem.

Today, I declare that when I fall, I will certainly rise and when I’m in doubt, I will persist.

Today, I declare that I will cherish my health, feed my mind and nourish my soul.

Today, I declare that I am surrounding myself with people who are smarter, faster, stronger and better than me so I am uplifted by their models and inspired by their examples.

Today, I declare that I set the standard in my work, am becoming the icon of my industry and a legend at my craft.

Today, I declare that I adore my family, am grateful for my friends and am an encourager to all those who are blessed to cross my path.

Today, I declare that this New Year is MY year. My time to grow, excel, laugh, love, win, believe, persevere and serve, knowing that I am truly the leader of my fate, the owner of my results and the hero of my destiny.

By Upeksha Hansini Madanayake
madanayu@lsbu.ac.uk
SUCCESS STORIES

LSBU, PhD Candidate Achieved Chartered Status with Engineering Council UK
Chartered Engineers are degree-qualified at Master level and have gained professional competencies through training and monitored professional practice experience.

Tariq Umar PhD candidate at School of Built Environment and Architecture, London South Bank University successfully passed his professional review held in December 2016, at Doha (Qatar).

Prior to this he had completed a Master Degree in Civil Engineering from University of East London, UK and remained as a graduate member of ICE since 2010. He has completed his Initial Professional Development with ICE in 2014. He had started his career as Junior Engineer in 2004 after completing a higher diploma in Civil Engineering and rose to senior engineer prior to joining full academic position in 2012.

Mr. Tariq is also serving as a member of the ICE local operation committee and was leading the student and graduate committee in Oman. The ICE local committee focused on Learned Events, flagship events, graduates and students support, University liaison and developing the relationship with the local association The Oman Society of Engineers.

Tariq is pursuing his PhD in construction management at London South Bank University, UK and has published several journal and conference papers. He used his industry experience and academic research work to meet the ICE attributes for the grade of Chartered Engineer.

Tariq expressed that being a Chartered Civil Engineer he will be able to effectively serve the civil engineering industry and will continue his role to better serve the society. He stated that affordable housing, clean energy and water are some of the main challenges need to be focused by Civil Engineering professional. He shows his commitment towards professional development and at first instance, he is planning to mentor young engineers in the Sultanate and in the GCC region to pursue their membership and registration at different levels. He mentioned that since the world has become a global village, hence it is very important for experienced Civil Engineers to pursue their career with professional registration so that their skill and experience can be recognized worldwide.

LSBU NEWS HIGHLIGHTS

1. LSBU celebrates Entrepreneurial University Award

LSBU being named Entrepreneurial University of the Year at the 2016 Times Higher Education Awards for earning the vision to be an entrepreneurial institution that translated into action at local, national and international levels.

2. AMPS Living and Sustainability conference 9-10 Feb. 2017 at LSBU
If not head towards https://www.yammer.com/ and Sign up. It only takes a minute and as soon as you sign up using your LSBU email id you can look for groups and find the **CIB Student Chapter**. We currently are the second largest at LSBU and have a decent number of member and many more are joining. There you can interact with other researchers to increase your chances of collaborating and perhaps writing a paper together.

To the people who have already signed up a big thank you from CIB Student Chapter President Mr. Tara Ghatauray and his team.

There are copies of previous editions of CIB Student Chapter Newsletters are also available on the website. https://www.yammer.com/lsbu.ac.uk/#/groups/9533424/files

https://www.facebook.com/groups/1661684733858261/lsbucibstudentchapter

**PHD COMICS**

Source: www.phdcomics.com
A wall of the Anechoic (echo-free) Acoustic Chamber at LSBU which has been carefully designed and built to achieve almost perfect quiet conditions for acoustic department research studies. The internal surfaces are made of 70cm long foam wedges and large, heavy sound-proof doors. The rooms is quiet as if you can hear your own heart beat.

Rio Fredrika, one of UNILAD’s presenters, spent 1 hour and 7 minutes in the chamber, which cuts out over 99% of all sound. She has now spent the longest time in a room of this kind of anyone in the world - the Guinness World Record is held by a journalist who stayed for 45 minutes in the Orfield Laboratories in South Minneapolis, USA.

It may sound easy but staying in a chamber with no sound can cause intense headaches, ringing of the ears (an early sign of tinnitus), severe disorientation and, at its worst, panic attacks due to the participant’s belief that the world outside has forgotten about them.

What do you think about the newsletter? Let us know your comments & suggestions to madanayu@lsbu.ac.uk