



NITheCS

National Institute for
Theoretical and Computational Sciences

COLLOQUIUM

A Survival Guide for Every Postgraduate Journey: 30 Things You Need to Have Peace with Before You Get Frustrated as a Master's or PhD Student

Dr Farai Mlambo (*Wits Business School*)

DATE: Monday, 1 December 2025 | 16h00–17h00 SAST

VENUES:

- **Stellenbosch University:** NITheCS Seminar Room, Merensky Building
- **University of the Witwatersrand:** Room P215, 2nd Floor, Physics Building
- **North-West University:** Seminar Room K310, Physics Building G5
- **Online**

--- A recording of the talk will be published on the NITheCS YouTube channel afterwards ---

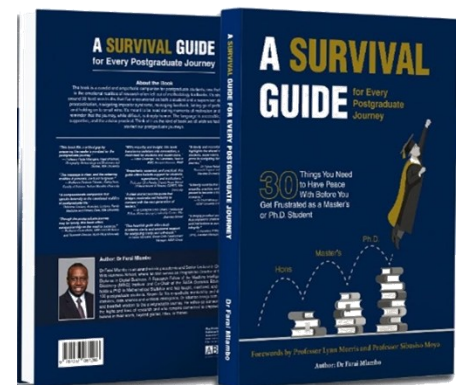
ABSTRACT

This presentation introduces *A Survival Guide for Every Postgraduate Journey*, a book written to normalise the doubts, frustrations, and emotional hurdles often experienced by master's and doctoral students. Rather than focusing on research methods, the guide emphasises the mental, emotional, and strategic foundations required for postgraduate success. Drawing on Dr Mlambo's own academic journey and his experience supervising and mentoring over 100 postgraduate students across various disciplines, the book highlights 30 critical lessons that students must "make peace with" to avoid unnecessary frustration. The session will include reflections on resilience, mindset, supervisor–student dynamics, and the role of peer support. A short presentation will be followed by a panel discussion with local academics and postgraduate students, making the event both reflective and forward-looking.

BIOGRAPHY



Dr Farai Mlambo (PhD, Mathematical Statistics) is Programme Director of the Postgraduate Diploma in Digital Business and Senior Lecturer in Digital Business at Wits Business School. He is also a Research Fellow at the Machine Intelligence and Neural Discovery Institute at the University of the Witwatersrand, Co-chair of the Statistics Education Interest Group of the South African Statistical Association, and an Associate in Statistics at NITheCS. His teaching and research span data analytics, artificial intelligence, Bayesian machine learning, and statistics education. Dr Mlambo has supervised numerous postgraduate students across Africa and co-founded several interdisciplinary and international academic support networks. His new book, *A Survival Guide for Every Postgraduate Journey*, provides practical and motivational insights to navigate the emotional and strategic challenges of postgraduate study.



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