

<b>Everything in this book!</b>	<b>4</b>
<b>Section 1</b>	How do I get started with planning my project? ..... 9
<b>Section 2</b>	What does my research journey look like? ..... 21
<b>Section 3</b>	How do I avoid procrastination? ..... 41
<b>Section 4</b>	What digital tools can I use to help me to plan? ..... 55
<b>Section 5</b>	What other resources can I use to help me plan effectively? ..... 67
<b>Section 6</b>	Who can support me to bring my plan together? ..... 81
<b>Section 7</b>	How do I stay on track? ..... 97
<b>Section 8</b>	How can I use workbook activities to assist me on my research journey? ..... 115
<b>Glossary</b>	<b>134</b>