



THE UNIVERSITY OF
AUCKLAND
Te Whare Wānanga o Tāmaki Makaurau
NEW ZEALAND

University of Auckland: Health and Wellbeing

Dr Helen Ross,
Director Graduate Studies, University of Auckland

11 November 2021
ACGR Meeting

Doctoral Wellbeing @ Auckland



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School of Graduate Studies:

- Morning teas and online gatherings, e.g. overseas students, student parents
- *Lunch and Learn* seminar series
- Creating Connections grants
- “Wellness in Academia” Series

University:

- UoA Student Wellbeing Team, including Campus Care programme
- Sport and Recreation H&W coordinator – HDR sessions
- Health and Counselling Services

Wellness in Academia

[Dr Desiree Dickerson](#) Neuroscientist and Psychologist

Interactive Webinar Series

- Isolation & Belonging
- Motivation & Procrastination
- Shifting the Spotlight
- Perfection & Imposter Syndrome
- Taming the Inner Critic
- Wellbeing in Covid Times

Specifically for Supervisors

- Supporting Research Students' Mental Health & Wellbeing
- Managing Conflict

Supporting Video Resources



Doctoral Wellbeing @ Auckland



- **Future:**
 - **Pilot a 12-week doctoral peer-support group, facilitated by registered counsellor**

- **Contact:**
 - **Dr Heidi Collins, Doctoral Experience Manager**
heidi.collins@auckland.ac.nz

Thank you