

DOCTORAL WELLBEING



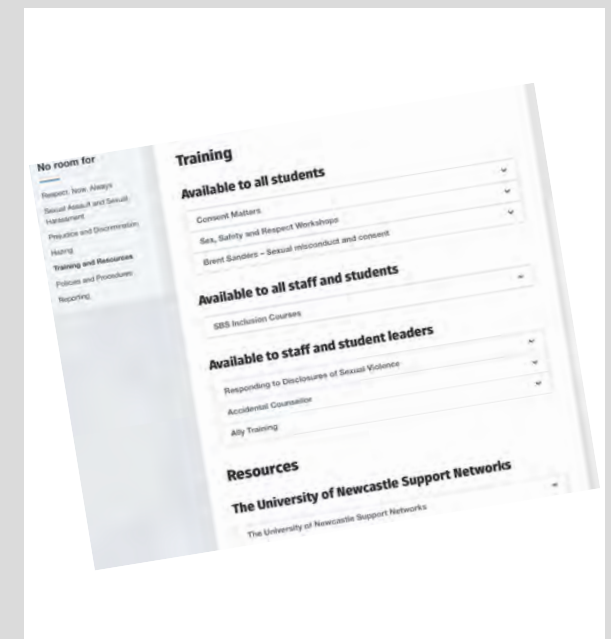
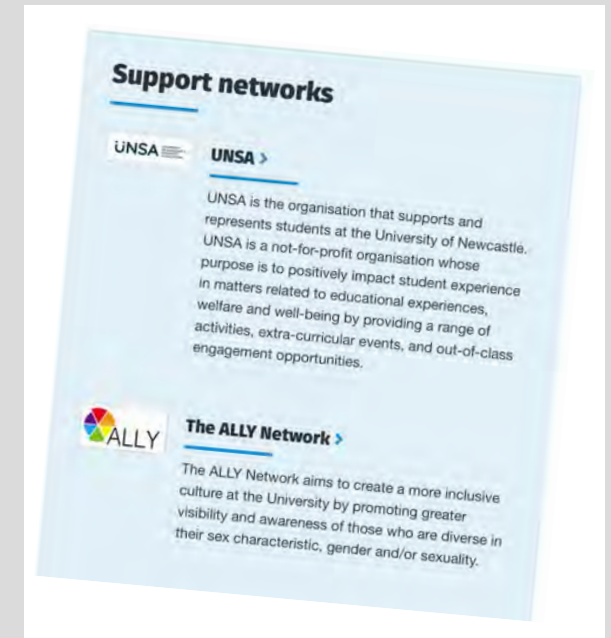
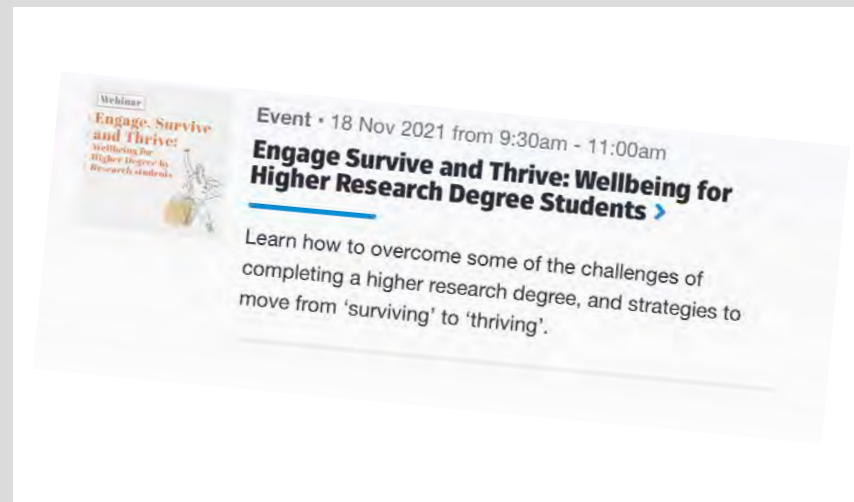
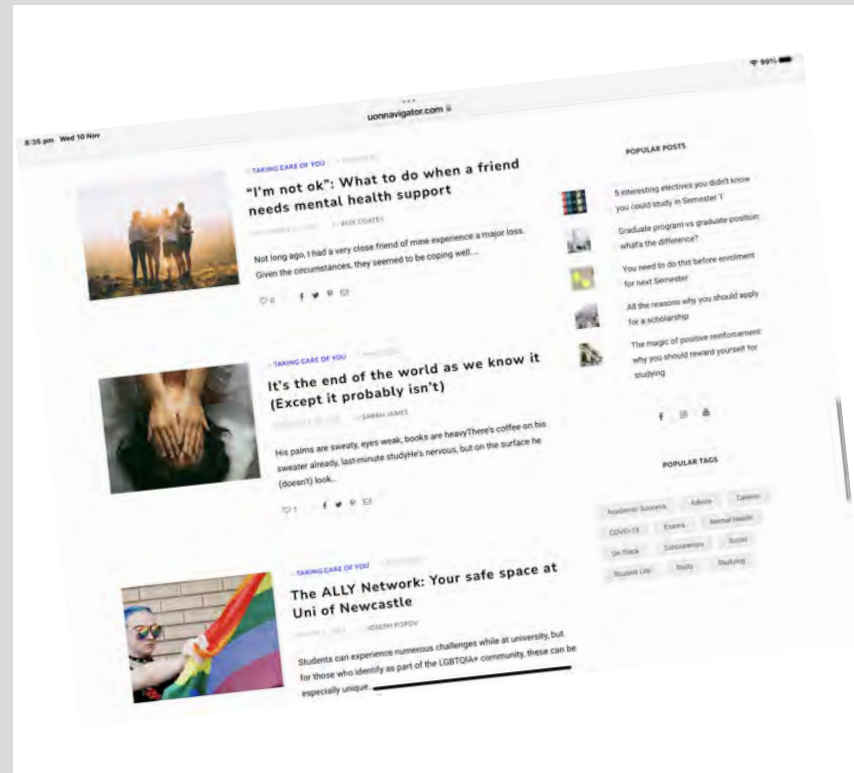
THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

Professor Kylie Shaw
Dean of Graduate Research



Whole university approach

- Supports for all students
- Peer to peer networks
- Mental health focused workshops and resources
- Specialised HDR research training, resilience, strategies
- Training for staff in mental health - toolkit, accidental counsellor, psychological safety
- Dedicated HDR counselling support – co-designed workshops w/DGR





Evidence-based approach

- Despite recognition that there should be **significant support for students early in candidature** to facilitate transition to doctoral level study, there is less **direct recognition of student well-being** or why progress is slow despite adequate supervision.
- It is equally important to ensure that **student hopes and expectations** for their well-being, as well as their academic **development and career**, are recognised and articulated and that any persistent reasons for mismatch or misunderstanding are identified and addressed (Holbrook et al. 2014).

SPECIALISED ONLINE RESOURCES



COPING STRATEGIES FOR HDR STUDENTS



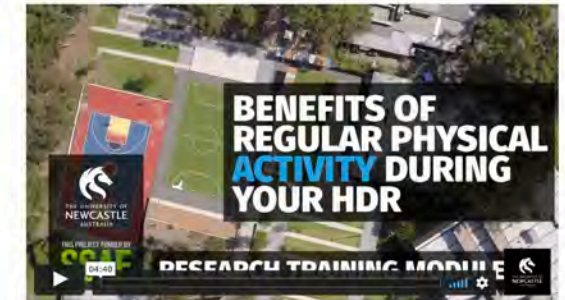
Appreciate the uniqueness and value of your PhD journey - and also the challenge of it. You are contributing to new knowledge, which is of course exciting and energetic, but every student can relate to the pressure involved. There is a lot of work, and a lot of milestones, and you are in charge of everything. That requires independence and agency, all on a deadline. This can take a toll on your health.

MANAGING EXPECTATIONS



Expectations are important - and inevitable. A higher degree by research is full of expectations, so consider them early. Why are you doing this? What do you hope to get out of it?

THINKING WHILE MOVING



Here at The University of Newcastle, the [Priority Research Centre for Physical Activity and Nutrition](#) investigates physical activity and nutrition for health. The clinical and physiological benefits of regular exercise are plentiful and well known - there are multiple skeletal and cardiovascular advantages, and research has shown time and again that regular exercise is essential to keeping our bodies healthy. The promotion of physical activity across the population is imperative for the reduction of obesity, diabetes, heart disease and other illnesses.

NUTRITION & COGNITIVE FUNCTION



Food is used to fuel your brain, your health and mental health. The healthier you eat, the healthier you will be, which sounds easy but can be so difficult to achieve during your studies.

It's important to not let nutrition fall off the radar. Plan ahead so you can make your own meals on the budget you have, pack your food and use the university kitchen spaces to prepare your meals. It requires preparation but can be easily accomplished so that you are not overrelying on takeaway meals that aren't very good for you.

Examples

THANK
YOU

