

iCan love my PhD

How is your PhD going?

- Is it 'your' PhD or was the thesis devised by someone else?
- Is it what you expected?
- Did you realise how difficult it would be?
- Does it make unending demands of your time, resilience, intellect?
- Do people say 'how interesting/ exciting' without fully comprehending what it involves?
- Are you afraid of failing?
- Is it exciting- or frustrating?

Undertaking a PhD is about having a relationship with it. Everyone's relationship with their PhD is different, but it will have its ups and downs. Recognising the more difficult feelings this evokes in us is important if we are not to act upon these in an unhelpful or destructive way.

This is a 2 hour workshop for students who are in the process of undertaking a PhD, and is facilitated by Kate Tindle, Head of Counselling, who is an individual and group psychotherapist