

A collective zine

Wellbeing and productivity: International PhD students' academic journeys at Warwick



IATL Student Project output

A PhD is challenging. Doing it in another language makes it even more so. This project, focusing specifically on international doctoral students at Warwick, mapped out the various challenges they face and worked out possible coping strategies for them and many more to come. This project's overall purpose was to enhance their well-being and productivity during their academic pursuits at Warwick.

[This project](#) consisted of a one-day conference on the Warwick campus on 26 July 2024 and a paid life-story writing, specifically for international PhD students at Warwick.

This output is a collection of 18 zines produced at the conference event, detailing wellbeing and productivity as 15 international PhD students, 2 international master students (volunteers for the event) and 1 local PhD student (volunteer for the event) at Warwick.

We hope this collective zine will support international PhD students' wellbeing and productivity during their academic pursuits at Warwick.



Love from the team

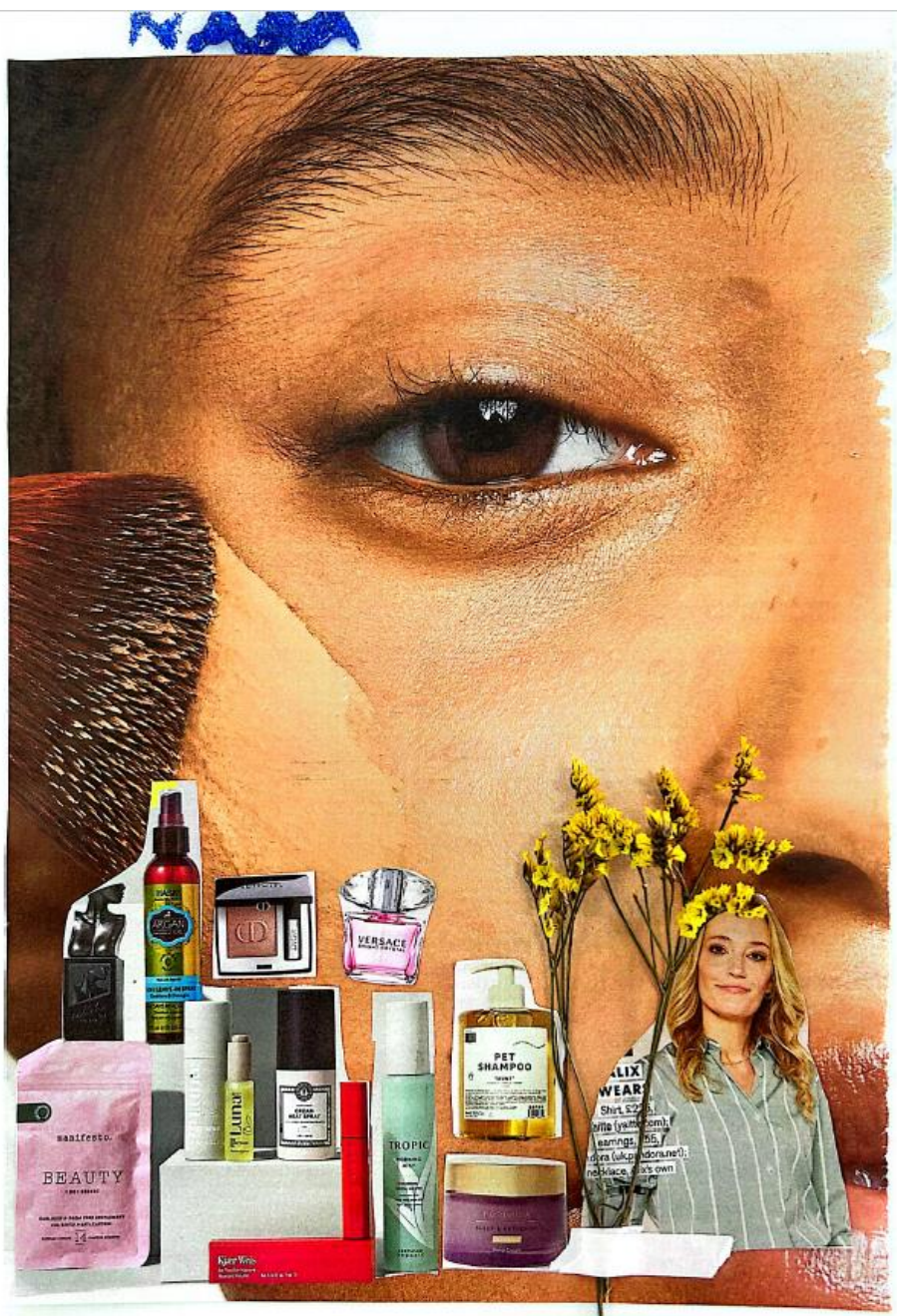


Meifang, Siyu, Peter & Mehmet

July 27, 2024

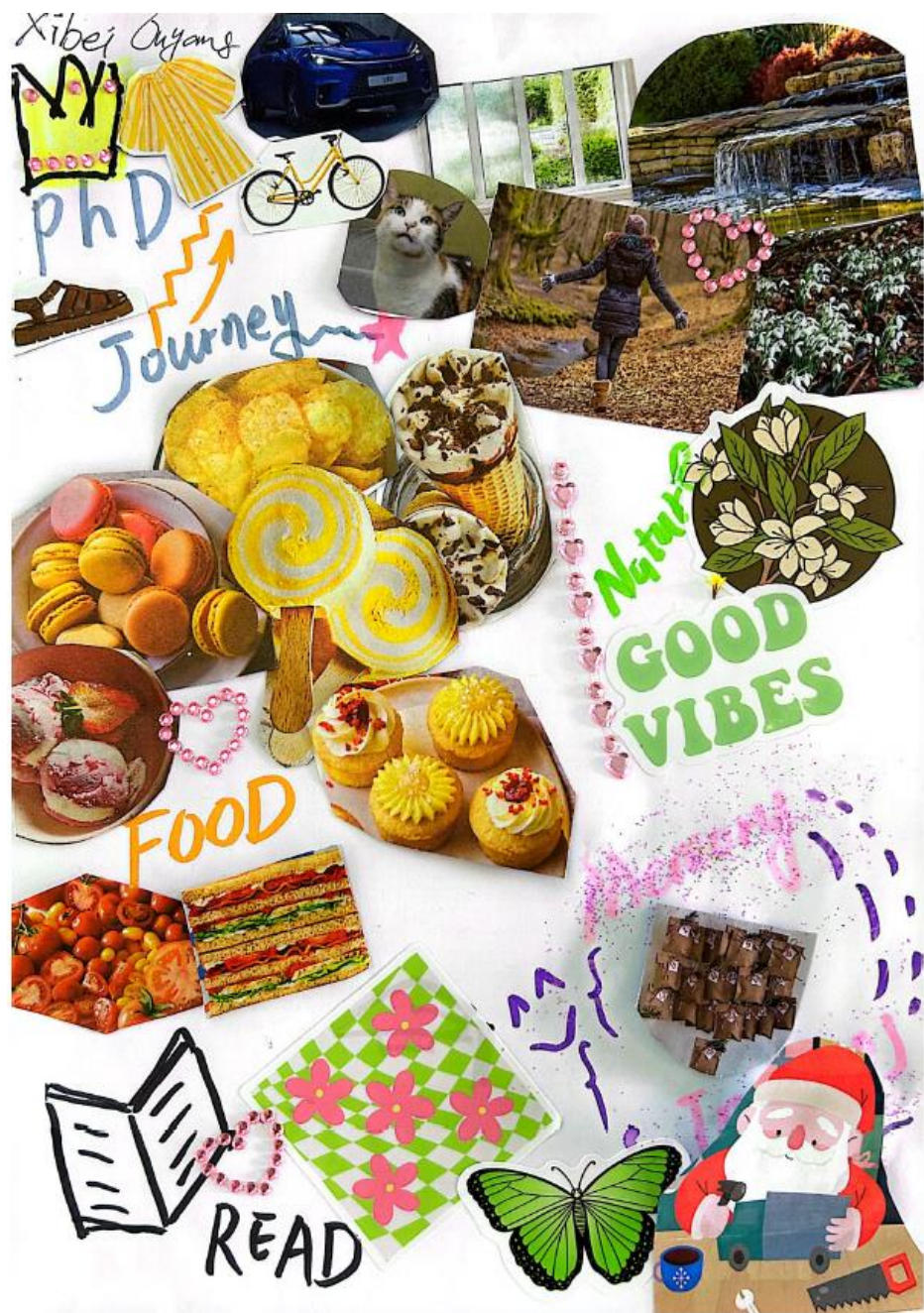


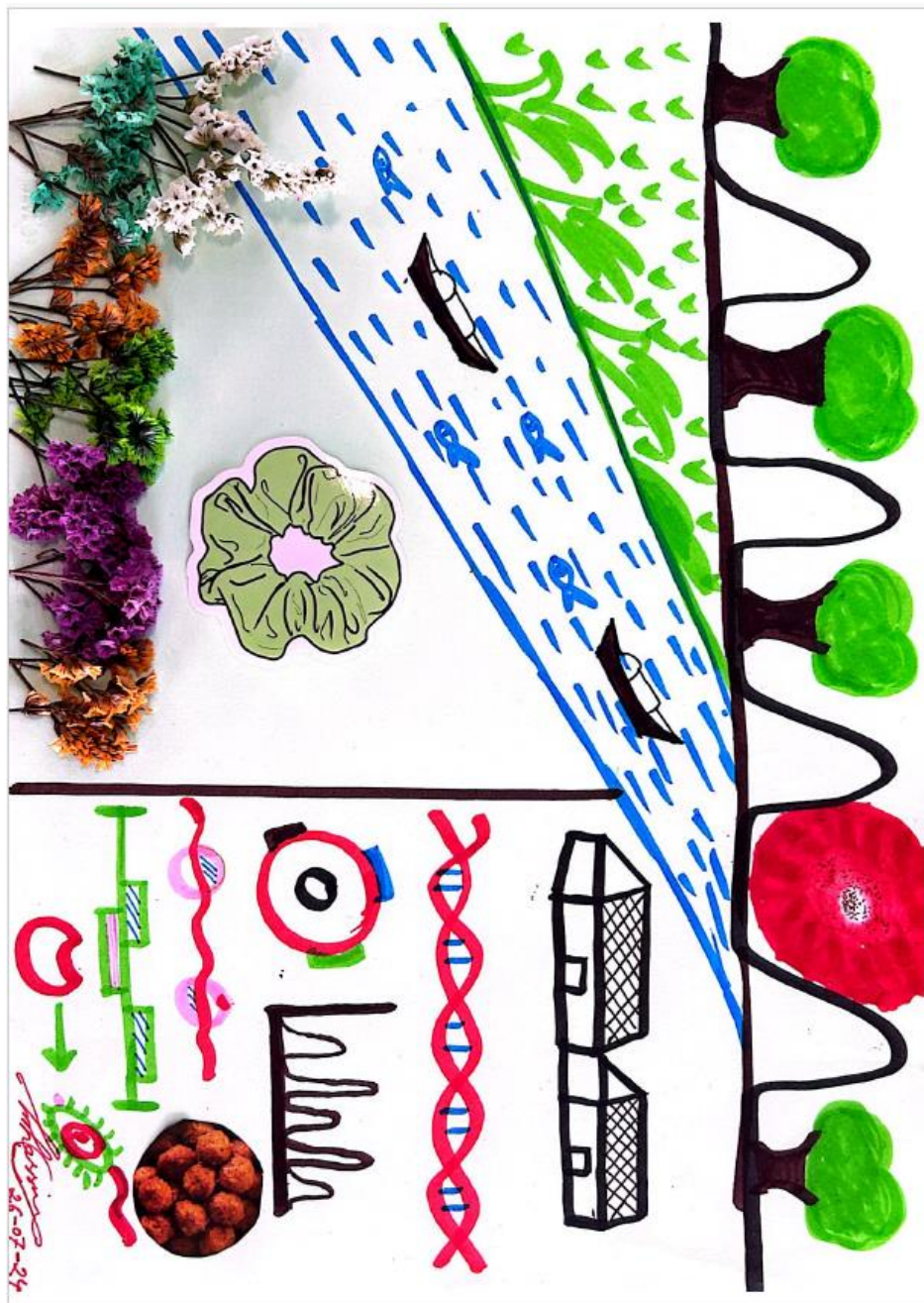
Thrive and Shine







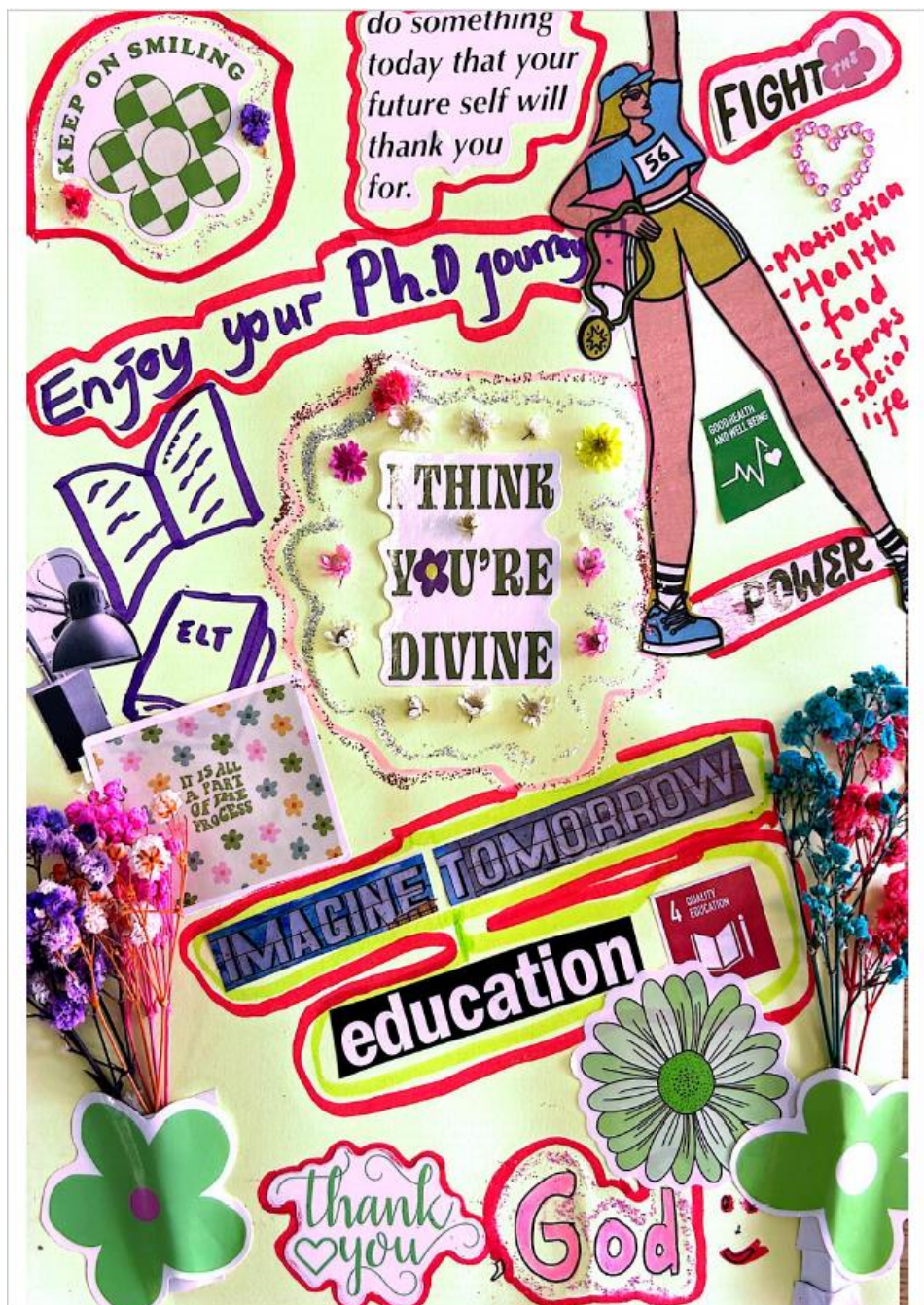














'It could happen to anyone'



WHEN DID YOU
FIRST FALL



works
every
time



K.O.

MOF



BELIEVE
IN
YOURSELF



KEEP
SMILING
solution

time

crisis

It's all
Part of the
Process



PhD

Research

Healthy
Eating



MOTIVATION!

Enjoy Your
Journey

NEVER TRULY
FEEL ALONE

GRATEFULNESS



OUR RESEARCH
SHAPES
WORLDS

My current weight (Jul 2024)



BMI at risk

My weight in Summer 2022



{ Time constraints }



Theme :
My PhD well-being & productivity

{ Career decision }
Competitions in academia

3,000 JOBS AVAILABLE NOW

Over 3,000 academic, research, management and professional services jobs are waiting for you,



My PhD RiVeR

"Embrace the Process,
Every step forward
is Progress."

(Andri, 2004)

me

MIX YOUR OWN FACULTY
LOUNGE COCKTAIL



PORTRAIT

I probably won't be
a prophet

I'm a 'Red flags to watch out
for in **TUESDAY MORNING**

"We tend to be so wrapped up in the
challenges of figuring our lives out

how research is evaluated

Escape



ChatGPT's ability

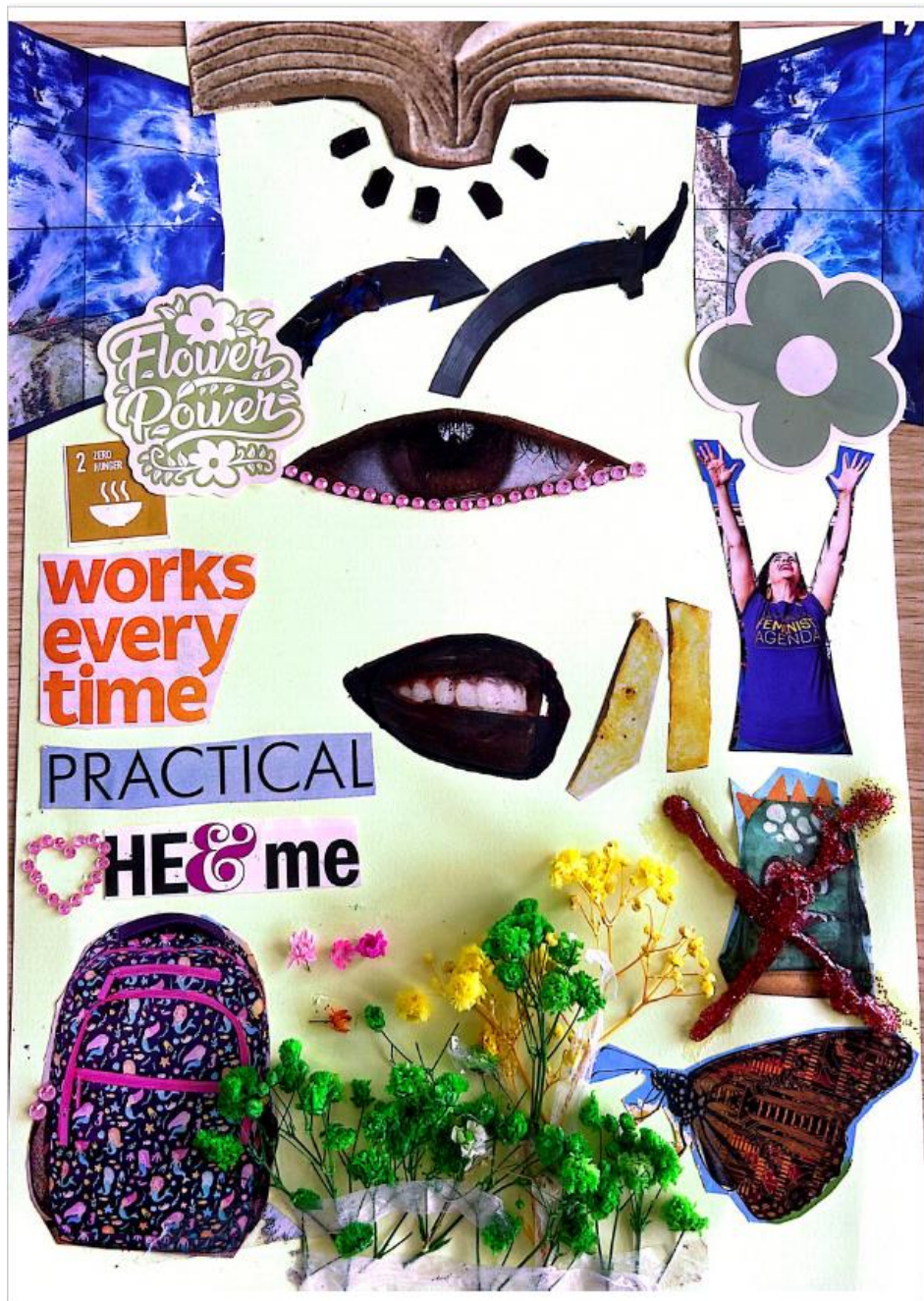
Escape

Thinking



Looking to the stars

'YOU'LL
NEVER TRULY
FEEL ALONE



STRONG WOMEN

TESTING THE TIPS, TRENDS AND LATEST LAUNCHES IN THE WORLD OF WELLBEING

Strong women
eat whole
foods!



Still enjoy
a dessert
♥♥

Strong women
move their
bodies!

Strong
women
active
women



TRIED & TESTED

The
dance
class you need
to get in line for

A MAIN
CHARACTER
MOMENT

Strong women
take care of
themselves!

Strong women are all about
Self-love ♥

FEELING
GOOD

POSITIVE SIGN



Strong women
stand up for
women's rights!

skincare

Strong women
are the
main character!

STRONG
WOMEN



Fareh Abidin

There is still
too little
regulation
around sexual
misconduct in
universities,
but a huge
shift has come
in how it is
regarded



Ending note

You will thrive, you will shine

Wish everyone a big success in their academic pursuit here at Warwick.

All the best.

Love from the team 



Meifang Zhuo



Peter To



Mehmet Onur Sahin



Siyu Wang



Thank you IATL Project Support for making this collection possible!