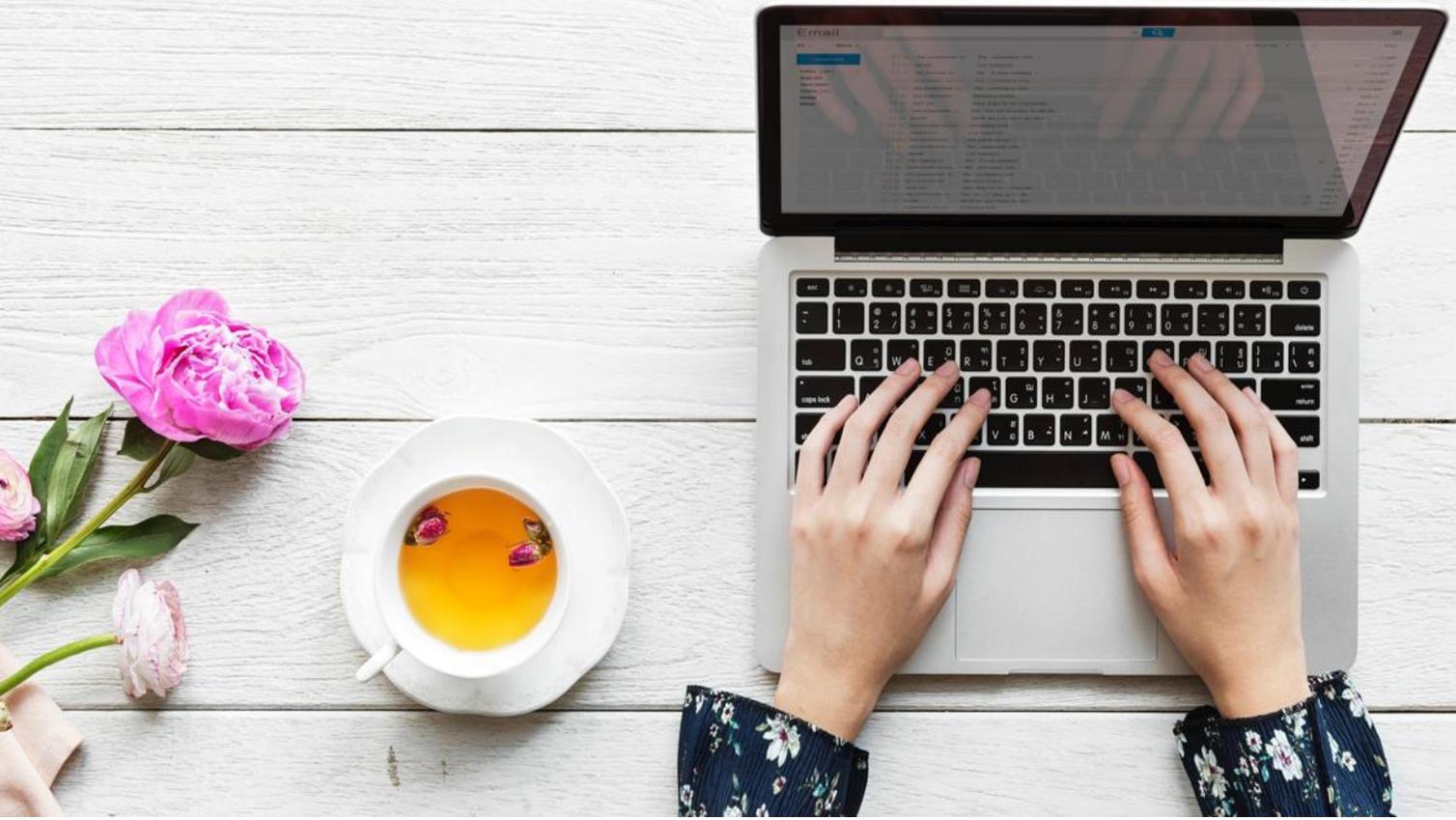




June 22<sup>nd</sup>, 2023  
University of Warwick



# Conference on Language, Wellbeing, and Productivity: International PhD students' journey in the UK



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## INTRODUCTION

A PhD is challenging. Doing it in another language makes it more so. This one-day conference was designed to support international PhD students from both in and outside Warwick with their PhD studies here in the UK. It created a wonderful platform for international PhD students to network and reflect on how language affects their wellbeing and productivity regarding their PhD journey in the UK. During this conference, practical mindfulness tips were given by inspiring professionals and there were also chances to explore how nature could support us in practicing selfcare for wellbeing purposes. Participants invited to the conference were international PhD students in the UK from and outside of Warwick, possibly of diverse disciplinary backgrounds.

### Programme:

- 10.00 – 10.20 Welcome by the Team& Introduction of the event
- 10.20 – 11.20 PhD speed- dating network activity
- 11.20– 11.35 Tea & Coffee Break
- 11.35– 12.35 Talk on practical mindfulness/wellbeing &Productivity
- 12.35– 12.50 Q&A
- 12.50 –14.00 Lunch break
- 14.00 –15.30 Zine- making workshop: language, wellbeing and productivity
- 15.30–15.45 Tea & Coffee Break
- 15.45–16.00 Reflection on the zine-making workshop
- 16.00 – 17.00 Relaxation session for wellbeing purpose
- 17.00- 17.20 Reflection on the conference
- 17.20- 17.30 Final comment from the Team& Conclusion of the event

# ACTIVITY PHOTOS





















# ZINES







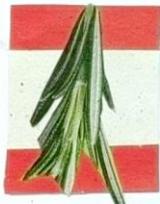


BLISS

Inner Peace



duality



CEDAR



WHERE

IS

HOME?



your needs??

Change your plan x10

Every little helps

after all, the thesis is a marathon, not a sprint.

Or so they say...

FACT?

MYTH?

The Conclusion:

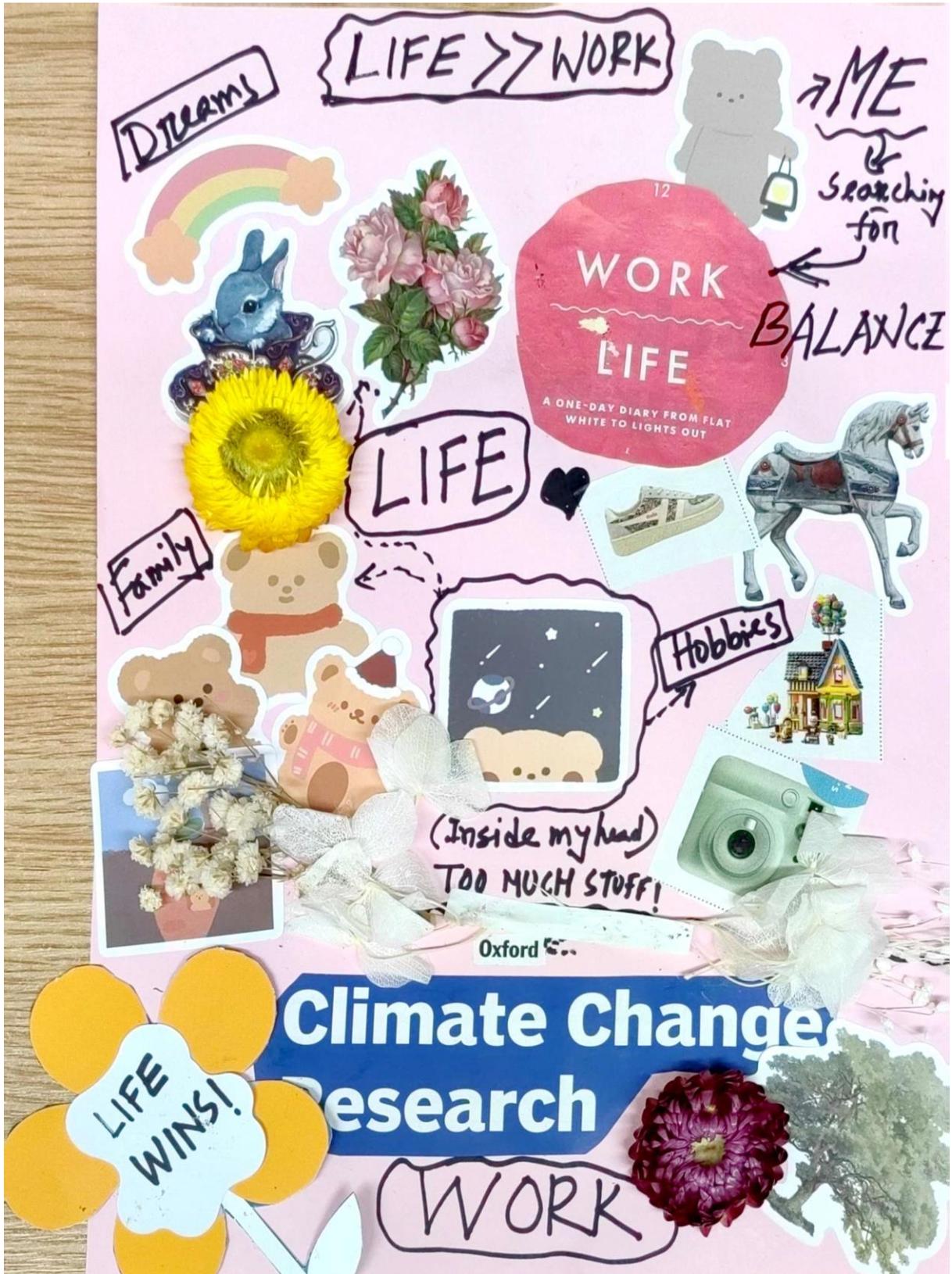


Time is racing

Many LITTLE CHANGES

Smile, you're being watched





Powerful tool for



"This is exciting because it could help to facilitate an earlier diagnosis of clinical onset and enable early treatment and intervention, which may slow disease progression," Dr Cruickshank said. The test could also allow researchers to more accurately assess the effectiveness of new drug therapies.



om:

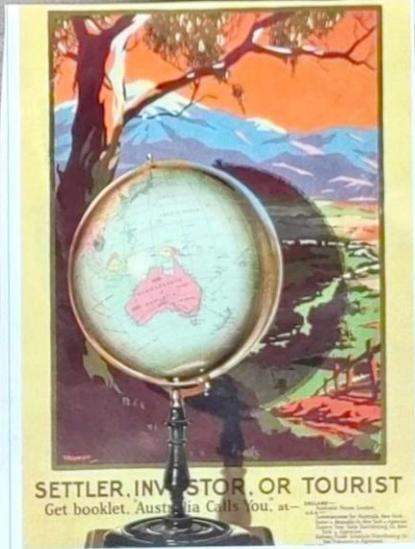


To:

Arts and humanitie



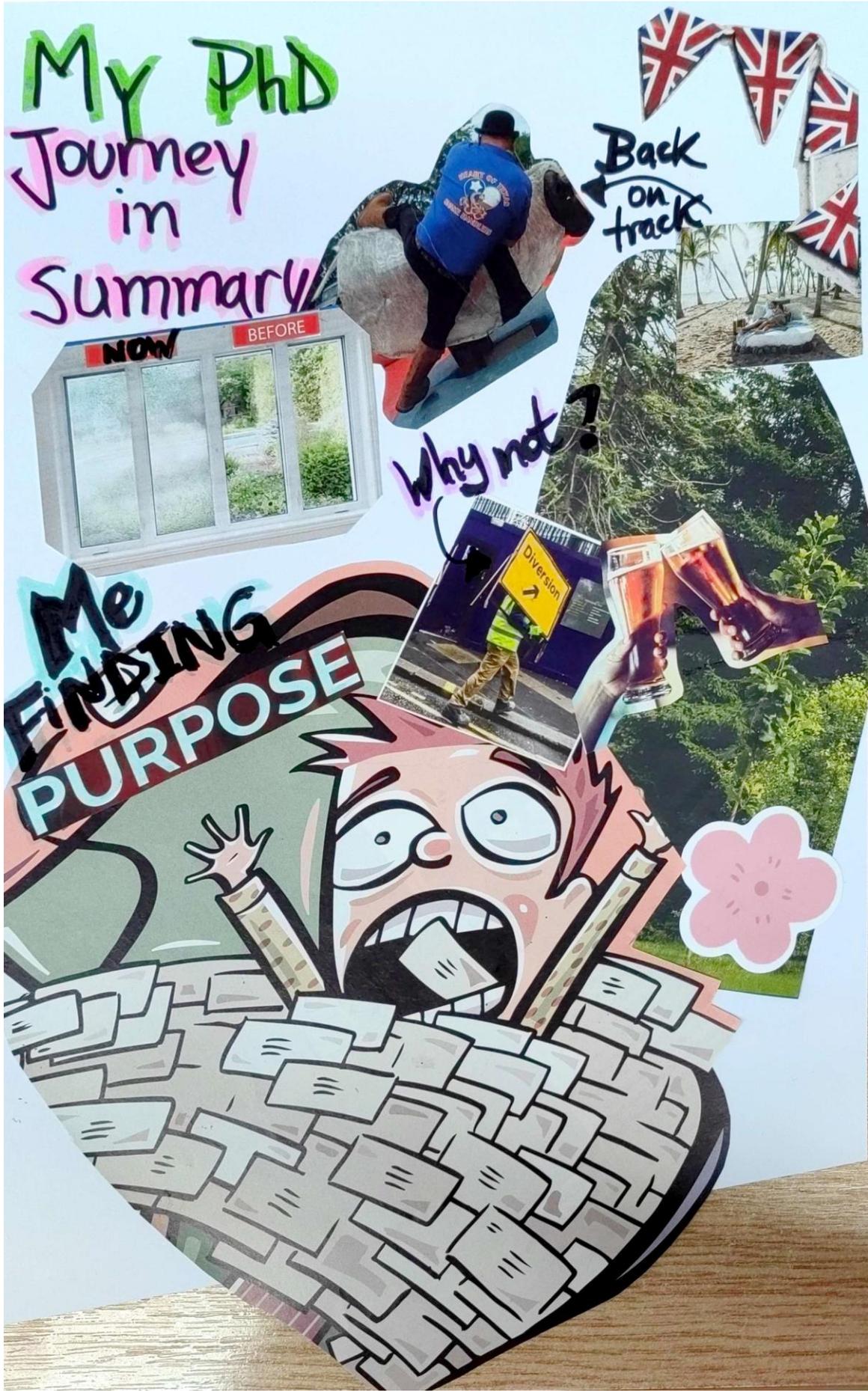
the past with  
ection...



SETTLER, INVESTOR, OR TOURIST  
Get booklet, Australia Calls You, at—



Juan Dong



**Listen up!**

Using this  
glitter was  
a mistake

Supervisor's  
support 'crucial' to  
novice academics'  
well-being

BUT

your  
FailureS  
are

READY TO  
QUIT?

**Helping  
you**

to build yourself

or  
your  
zine



**challenge**  
The barriers



No skill  
goes to  
waste

Mehmet

This is full of  
words,  
like me

**Too good  
to waste**

is  
it?

# Peter To Challenges in my PhD



Now

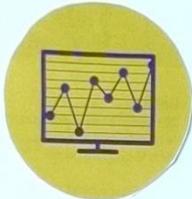


Before



## Be ready for anything

RESEARCH



FAMILY



FOOD



You

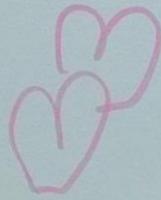
have gone through **DARK** TIMES  
will go through



YOU  
ARE

Smart  
Pretty  
Kind  
brave  
strong  
Unique

being loved



capable

WITH



FRIENDS

You

won't have to worry about

being

**perfect**





**Jim Petrucci**  
External Speaker  
Arden University

**SPORT**

**NEWS**

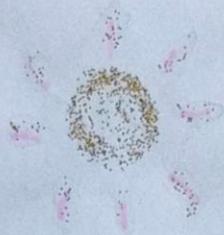


**Can a PhD thesis  
be a best-seller?**

**Honours  
for going  
above  
and beyond**



시간이 있어요



You've always done what you can to

NOT be left in the

**DARK**

REMEMBER

you can

be a

Spectator

Traveller



Second Hand Dance  
WE TOUCH WE  
PLAY WE DANCE

CHOOSE YOUR

life

**WIN**

HOLIDAY



XOXO

NOBODY LOOKS  
UGLY DRESSED  
IN KINDNESS



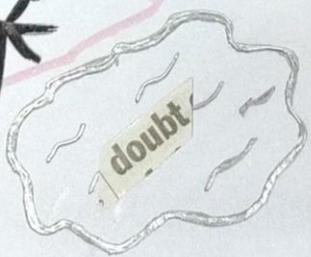
Road Less Travelled



*The desire for public recognition  
can make even the most  
hardened academic go weak at  
the knees and tearful in the eye*



The



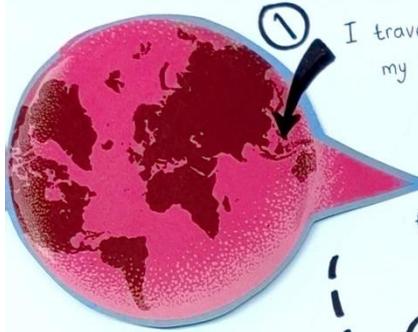
EDIA  
IA







# The Road to the Future



① I travelled from my home country,

INDONESIA  
to pursue my PhD degree in the



③ then I realized



Hi, I'm  
**agnes**

and this is my story of  
PhD life

②

at first I felt  
excited  
curious  
enthusiastic

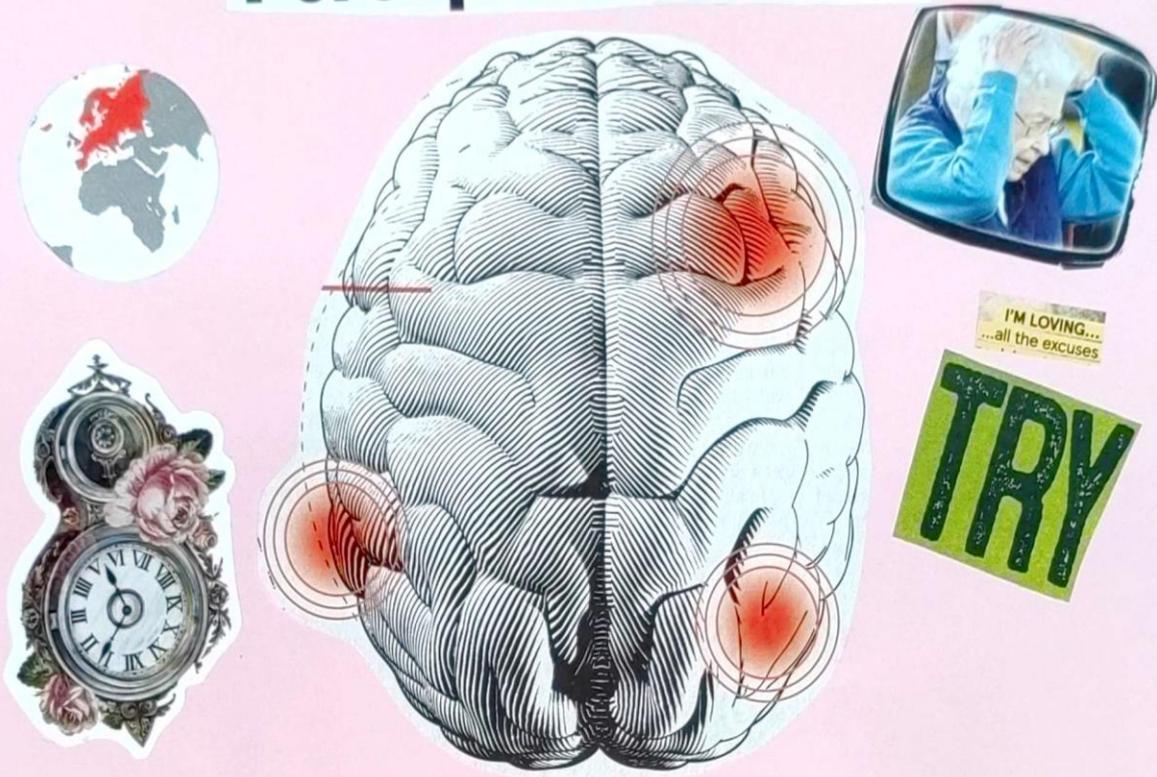
**Joy**

Of course it's hard. It's supposed to be hard.  
If it was easy, everyone would do it.  
HARD IS WHAT MAKES IT GREAT  
All those experience will

- PhD life is not easy !!
- stressful
  - lonely
  - burnout
  - incompetent
  - challenging
  - nervous
  - fear

**TRANSFORM**  
me into a better person !!

# Perception v reality



# Conflict on many fronts

Prepared for the worst

*Is that a student? Hide!*

Ending in tears

THRIVE

EXCELLENCE



A PHD  
STORY  

---

YEAR 3 .





## ACTIVITY FEEDBACK

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*This was one of the most useful conferences I have ever participated. I learned so much from lovely PhD students' experiences.*

---



### **All-round triumphant**

This conference was a holistic experience. Putting PhD student wellness, and in particular international PhD student wellness, is an imperative aspect of a PhD journey that is largely ignored. It felt good for my feelings as an international PhD student to be validated by other fellow students' stories. As an international PhD student I often feel misunderstood and left out in my department that is predominantly white. As such it was comforting and encouraging to know that all these feelings I have felt are shared by others. I was also rather motivated and inspired, hearing other PhD students talk about their work, which they talked about with such passion and gusto. A lot of the social research appears to have an immediate bearing or impact on other international students' experiences here in the UK while that of the science appears to be cutting edge - addressing imminent problems of the current world. I am inspired to face my own research head-on and overcome my severe lack of motivation drawing on from the inspiration I have amassed from others. Thank you kindly for this experience, I feel like every international PhD student, particularly those at the start of their PhD journey would benefit largely from such experiences in the future. Well done to everyone who took part in putting this together, from the organising team to all the attendees, the event was all-round triumphant.





This event was very helpful and beneficial, I would attend it again if it's held annually. It allowed us to express ourselves and get our creativity flowing. I'm leaving here a more inspired person.



Thank you for this opportunity!

It was an amazing experience. I want to thank everyone for their time and effort to prepare this event. I think I am not the only one who wants more of this.



This was a very unique conference that awakened my emotional side and helped me to engage in a more natural way to other PhD students. I enjoyed every bit of it. Very well planned and executed. Thank you so much to the organizers. One could tell there was a lot of thought and team effort to achieve its successful outcomes.



Emotional and spiritual support from PhD peers.

I really love and enjoy this fantastic PhD well-being conference. It is great to meet, share, and listen to different people's PhD stories, thoughts, insights and experiences. Most importantly, it is a great opportunity to make friends from various universities in UK, including Oxford, London, Edinburgh, Manchester, Glasgow, Sheffield, Coventry etc. I really appreciate this lovely and wonderful team and volunteers.





## CONCLUSION

It was a lovely event to remember.

It was lovely to have you all.

Please, remember that you are not alone.

Wish everyone a big success in their academic pursuit here in the UK.

All the best.

### Love from the team(main members):



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Psychological Society , Editor for BPS British Psychological Society North of England Bulletin  
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