

Project Output

# **Technostress in the Age of GenAI: Voices from L2 doctoral students in the UK**

A collective zine

Meifang Zhuo

(Applied Linguistics)

Dr. David Orrego-Carmona

(School of Modern Languages and Cultures)

Dr. Carla Toro

(Warwick Medical School)

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**WARWICK**  
THE UNIVERSITY OF WARWICK

INSTITUTE FOR  
ADVANCED TEACHING & LEARNING



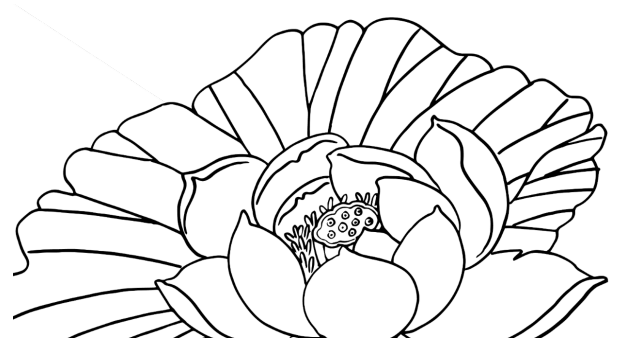
## Introduction

This student-led interdisciplinary research project, drawing upon Applied Linguistics, the School of Modern Languages and Warwick Medical School, examines the negative psychological and behavioral impact on L2 doctoral students arising from the introduction or adoption of generative AI tools based on large language models. By addressing this under-researched area, this project aims to raise awareness of the critical need to mitigate the (potential) negative impacts of evolving technologies on student well-being. The research findings provide valuable insights for Warwick and beyond to effectively support student success while navigating the ethical and psychological implications of using generative AI tools.

This collective zine is the artistic output from this project, where participants tell their stories related to the research topic: technostress in the era of generative AI (zine page 1-8 of this output), and their collaborative understanding of the data produced in the Stage 1 (zine-making data) and Stage 2 (one to one interview data) (zine page 9-11 of this output).

We hope you enjoy this collective zine, and you are more than welcome to use the technique to produce your own story of technostress caused by GenAI and your own understanding of the data!

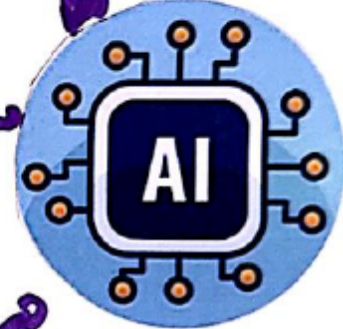
Have fun!



free



2029



social media post

research

9-12 years

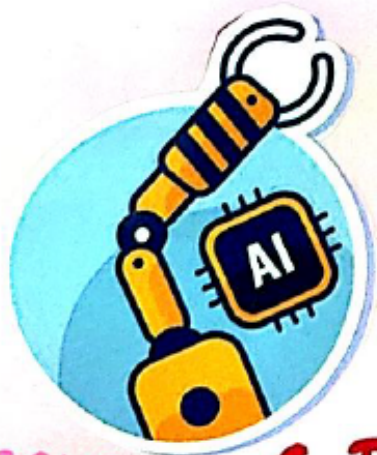
93%

risk



- EAT
- SLEEP
- ChatGPT
- REPEAT

Wellness **IN HIGHER EDUCATION** : Academia and AI



VERY USEFUL,  
BUT,



However, GREAT if used  
critically 

# RESEARCH



NEWS

Skills shortage?

We need change

TIME TO STOP NEWS

Labour

As for confronting the toxic fabric of their mission, US high schools have been notably restrained. The unprecedented size of the cuts started in recent months to a division of its government threats, arrange the necessary appropriate campaigns. Such campaigns can be higher education's diverse. "They look like and others, "but voice, and that's a The president Michael Gavin

GIRLHOOD



PRACTICAL

'inspire

works almost every time



THE

Higher Education



works every time?



EAT  
SLEEP  
ChatGPT  
REPEAT  
LESS  
ChatGPT  
MORE

Big NO

FEELING GOOD



coexist

But very useful if used critically.



# THE WORD IS OUT !



v/s



## a 'war for talent'

A recent MIT report highlights the critical role of effective data management and AI in driving high-performance organisations. However, the report concludes that only a small percentage of organisations currently excel in data strategy execution, with common barriers including complex data architecture and the lack of centralised machine learning management. It is critical that institutions adopt cloud data management and develop strategies and invest in scaling AI and machine learning. The report also emphasises the need for open standards, enhanced security and governance to future-proof data architecture and foster a data-driven culture within organisations.

### WHO WANT MORE FROM THEIR WORLD



## BUT !

## SO !

## IS IT TIME TO STOP?

*Without negative reviews, positive ones lose meaning*



# THE Campus

Resources on

## USING AI EFFECTIVELY

How to use machine learning for research, and when to give it a pass

### Academic integrity in the age of AI

The dangerous 'cult' of

**WHOSE  
BRAIN WORKING?**







# INTELLIGENCE: REAL OR ARTIFICIAL?

## REVOLUTION

I started thinking, inviting other friends to use AI by using the same account until now I still use AI.

...mmmm, but it costs me money. And then and then oh, this way it was easier to, you know, subscribe to AI and then



or is it machine that's making more use of us?

### Coexist

texts, some memories, some emotions simply refuse to be flattened into code on a screen. The subtlety of human feeling, the depth of our thinking, though perhaps not always mature or profound, these are not bugs to be optimised, but mysteries to be lived. And no matter how "perfect" an AI-generated answer may seem, it should never replace the gloriously flawed beauty of being human. The real challenge, or technostress, perhaps lies in using digital advancements without losing the human, lived experience at the heart of the humanities.



the brain and AI must coexist

## dangerous

uncomfortable with the thinking that my information...

But then I started worrying whether or not I used my brain as you know as proper as I used my brain when I did my first year PhD?

used and used for business purposes.

I do feel



Will it have a risk? I think until now I'm still thinking that there will be risk. Every thing that we give into it, I will be a data.

WHO WANT MORE FROM THEIR WORLD



## VERY USEFUL, BUT,



## WHOSE BRAIN

Institutions can play a role in helping us deal with technostress. It can improve our AI literacy, particularly about how to use it effectively while maintaining our thinking. By creating a sharing environment, it can enhance our awareness of the potential issues associated with GenAI, prompting us to use it consciously.

## USING AI EFFECTIVELY

NOT SURE IT'S ENOUGH!!!

## Labour





# RESEARCH



EAT  
SLEEP  
CHANGPT  
REPEAT  
THINK LESS  
CHANGPT  
THOUGHT



I purple you



research

-12 years



## WHOS' BRAIN?

risk

?

# BRAIN ROT

It destroys critical thinking and similar views, but I think that it's time for the news to stop and think more about it because I believe that AI is a very powerful tool for both academics and just basically for people just using it in everyday life. I believe it offers a lot of

I've come to realise that some texts, some memories, some emotions simply refuse to be flattened into code on a screen. The subtlety of human feeling, the depth of our thinking, though perhaps not always mature or profound, these are not bugs to be optimised, but mysteries to be lived. And no matter how "perfect" an AI-generated answer may seem, it should never replace the gloriously flawed beauty of being human.

Will it have a risk? I think until now I'm still thinking that there will be a risk. Everything that we give into it, it will be a data. So then we need some, I don't know... We need to be very careful with this kind of thing.

works?  
every  
time  
works?  
every  
time

risk

feel if we can have a community to share what employers would like to have, the employees and the educators can listen and can train the translators in a better way. And also, I heard that AI also has caused some ecological issues. So if the scientists can and policy makers, they can join the Community to talk about how we can lessen the damage of the AI's products or something like that.



# AI REVOLUTION

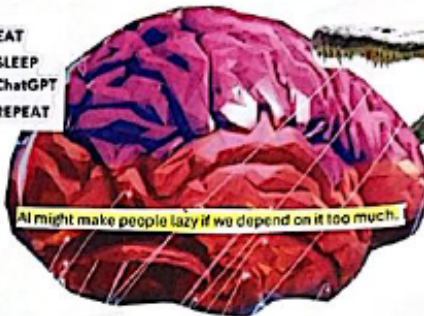


'Skills shortage?'

THINK LESS  
ChatGPT  
MORE

EAT  
SLEEP  
ChatGPT  
REPEAT

risk



AI might make people lazy if we depend on it too much.

dangerous

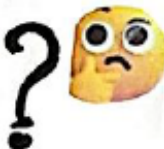


'war for talent'



has caused some ecological issues.

works  
every  
time



Do balance means when you want to solve the problem



Academic integrity

Resources on  
**USING AI  
EFFECTIVELY**



BRAND

By:



Meifang Zhuo



Dr. David Orrego-Carmona



Dr. Carla Toro



Thank you **IATL Project Support** for making this project possible!