



Curtin University

The Bigger Picture: Finding Meaning in your PhD

Dr Kristen Seaman
Psychological and Counselling Services, Curtin University
27th of June 2023



A global university

Western Australia | Dubai | Malaysia | Mauritius | Singapore





The stats

-  Over 40% of postgraduate students reported symptoms of depression, emotion-related concerns, or high levels of stress (Verlie et al., 2017)
-  Eighty-one doctoral candidates from an Australian University reported a lack of access to supervisors, a lack of social support, increases in anxiety, self-doubt, loneliness and isolation (Barry et al., 2018)

A large crowd of people is gathered outdoors, sitting on the grass. The scene is decorated with colorful streamers in shades of blue, purple, orange, and green. In the background, there are trees and a building with a sign that reads "105 ROBERTSON LIBRARY". The overall atmosphere is festive and social.

My experience

Thinking that
you will publish
your manuscript
after reading
Reviewer 1's
comments



Reviewer 2:

A large crowd of people is gathered outdoors, sitting on the grass. The scene is decorated with colorful streamers in shades of blue, purple, orange, and green. In the background, there are trees and a building with a sign that reads "105 ROBERTSON LIBRARY". The overall atmosphere is festive and social.

My experience

What challenges do you experience in your PhD?

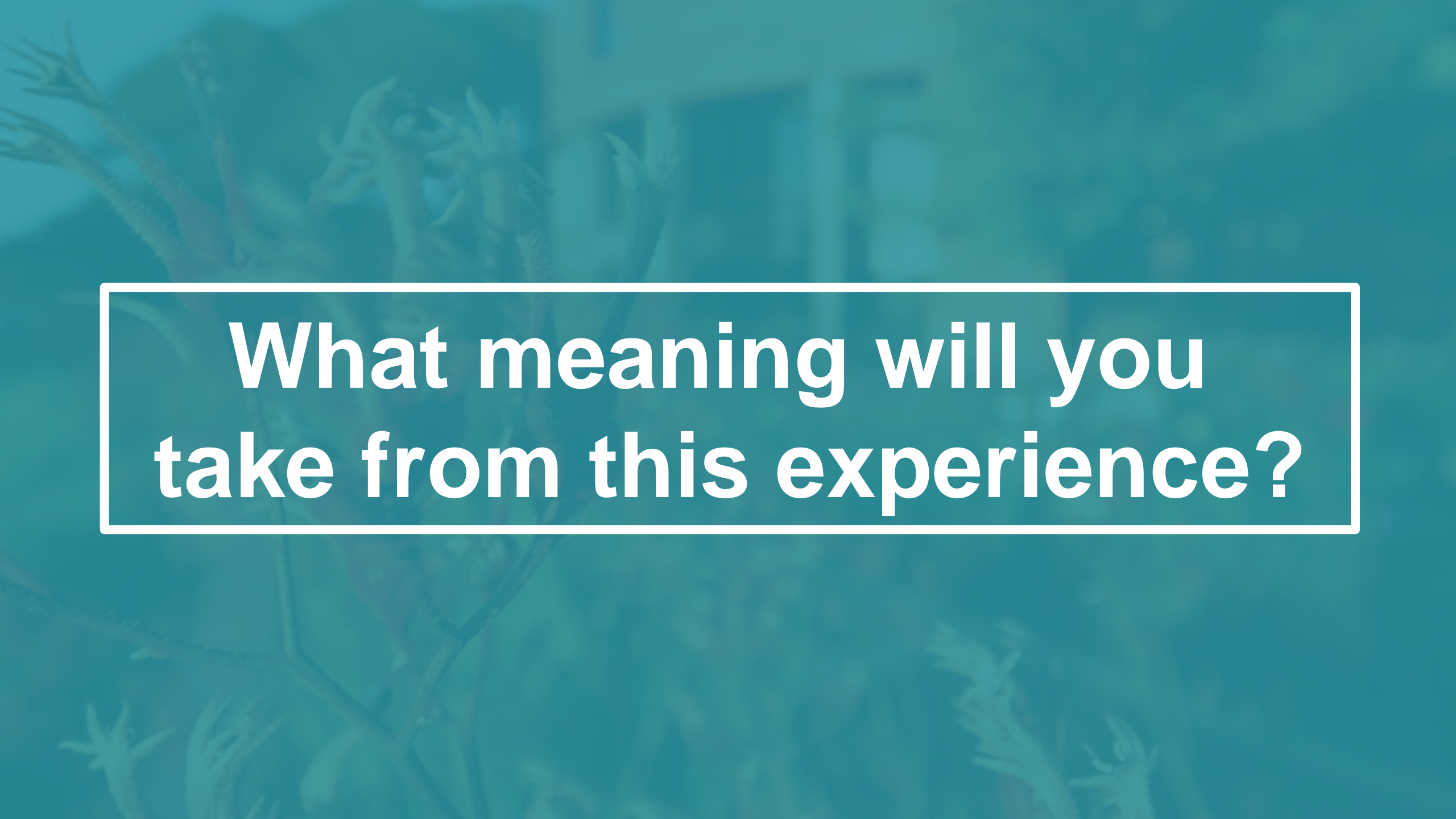
Using menti-meter

- Nominate one person in your group to go to menti.com and use code [insert new code] or scan the QR code on screen (next slide).
- Submit up to 10 responses at once
- You may submit as many times as you'd like.

What challenges do you experience in your PhD?

A large crowd of people is sitting on the grass under a canopy of colorful fabric (orange, blue, purple, green). In the background, there is a building with a sign that says "105 ROBERTSON LIBRARY".

My experience



**What meaning will you
take from this experience?**

Additional support

- Curtin University Psychological and Counselling Services:
 - Individual counselling (10 free sessions per calendar year)
 - PhD Support Group – register via UniHub (search PhD support group)
 - Other groups (anxiety skills, ADHD Support Group).
 - Call us on 9266 7850 to book individual sessions
 - Visit <https://www.curtin.edu.au/students/personal-support/counselling-wellbeing/counselling/> to learn more about groups
- The Happiness Trap (book and online program):
 - You'll learn evidence-based skills to help build genuine happiness from the inside out.
- Meditation apps
 - Headspace – student discount
 - Smiling Minds - free



Thank you

Any questions or comments?