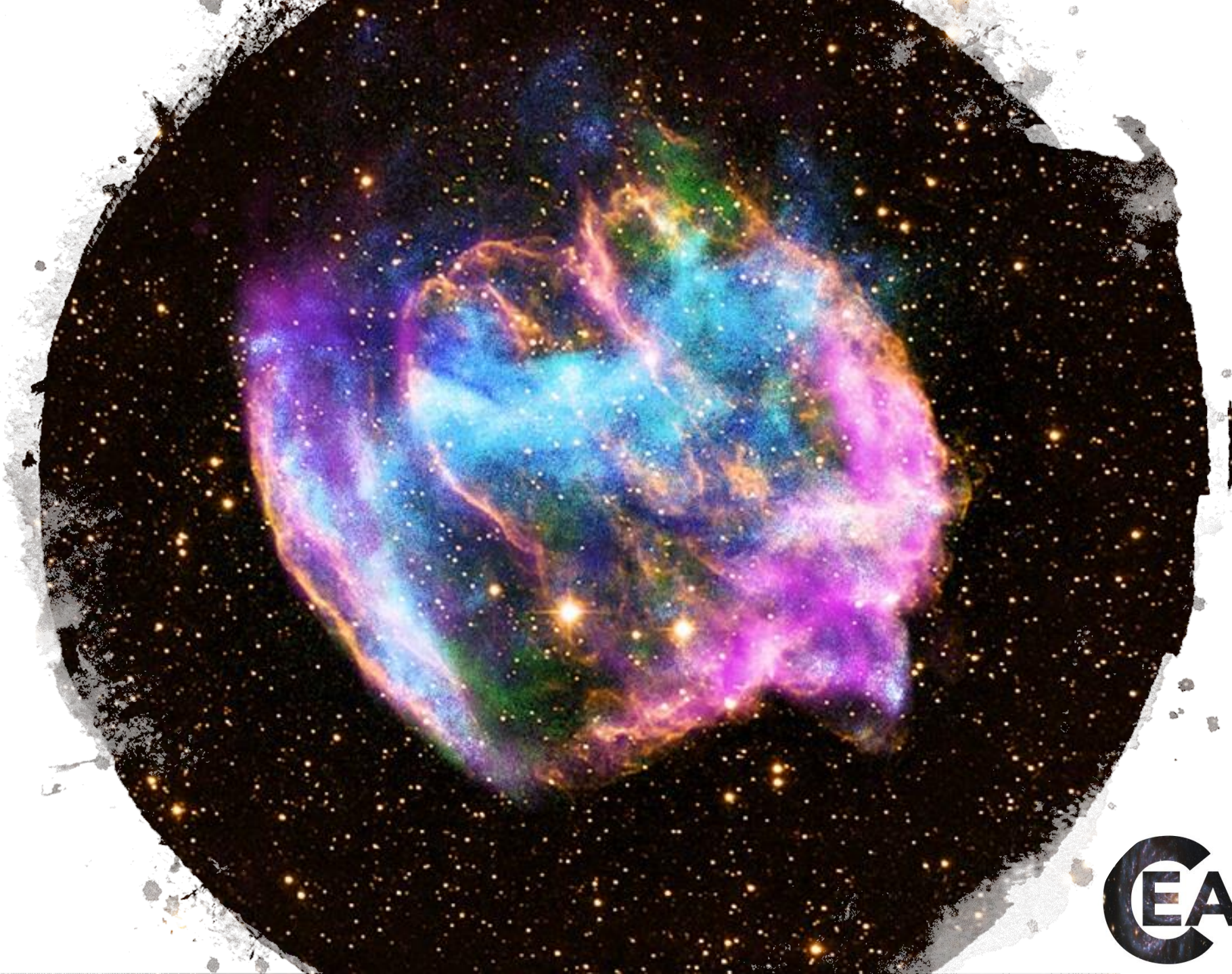




A Postgrad's experience

PGR induction day 28/09/2020

Louise Welsh



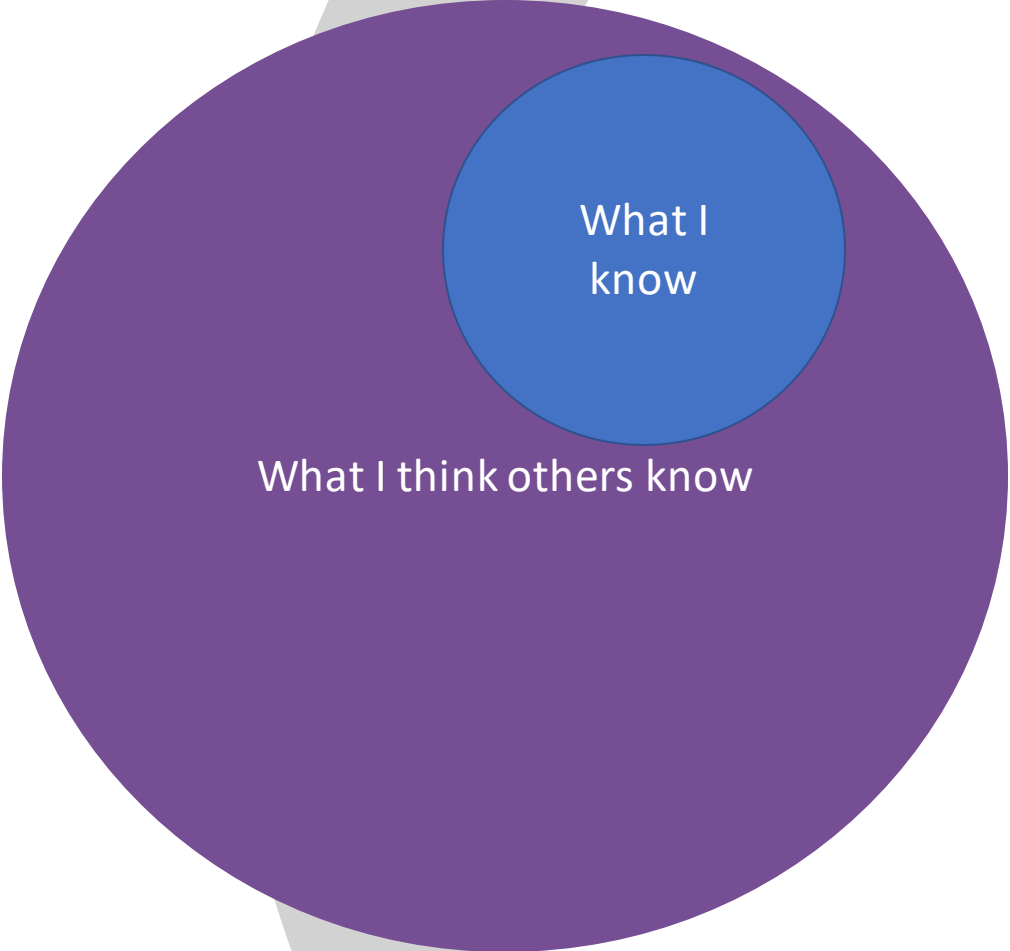
A few tips...

A few tips...

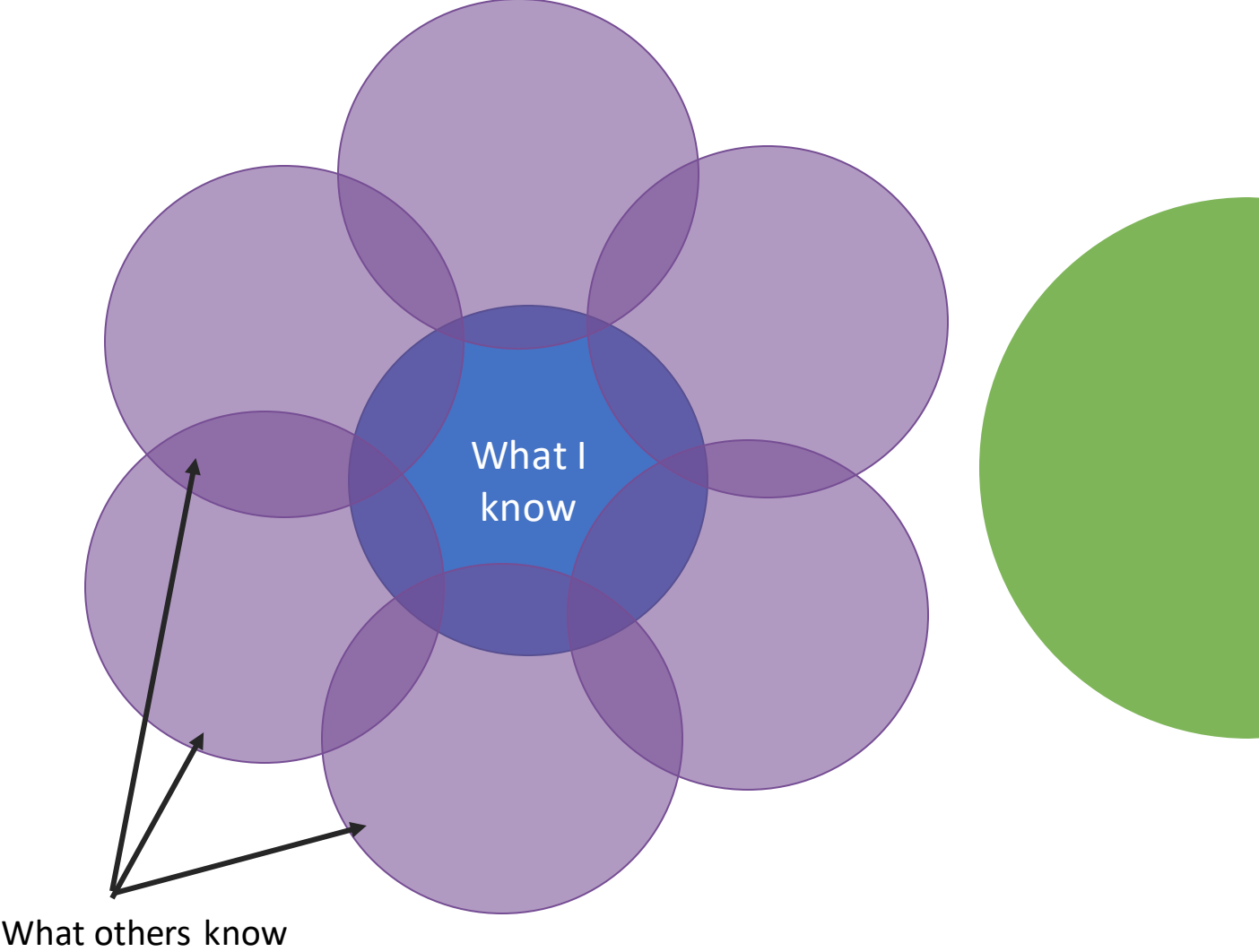
1. You deserve to be here!!!

Seriously... imposter syndrome is a thing.

Imposter Syndrome

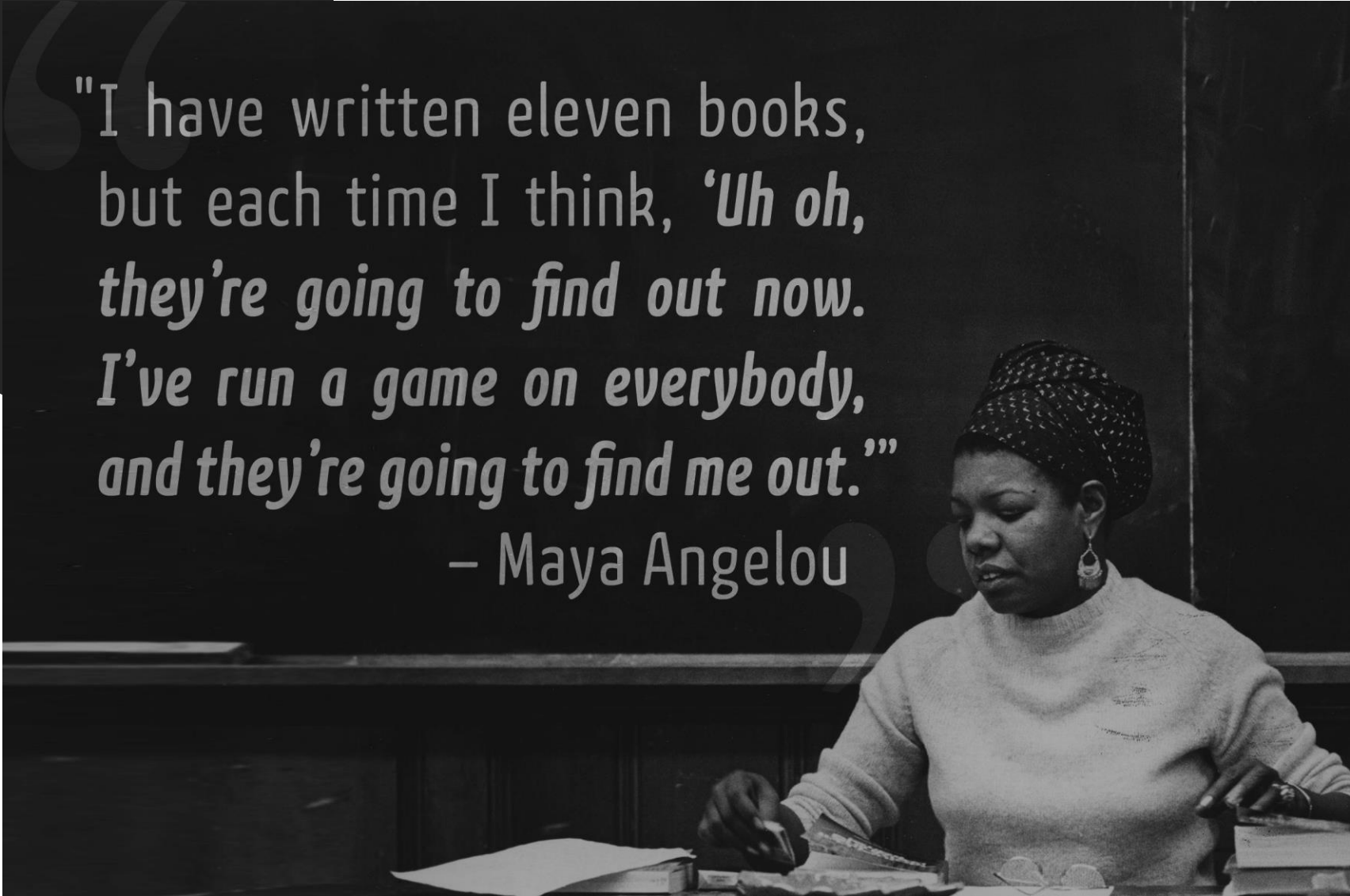


Reality



"I have written eleven books,
but each time I think, *'Uh oh,
they're going to find out now.
I've run a game on everybody,
and they're going to find me out.'*"

– Maya Angelou



A few tips...

2. It's more than OK to ask for help.

Also, help each other.

A few tips...

3. Research is a windy road.

Pace yourself.

A few tips...



PhD Diaries @thoughtsofaphd · 16h

Stop 🙌 bragging 🙌 about 🙌 the 🙌 hours 🙌 you 🙌 work 🙌

The following consequences of overwork (conveniently not mentioned) are nothing to brag about:

- Self neglect
- Losing sleep
- Skipping meals
- Deteriorating mental & physical health

[@AcademicChatter](#) [#phdchat](#)

🗨 36

↻ 375

❤ 1,891





4. HAVE FUN!!!

But, socially distanced...