PhD students' well being

C. Storm & T. Bataillon
Antallet af stressede ph.d.-studerende er steget trods flere indsatser fra AU’s side


20.08.2021 | ASGER SØNDERGAARD NIELSEN

The factual data (aka you)

- 52/74 PhD students currently enrolled
Some answers (complete set available)

**Does your work as a PhD student give you severe stress symptoms (e.g. isolation, palpitations, stomachache, depression, restlessness, memory loss)? (Almost always/often)**

- AU: 20%
- NAT: 22%
- CS: 26%

**Sometimes I wonder if I'm good enough to be a PhD student**

(Agree/Somewhat agreee)

- AU: 61%
- NAT: 63%
- CS: 71%
Do you feel lonely during your day at your workplace? (Almost always/often)

- AU: 23%
- NAT: 18%
- CS: 24%

Do you feel that you act alone in your project and lack the necessary feedback to make progress? (Almost always/often)

- AU: 18%
- NAT: 18%
- CS: 17%
Your views on a PhD

• A continuum from "my project" to my "supervisor's project"

• Personal development
  Performing
  Uncertainties
  Multitasking

• The future ...
  • Academia
  • Out of academia
Chats in group (35 mins) + Debriefing 😊

• What situations do you identify as a source of stress/anxiety?

• What is typically your reaction/actions when faced with these situations?

(We would appreciate and need honest unfiltered feedback ;-) )

Each group can make a brief written summary (maybe 3-5 sentences on each point) and given to Signe (can be anonymous paper pasted in google docs) before debriefing.
Several possibilities

How do we create better well-being for PhD-students?

At this workshop we will discuss a range of issues with well-being and work-life often encountered by PhD students.

📅 7. sep. 2021
17.00-19.00
Aarhus

Read more and register

https://dm.dk/kalender/2021475

Psychological counselling service

Are you experiencing difficulties at work? Are you suffering from stress, cooperation issues or similar matters that influence your work? AU has an agreement with Dansk Krisecorps, a health advisory company, to provide psychological counselling for all the University’s employees.

You can take advantage of the offer by contacting your manager or you can choose to be anonymous.

Consultation on referral

Via the referral scheme it is possible to get five hours of consultation with a psychologist or any other therapist/advisor.

To apply for referral, you must ask your immediate superior. You can choose to involve your union representative in this phase. When your immediate superior has been informed of the issue and has authorised funding of the consultations, the superior will then contact the psychological counselling service. Subsequently, a fully confidential process with a licensed psychologist or any other therapist/advisor is set up.

Anonymous counselling

You can contact the psychological counselling service (24 hours a day) directly on:

- info@danskkrisekorps.dk (you will then be contacted within 24 hours on weekdays) or
- tel: 7022 7612 (9-15 on all weekdays) or 7022 7610 (acute).

A confidential process between you and a licensed psychologist or any other therapist is then established.

https://cs.staff.au.dk/pages/psychological-counselling-service/