



Well-being and sustainability at the Third Level of Education: A Ph.D. student-centered approach

Funding:

CALL FOR INNOVATIVE PROJECTS PRESENTED BY STUDENTS YEARS 2023 and 2024



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 **DAFNAE** Dipartimento di Agronomia,
Alimenti, Risorse naturali,
Animali e Ambiente

**Ph.D. ANIMAL
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Why we started this project?

- Increasing difficulties in work
- Exploration and understanding of PhD students' needs
- Identification of possible action plans and tools to address the needs of PhD students
- Participatory proposal of concrete solutions to the problems identified

Our proposal to PhD students

The seminars and training activities are designed with an innovative and student-centred approach to address topics of interest that are relevant to the psycho-physical well-being of PhD students as they progress through their research.

- Meetings with an organisational psychologist to discuss stress management strategies.
- Seminars on mindful communication to improve interpersonal skills.
- Yoga and mindfulness workshops
- Seminars on stress-related eating disorders

To work well, (re)search these things!

- A. Quality of the **relationship with the supervisor/research team**; its willingness and attention to foreseeing inclusion in a **structured research environment**; clarity of mutual expectations and **reliability of joint agreements**, bearing in mind the variability of the work.
- B. **Managing** the planning of **activities** with care
- C. **Reflecting** on the experience, **analysing** it, **learning** from it
- D. **Relationship** orientation, social **curiosity**
- E. Ability to **network**, to establish and **maintain** different **relationships** (e.g. with experienced interlocutors)
- F. **Sharing practices and knowledge** between PhD students, sharing experiences
- G. Availability of **technical and IT support** from the University



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01 Meetings with an organisational psychologist

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Mindful communication seminars

What have we done?

- Exploration of the different types of communication (verbal, non-verbal, paraverbal)
- Understanding how to recognise feedback and how to calibrate communication on it
- Examining methods of effective communication with superiors, colleagues and students
- Simulation of hypothetical situations to improve communication
- Learning to communicate feedback constructively to help oneself and others

Thank you!!



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