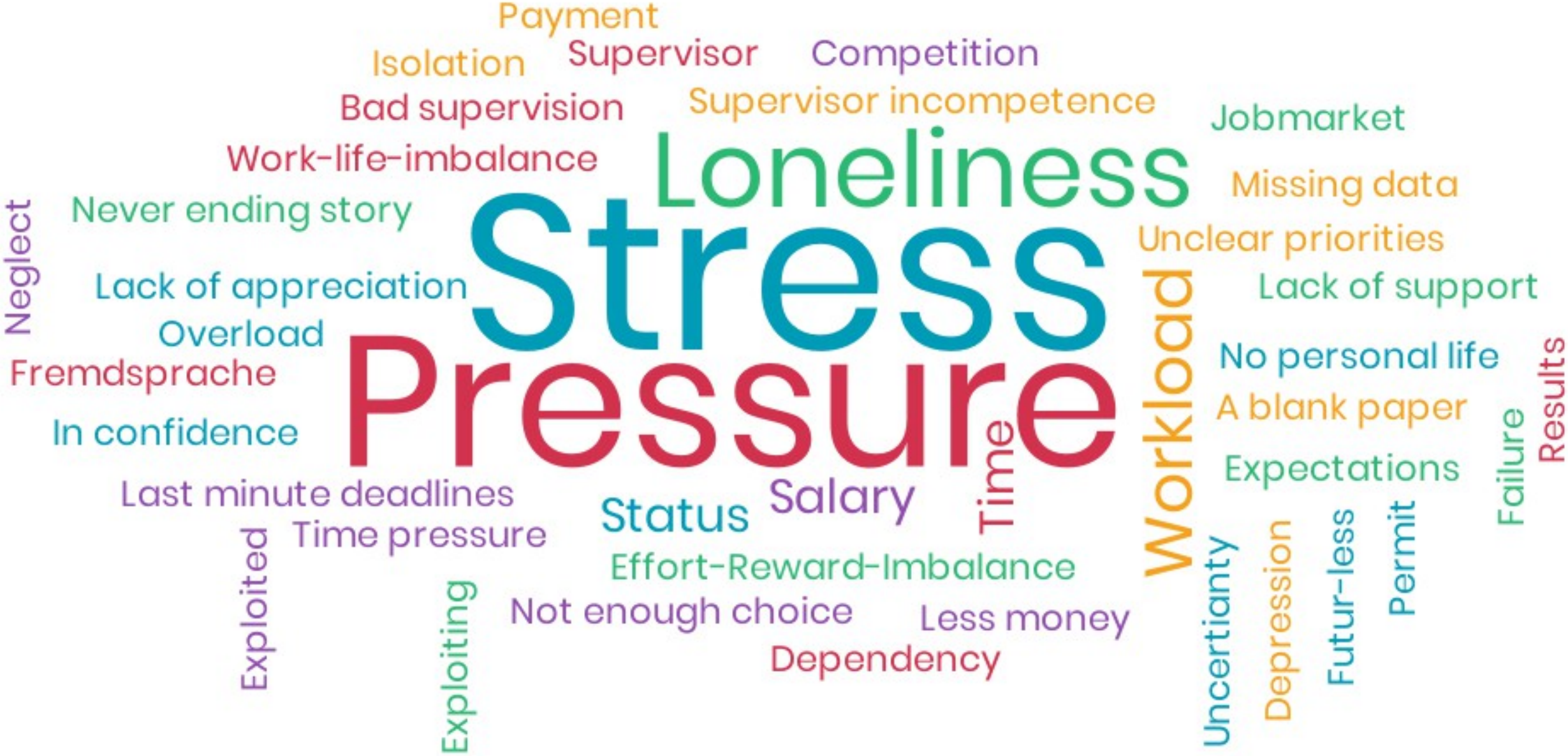


3 positive words about doing a PhD



3 negative words about doing a PhD



1 way to help improve mental health

REAL time planning in the design of the projects

Better professor-student interactions.

Training for supervisors.

Institutional improvement and better inner-psychological knowledge

Institutional supervision

Massages, yoga, volunteering

Resilience Training

Clearer and honest career perspectives inside and outside academia

Better career development



1 way to help improve mental health

Love and Compassion Social
Responsibility Respect for others

Help people to change own
perception of situation. "Not giving a
fuck" - attitude can be very useful!

Being open minded and welcoming
new experiences, contacts, being
positive

Supervisors will respect and act
according to regulations. If they do
not, there will be a safe way to
protect thyself as a PhD student

Give the students time to find their
place.

Change in the attitude of academia
globally

Reduce workload! Don't know how.
How do other professions prevent
burnout?

Have a positive goal and work on it
"Try" to forgot your issues and just
do what you have to do Complain
and talk to other phd

Work -life balance with a descent
income



1 way to help improve mental health

Awareness. When people around you understand what it takes (we don't just play around all day) plus a good mentor for personal growth.

If you can no more save yourself, tell other people about the traps and holes

Many people in academia don't have a realistic view on a healthy workload, we should know that 12 hours every day...is far too much!!!

Better incentives to publish work than just 'maximize number of publications.'

