Greetings everyone, we are delighted to welcome you to the Spring 2018 edition of The GradPost!

In this edition, you will be inspired to travel after reading about Electra’s and Büke’s splendid experience in Paris with the local guidance of Kiia. Melanie Lopez continues her ‘Know your mind’ series and gives us a quick insight into the psychology of goals. We also have our dear friend Gandalf sharing tips on how to overcome homesickness. Also, Kasia Senyszyn kindly gives a summary about the recent Researching the Rainbow conference. Finally, make sure you look out for updates from KGSA, the Graduate School, and the upcoming Postgraduate Heritage Walk Series.

We would love for you to contribute to the next issue and hear about your research or experiences while at the University of Kent. Don’t hesitate to share with The GradPost via gradpost-submissions@kent.ac.uk

Enjoy your read!

The Editors
Courtney K Allen
PhD Social Psychology

Kiia Huttunen
MSc Social and Applied Psychology

UCU strike: Thank you

The GradPost Editors-in-chief would like to express our deepest gratitude for all the people who participated or gave support for the UCU strike. Participating in the strike was not without its risks and hardships. Whether your support came through standing in the freezing cold in the early morning picket lines, helping to spread the word and share news, or donating funds for GTAs, thank you.

Courtney K Allen and Kiia Huttunen

Cover image
The cover photograph was taken by Kiia Huttunen. It shows the Canterbury Westgate tower and beautiful Westgate Gardens along the River Stour.
Graduate School news

What matters to you?
Nicole Brown (Lecturer in Education) and Jo Collins (Postgraduate Development Advisor) will be developing and running a series of Graduate School workshops to help support students to reflect and to develop strategies and tools for resilience during the PhD. We would like your input on what activities and topics you would value exploring. We would like to know: What impacts on your PhD? What tools/activities/events would be valuable to support you with the PhD? What does well-being mean to you? Please let us know your thoughts and ideas at the following padlet: https://en-gb.padlet.com/jpcoa7cj/rhyqjm73tp5. Alternatively, please email us at j.p.collins@kent.ac.uk

Why get involved?
Wellbeing and resilience mean different things to different PhD researchers. Our padlet and workshops offer openings for students to explore their experiences, as a first step towards developing strategies for resilience and well-being.

Kent PhD researcher Nicole has a professional background and expertise in Creative Methods, and teaches at UCL’s Institute of Education (www.kent.ac.uk/sspssr/studying/postgraduate/pgg-profiles/a-b/brown-nicole.html). Jo Collins works in researcher development and has taught in higher education institutions for over 17 years (www.kent.ac.uk/graduateschool/contacts/profiles/schoolcontacts/collins2.html).

https://en-gb.padlet.com/jpcoa7cj/rhyqjm73tp5

Three Minute Thesis (3MT®) competition at Kent

The Graduate School is running its third Three Minute Thesis (3MT®) competition this year and will be entering the UK’s national competition. The 3MT challenges postgraduate research students to present a compelling spoken presentation on their research topic and its significance in just three minutes.

The benefits of taking part are as follows:
• Develop your public engagement and communication skills
• Opportunity to practise presenting your research to a non-specialist audience
• Opportunity to publicise your research and yourself as a researcher
• Chance to win prizes (towards expenses to attend a conference/training event)
• Raise the profile of our thriving PG research community

The deadline to register is 6 April 2018.

Please see the website for the competition timeline and further details: www.kent.ac.uk/graduateschool/news/3MT.html

Postgraduate Festival

Monday 18 June – Friday 22 June
This year we are trying something new!

Our 2018 Postgraduate Festival will kick off with a launch event on Monday 18 June in the Sibson building.

Join us for an afternoon of inspiring talks and panel sessions; you will have an opportunity to network with fellow postgraduates, display or present an academic poster for a chance to win a fantastic prize and watch the final of the Three Minute Thesis (3MT®) competition.

Throughout the week, the Graduate School will be offering a range of activities and workshops specifically focussing on the postgraduate student.

More information and a full programme will be circulated soon.

Upcoming Advanced Training workshops

Performative Methods in Practice
Thursday 3 May 2018, 09.00-12.00
Trainer: Professor Paul Allain, School of Arts

This workshop aims to understand better what we might mean by a performative method and how it might strengthen our research. Drawing on Practice as Research and embodied research approaches, the session will move from discussion into practice, to discover what role the researcher has in the research process, across social science and humanities disciplines. The session will end with a workshop using film practices as a means to understand such positioning, and, importantly, given the session’s focus, to embody our thinking.

New Directions in Visual Methodologies
Thursday 17 May 2018, 10.00-17.30

This day-long workshop will be split into three distinct sessions. The Video Camera and Research will use experiential-based and practical video exercises to explore the multiple uses of the video camera to record, research and explore feedback methodologies and to create a ‘shared anthropology’. Using Audio-Visual Methods to explore Everyday Life will consider the combination of time-lapse photography and sound as a means to document social space and render it in a form through which we can analyse key anthropological and sociological themes such as rhythm, movement, interaction, atmosphere, and the production of space. Mapping the Social World using Multi-sensory Methods explores new directions in visual methodologies by considering visual methods as part of a larger multisensory approach, looking at an example of an ethnographic project in London that uses multi-sensory methods to map the city.

For more information and to book please see www.kent.ac.uk/graduateschool/skills/advancedtraining.html

KGSA update

We hope you are all well and looking forward to summer when it gets warmer! It has been a great year so far and the KGSA has been working to try and improve your experience as a postgraduate student. From salsas nights, to accommodation meetings and planning for the postgraduate festival, we have lots of different ways that you can get involved this term.

I would like to begin by thanking you for all your support in our Christmas charity events. We collected more presents and food than ever before and donated this just before Christmas to Canterbury Hospital and other local shelters. We have put a box in UPP reception containing sanitary products (and Gandalf calendars) to help stop ‘Period Poverty’ and are looking for other ideas on how we can expand the giving capabilities of the KGSA and postgraduate community.

I have been working with my Vice-President (and Woolf, Darwin and Tyler Court Resident Support Officer) Tom Ritchie on the issues you have raised about accommodation, reporting them to UPP, the College Master and the Accommodation Office. We have also organised a number of meetings for you to provide feedback on issues you are having, so that we can continue to make progress on current postgraduate issues like accommodation and the UCU strike.

The UCU strike was in response to the Universities United Kingdom’s (UUK) decision to change the terms and conditions of staff’s pensions. These proposed changes to the Universities Superannuation Scheme (USS) would cause staff to lose up to £10,000 per year of their pension, equating to roughly £200,000 per staff member. The postgraduate community responded strongly to the strike, in part due to the effect it had on postgraduates who teach, leading to the KGSA working to actively represent postgraduates’ voices on this issue.

Please do get in touch if you have any questions or issues, either on the Facebook group – www.facebook.com/groups/Woolf17 or by email at kgsa@kent.ac.uk

Upcoming events this term can all be found on the postgraduate Facebook group. If there are any events that you would like to see, let us know.

Rowena Bicknell
President of the Kent Graduate Student Association
Personal experience

Canterbury is located close to mainland Europe, which is why we decided to go on a short weekend getaway to Paris!

Studying at Kent is a fantastic opportunity to make friends from all around the world. Where else do you get to have a group of friends from three different countries heading for a European getaway? Despite only having known each other since last September, the three of us decided quite quickly to have a weekend trip to Paris. After all, one of us had lived there, and we had four French flatmates, one of whom even has an apartment in central Paris. After the Christmas break and stressful first week back, it was time to pack our bags and head to the promised land of wine, cheese and macarons.

Taking the Eurostar to Paris takes only two and a half hours from London, and the train journey was well spent planning the weekend’s antics.

It was soon decided that in addition to the good old touristy areas of L’Arc de Triomphe and the Eiffel Tower, we would spend some time wandering around the quaint streets of Montmartre and Marais. The weekend included a lot of walking, very little sleep, plenty of food, and even a visit to the Finnish Embassy – as our ‘local’ guide Kiiia had to go and vote in the Finnish Presidential Election.

Although the weather was less than ideal, with more rain than your typical English winter day, Paris did not disappoint. Not even with the ridiculous number of stairs at metro stations nor with having to climb to the fourth floor of the apartment building multiple times a day. Eating well, drinking wine, seeing old friends and making new ones – those things in good company made a perfect weekend getaway.

Electra Georgiou
MA Applied Linguistics for Teaching English to Students of Other Languages

Büke Horoz
MSc Logistics and Supply Chain Management
Know your mind

The psychology of goals

What are goals?
Oxford Dictionaries defines a goal as 'the object of a person’s ambition or effort'. As human beings, we set goals every day, from getting up at 7am, going to the gym, or getting a good mark on an exam. Whether the goals are big or small, setting them has been deemed the key to success.

What happens in our brain when we set goals?
When a goal is set, our self-image shifts. We now work towards the goal, already believing the desired outcome is a part of us. The brain, in an effort to make this new self-image true, drives us to strive towards our objective until it is accomplished.

In the process of attaining a goal, we may feel some fear or anxiety. The brain creates tension in response to the ‘loss’ it feels because it does not have its ‘valued possession’ (ie the goal achieved). Yet this tension keeps us marching on until we succeed.

Once we attain our goals, dopamine, a neurotransmitter, is released. Dopamine gives us a sensation of pleasure after we have reached our aim. Throughout the process of goal attainment, every little victory (fructiferous step) is rewarded with dopamine, which makes us focus and motivates us to work harder to obtain the things that we desire (eg a promotion at work).

How do I set goals?
There is no single formula for goal-setting, but here are three widely used tips:

The strategy of ‘small wins’
To avoid discouragement when setting yourself a big goal, break it down into tractable chunks: small steps that will provide you with visible results, ‘small wins’. This encourages you to take more action and will provide you with steady progress.

The ‘SMART goals’ technique
SMART stands for: Specific, Measurable, Attainable, Relevant and Time bound. The idea is to be specific about your goal. Pick a goal that is measurable and decide how to measure it. Make sure you have the resources available to attain that goal and that you are choosing a worthwhile and realistic goal. Lastly, set a time frame by which to achieve that goal.

The practice of writing goals
Research shows that the practice of defining and writing down goals can be quite effective. Psychology professor, Dr Gail Matthews, found that those who sat down and wrote their goals achieved their objective significantly more often than those who did not.

So, next time you set a goal, remember to write it down, to be SMART, and that, overall, those ‘small wins’ count.

Melanie Lopez Perez
MSc Developmental Psychology

Events organised by postgraduates

South East Hub Conference 2018
19 June 2018
Victims, Perpetrators, Bystanders and Collaborators as historical concepts: Redundant labels, useful categorisations or somewhere in between?

Sponsored by CHASE DTP and the School of History, this event is an opportunity for postgraduates and early career researchers to share their work in an informal and friendly environment. This year, the conference will explore the conceptual utility of the terms ‘victims’, ‘perpetrators’, ‘bystanders’ and ‘collaborators’ in history. The first of its kind, this conference aims to discuss these terms in an inter-disciplinary context and to begin to facilitate discussion as to the future of these often problematic concepts. Professor Tim Cole (University of Bristol) will be the keynote speaker. Tim’s research has focused on Holocaust landscapes, in the sense of both history and memory, and he is now working on a book that explores social, cultural, landscape and environmental change in post-war Britain. Registration for the conference opens in April and is free.

Please get in contact with Kate Docking and Ellis Spicer at southeasthub2018@outlook.com with any queries.

Bodies in Trouble: A Charity Film Festival
On 19 May, Mylène Branco and Dominique Carlini Versini will host a festival of female film entitled Bodies in Trouble, aimed at raising money for local Rising Sun domestic abuse charity. Specialists and scholars will present the films prior to the screenings and lead panel discussions and presentations. BAFTA and multi-award-winning film director and CEO Leslee Udwin will also be here for a Q&A with the audience.

To book tickets please contact Dominique or Mylène (dc456@kent.ac.uk and mmbl28@kent.ac.uk).

(Funded by the Postgraduate Experience award, the Centre for Film and Media Research fund, the Student Projects Grant Scheme and a contribution from the School of European Culture and Languages.)
The University’s second Researching the Rainbow Conference was held on Thursday 15 February as part of LGBT History Month and was warmly received by attendees and participants. The event, organised by the LGBT+ Staff Network in partnership with Kent Union, was run for the first time last year to celebrate 50 years since the decriminalisation of homosexuality in the UK. There were approximately 50 attendees this year and over 980 views of the live stream via Kent Union’s Facebook page.

The conference was designed to showcase the vast array of research being done at Kent on or related to LGBT+ people and issues, and to encourage multidisciplinary collaboration and networking. The event was opened by University of Kent Vice-Chancellor and President, Professor Karen Cox, who also acts at the Executive Group’s LGBT+ and Gender Champion. Professor Cox said:

“It was a pleasure to have attended the Researching the Rainbow conference. A wonderful mix of inspirational speakers, a diverse agenda and an opportunity for students and academics alike to present their work as peers. As the EG LGBT+ champion, I am wholeheartedly committed to the principles of Equality, Diversity and Inclusivity. The LGBT+ Network are doing a really great job in turning the University’s commitments into a reality for individuals.”

The agenda was made up of predominantly Kent students and academics from a range of disciplines, discussing topics such as transgender identities in mental health care and the legal system, and queer representation in the media.

Renowned trans activists Fox and Owl also attended to speak about their project My Generation, and joined fellow speakers for an open plenary hosted by Kent Union’s LGBT+ Trans Officer, Valiant Dorian.

Organiser Kasia Senyszyn, member of the LGBT+ Staff Network, said:

“It is a grassroots event – we started with just a few people who were interested in talking about their research with fellow aficionados and now we’re getting national activist superstars inspiring our students, staff, and guests.

I hope it continues to grow and we can get more and more people to participate. I have been so amazed by the calibre of talks over the last two years and can’t wait for next year!”

The conference also raised funds for LGBT charity Schools Out, founder of LGBT History Month. A video of the conference, which is being created by KTV, will shortly be available on the LGBT+ Staff Network blog.
Postgraduate heritage walk series

Wandering and wellbeing

Revitalise mind and body and increase productivity through heritage walks in the Kentish countryside

Thanks to generous funding from the Graduate School’s Postgraduate Experience Award Fund, six heritage walks, focusing on the connection between engagement with heritage and wellbeing, will take place during the summer term of 2018. This exciting programme of walks includes visits to some of Kent’s remarkable historic villages and monuments, archaeological sites and places of natural beauty.

Programme of heritage walks

15 May 2018
‘Archaeology and Landscape: understanding phenomenology’ – walk in the footsteps of Julius Caesar from Canterbury to the Iron Age fort of Bigbury Hill with Karl Goodwin, PhD student in Classics and Archaeology.

19 May 2018
‘A history of walking and wandering in England’ – a circular walk starting in historic Teynham with Ann Kinzer, PhD student in Comparative Literature.

1 June 2018
‘Managing layers of history at Dover Castle’ – led by Philip Smither, PhD student in Classics and Archaeology.

Week of 4 June (TBD) 2018
‘Tracing industrial legacies in the Garden of England’ – a walk through the coal fields of Kent and a ride on a heritage railway with PhD student Luke Shoveller, SSPSSR.

11 June 2018
‘A walk into wellbeing’ – understanding what’s happening to our minds when we walk in nature. Walk through Blean Woods with Courtney Allen, PhD student in Psychology.

20 June 2018
‘Walking the Pilgrims Way’ – exploring Canterbury’s history of pilgrimage from Chilham to Canterbury with Julia Peters, PhD student in Classics and Archaeology.

28 June 2018
‘Britain’s Roman past’ – a walk from Sandwich to Richborough Roman fort with Philip Smither, PhD student in Classics and Archaeology.

To learn more about the heritage walk series, visit: https://blogs.kent.ac.uk/heritagewalks

Registration will open on 15 April 2018.

Gandalf’s Corner: Homesickness

Hey Gandalf,
I’m an international student and I often feel homesick. My friends and family live really far away and although we keep in touch sometimes I feel really lonely. Do you have any advice for me?

Thanks,
Homesick in Kent

Hi Homesick,
Sorry to hear that you’re missing your loved ones, but please know you’re not alone. Lots of students (both international and UK based) often come up to me and talk about feeling isolated from their loved ones while at university, so it’s a completely normal feeling. However, there are a few things you could do that might help you feel less lonely:

Set up a weekly Skype call with friends and family.

Send postcards/letters back and forth so you can communicate and have things from home to hang up in your room.

Let your loved ones know you’re struggling with homesickness. They may just have some good advice for you!

Ask for a care package of some of your stuff from home or food items from home that you can’t buy in the UK. When I’m feeling low, I always meow for tasty treats to boost my spirits.

Also, try reaching out to friends on campus and try to leave your room a few times a week.

Staying inside for long periods can make things worse but taking walks and socialising can make a world of difference. I like to take walks or go hunting for birds and mice when I feel cooped up inside.

Don’t forget to take care of your physical and mental health. The university has an excellent gym and fantastic mental health services, so if your homesickness worsens you can always talk to a professional.

I hope these tips are helpful! Always remember that you are not alone and there are plenty of resources available to help you through difficult times. And if you want to talk I am always in Wooft Reception so drop in, give me a belly rub, and tell me what’s wrong.

Love
Gandalf

Do you have a question about Kent life or need Gandalf’s advice? If so, send him an email at gradpost-submissions@kent.ac.uk with ‘Hey Gandalf’ in the subject line.
What’s on

Got spare time or need a break? The GradPost team recommends these events...

**Discarded Dreams**  
31 Mar – 13 May 2018  
The Front Room, The Beaney House of Art and Knowledge, Canterbury  
Catching Lives, Canterbury’s homeless shelter, has run a number of arts projects that draw their clients into expressing their hopes and feelings and have shown that this can give new confidence to participants. This exhibition of their work is a testimony to their imaginations and abilities.

**Love From A Stranger**  
3-7 Apr 2018  
Marlowe Theatre, Canterbury  
Electric with suspense and with a shocking twist in its tail, this edge-of-your-seat, rarely seen thriller by the UK’s greatest crime writer, Agatha Christie, is rediscovered in a brand-new production by Lucy Bailey (Gastlight, Dial M For Murder).

**Aurora Orchestra: Beethoven Symphony No4**  
6 Apr 2018  
Colyer-Fergusson Hall, University of Kent  
Following sold-out performances in Canterbury last year and fresh from debuts at several of the world’s great concert halls, Aurora Orchestra continues its residency at the Colyer-Fergusson Hall with an enthralling programme featuring Beethoven’s fourth symphony.

**RSC Live: Macbeth**  
11 Apr 2018  
Gulbenkian Cinema  
A contemporary production of Shakespeare’s darkest psychological thriller marks both Christopher Eccleston’s Royal Shakespeare Company debut and the return of Niarn Cusack to the Company.

**A Celebration of TS Eliot’s Favourite Music**  
21 Apr 2018  
Beach Creative Community Arts Centre, Herne Bay  
Join us for a fun exploration of the great man’s favourite tunes and set your own feet a-tapping! Followed by At The Edge: TS Eliot inspired Spoken Word event.

**Whitstable Music Society**  
28 Apr 2018  
St John’s Methodist Church, Whitstable  
Piano trio Shaham, Erez and Wallfisch perform Grieg’s Andante con moto, Dvorak’s Piano Trio Op 90 ( Dumky) and Schubert’s Piano Trio in B flat D996.

**Hairspray**  
8-12 May 2018  
Marlowe Theatre, Canterbury  
After a sell-out run last year, the all-singing, all-dancing production returns. Let your hair down and don’t miss this irresistible feel-good show that will have you smiling for days!

**A Century of Coal**  
13-15 May 2018  
Marlowe Theatre Studio, Canterbury  
Over the past 25 years, the Kent coal field community has become one of the most deprived in Europe. But a new project inspired by the Hadlow Group has restored hope to this unique community. The world premiere of this story is told by award-winning film maker Peter Williams.

**Matthew Bourne’s Cinderella**  
22-26 May 2018  
Marlowe Theatre, Canterbury  
Matthew Bourne’s vivid story telling has never been more heart-stopping and touching. Cinderella takes the audience into the heart of Prokofiev’s magnificent score, and the sights and sounds of war-torn London.

**Illuminated Manuscripts at Canterbury – Talk and Afternoon Tea**  
24 May 2018  
The Cathedral Lodge, Canterbury Cathedral  
Cressida Williams, Head of Canterbury Cathedral Archives and Library, will give a fascinating talk about the finely decorated (‘illuminated’), manuscripts in the Cathedral’s collections, focussing on medieval items, but including a few more modern examples.

**Sweeney Todd**  
29 May – 2 Jun 2018  
Playhouse Theatre, Whitstable  
Wiley Wolf Productions Ltd return to the Playhouse Theatre and invite you to attend the barbarous tale of Sondheim’s bloody-thirsty musical thriller. Sweeney Todd is back in business and razor-sharp.

**Oscar Wilde Season live: An Ideal Husband**  
6 Jun 2018  
Gulbenkian Cinema  
This is the third play from the Oscar Wilde Season, a year-long celebration of the brilliant Victorian playwright being staged by the Classic Spring Theatre Company.