

TIME	SPEAKER	DIALOGUE
00:00:00		[Introduction]
00:00:07		[CAPTION – WEEK THREE]
00:00:07	Sana Rahim [outside at the park]	<p>Hello guys, I wanted to use week three to talk about my first supervisor meeting and how it went and the main things that we covered. And that we spoke of.</p> <p>Now I have quite a good relationship with my supervisor over email contact besides my actual meetings with him. And so my first meeting was not as scary or daunting for me as maybe for somebody who's never sort of spoken to their supervisor beforehand.</p>
00:00:37		I had Skyped him once before in my proposal days. And I had spoken to him ... spoke to him over email a few times before, even before my PhD interview which ... which was quite lucky for me and quite handy. So having a good relationship with your supervisor is probably a key thing.
00:00:58	Sana Rahim [inside]	The first meeting was about an hour and a bit long. And it was quite chilled out. We had Skype meeting although we did intend initially to meet up specifically for the Vlog purposes. I thought it would be nice to have a first meeting face to face. But unfortunately it is difficult to sort of arrange a time sometimes where I have childcare or where the supervisor can get to a place that we can both meet and [unclear 00:01:22] ... For some people obviously distant learning would be a lot further of a you know
00:01:28		distance and so that's probably out of the question. Anyhow our first meeting was on Skype and I'd also like to say as I mentioned before that it's probably different for everybody. The first thing that we talked about I think was the structure and the format of the

		<p>thesis bearing in mind this was sort of one of the questions that I had written down. And I had a particularly specific idea in my head of how I don't want my thesis to be which is a bit weird, more than I know how I want it</p>
00:01:58		<p>to be. So I was like, I don't wanna do this, I don't wanna do this. And so we had a little bit of a chat about the format and the structure. We talked a little bit about research engines ... search engines and researching particular key words or how I was going about starting my literature review and how I was going to arrange the themes. We talked about how often we intended to speak and how our meetings would sort of be arranged and we also said, you know we'd be honest with each other and if there</p>
00:02:28		<p>were something. I specifically said, if you think something's bad please tell me it's bad. And [filming cut 00:02:34] a really good to make sure that your supervisor knows early on if you intend to do interviews and what sort they are and whether you need ethics clearance and how, if you know, your supervisor needs to help you to do that then it's a good idea to speak about that quite early on. So, in the first meeting to sum it all up, my supervisor gave me a few ideas of some books to read. He sort of told me that eventually I would get</p>
00:02:58		<p>a voice and that I didn't need to worry so much about my academic writing at the moment. And that the more I wrote, obviously the more practice, the better it gets. We spoke about some research methods and how often we wanted to talk and the structure and thought format of my thesis overall and the ethics clearance and consent forms for any interviews and things like that. Obviously we didn't sort it out all, it's just the first meeting but we spoke</p>

		about it and we mentioned it and now he has good idea.
00:03:28		So yeah, just a rough sort of idea or a template or a plan something so that you both know where you're at in terms of what you want to get done for when. And also being a distant learner and being a ... in the first weeks of my PhD, there are modules that we have to do as from the University that everybody has to do for reaching a certain standard of knowledge on research methods and qualitative/quantitative research and we have to
00:03:58		complete these modules online through the blackboard and submit them. So, so far I'm not feeling very isolated in, or very lonely in terms of supervisor/teacher contact. But I know this is a very big issue and one that I particularly worry ... wanted to Vlog for was to show that is there a really a big difference in PhD level of how much support you can get if you're distant or if you're going in. One thing I do
00:04:28		feel rather often is that I keep getting emails about events and seminars and conferences or workshops that I really wish I could attend and sometimes obviously because of the children or childcare or work or the routine that I have of school that I just simply can't go. And then sometimes I do really feel like I wish could have been there. [filming cut 00:04:51] Recently I joined a Facebook group 'parents who are early researchers or academics' and
00:04:58		I am completely gutted that I thought I was something special for doing this. Many, many people are doing this and they are doing it in much tougher circumstances. Some with younger kids, some with more kids. Some with full time jobs as well as their children and the PhD. And having this, joined this group, and

		don't get me wrong there are probably many groups. This one in particular is very, very good.
00:05:28		I found just, even some, even though I'm not actually commenting anything as much yet, but I found that reading that other people are going through similar things that you're going through just makes you sort of feel better and think okay, no if they can do it I can do it, or it is something that people do. And they do get through it. If there's so many they must be getting through it. And so it's a little bit of a motivation booster as well. And if you are a distant learner and you're a parent then find a Facebook or a social media group that you like, that you're happy with and I
00:05:58		think it does help. It really does. [filming cut 00:06:01] The first three weeks have been so far, really, really amazing. But this week because there's been no school and it's half term I have literally spent every single day out in ... I went to the Farm, I went to the beach, I went to parks, I was also [unclear 00:06:21] in bed early and then I was working sort of or I am working this week sort from I'd say
00:06:28		seven to about ten thirty, eleven until I'm just too tired to work anymore. And so I'm trying this ... I've been doing this routine this week. As a parent I would say that your routine is never gonna stick to one routine or your perfect ideal situation of working. Although I did attempt to take my books many times through the week to either the park or somewhere but that, you have a few minutes here and there. But really you don't get that chance
00:06:58		to work. And there are days where you think oh my god, I should be working, why am I not working. But overall I think if you're flexible enough to sort of be okay with changing your

		routine now and then it's still manageable so far. (laughs) So I look forward to speaking to you next week.
00:07:15		[CAPTION – Best Friend...Other Half]
00:07:22	Sana Rahim's Partner	But it's been the kind of a tough week for us because I was doing night shifts as, you know the requirement of my on call as a doctor. And because of that, you know we've got two kids and we have to manage things accordingly. We did to some extent. But there are ups and downs. Btu she is working extremely hard on her ... on her project and you know already trying
00:07:52		to think of going to Pakistan to do some research work which is great. But in that case I have to look after the kids 24/7. I hope you guys are enjoying our little video blogs on YouTube and you know on the University site and we hope to catch up with you later again. Thank you.
00:08:16		[Credits]