

Future-Ready Series : Research Postgraduate Wellness Initiative 2023/24



Synergising with Your Supervisor for Success *(with Mindfulness Practice)*

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Date: November 28, 2023 (Tuesday)

Time: 2:00 p.m. – 4:20 p.m.

Venue: Main Campus, HKU

Overview

Supervisor-student relationship is linked to both the mental health and future success of research postgraduate students. Despite its importance, expectations, emotional responses, and management of supervisor-student relationship are seldom discussed. In this session, we will first hear the sharing from two supervisors and two PhD students about their personal experience, and some (bite-size) knowledge from research in this area about maintaining a healthy relationship. With this understanding, we will then learn by guided practice an evidence-based method to approach our emotional responses: mindfulness, led by a qualified trainer, as an effective way to synergise with our supervisor for mutual success.

Learning Outcomes

- Understand the different types of supervisor–doctoral student interaction based on the literature and personal sharing on the HKU experience
- Learn about small exercises and tips for developing and maintaining healthier emotional responses and relationship through mindfulness practice

Learning Activities

- Personal sharing and Q&A with HKU student-supervisor dyads – from computer-lab/medicine and humanities/social sciences fields – on their partnership experience
- Case scenarios and anonymous discussion (through Mentimeter and other platforms) of challenges and potential solutions to improving student-supervisor relationships
- Introduction to mindfulness and brief 'take-home' practices

Remarks

- To ensure a protected space for open discussion, speakers and participants agree to ensure confidentiality of personal opinions shared in the session
- The session will be conducted mainly in English, with the exception that part of the personal sharing will be conducted in Putonghua; the moderator (Dr Gloria Wong) will summarise in English
- Although not intended as a lecture, some slides on relevant research literature will be shown during the academic-oriented session and can be shared upon request

