



# THE TAP

Technology, Anxiety, Pain

February 2022  
Issue 7

## GETTING BACK INTO THE SWING OF THINGS

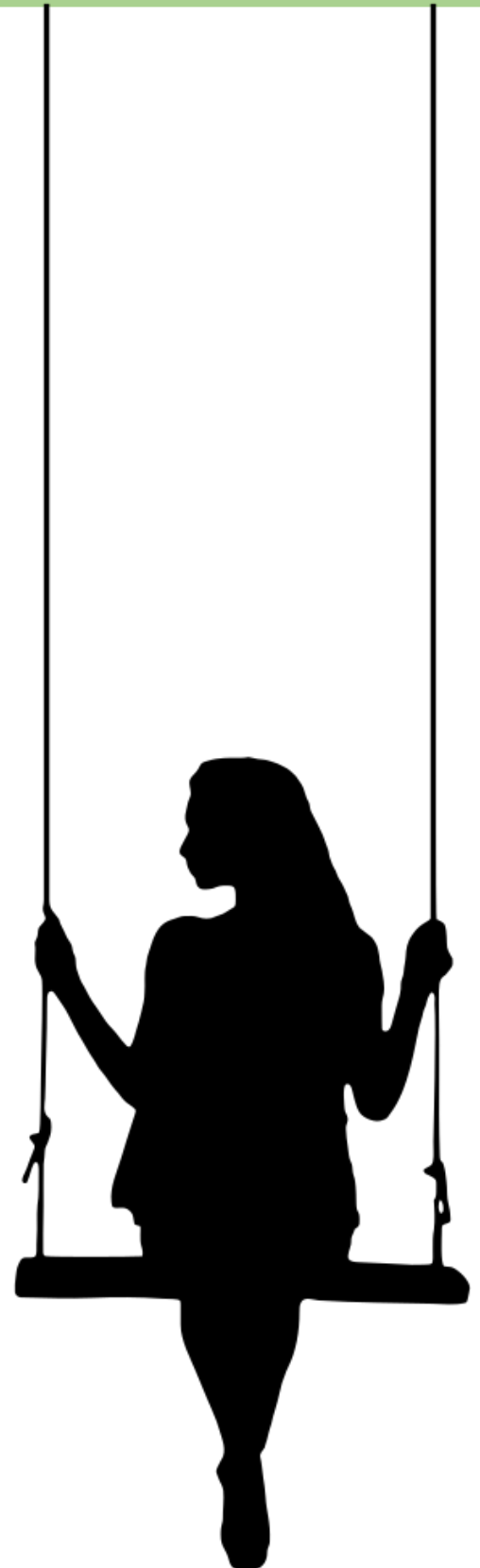
Following my two month interruption at the end of 2021, I am starting to get into the swing of things. I want to say thank you to everyone who sent kind words regarding my break.

Since returning to my PhD in January, I have been reviewing the progress I had made, and making a plan for how to continuing moving forward.

Initially I found restarting my PhD quite difficult - I felt that my to-do list was only getting bigger and scarier. During this time my supervisor has been very supportive and has helped me prioritise tasks that felt less daunting to help ease me back into my work.

I am now feeling more confident with my work. I am up to speed, focused and ready to push forward.

*"Whenever you find yourself doubting how far you can go, just remember how far you have come. Remember everything you have faced, all the battles you have won, all the fear you have overcome."*



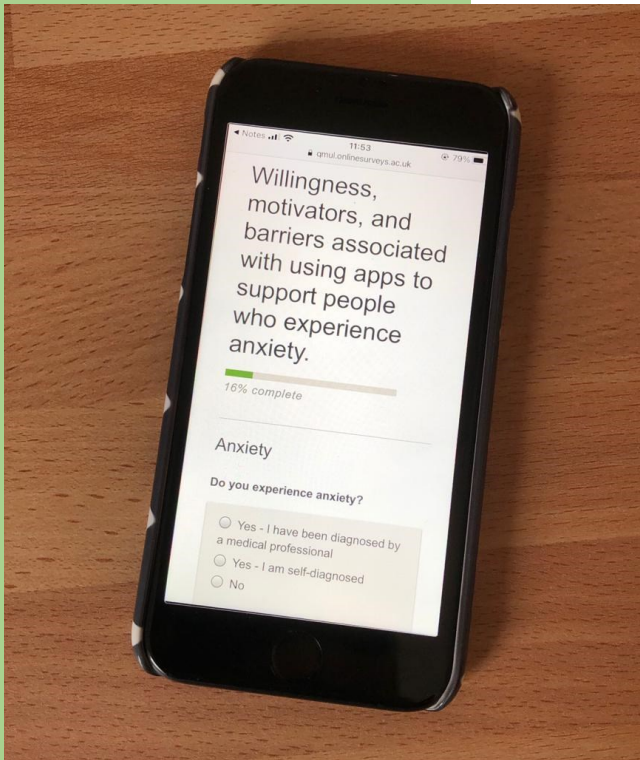
# QUESTIONNAIRE STUDY

My questionnaire study closed on 31st December 2021 - I received a total of 217 responses.

The questionnaire gathered a mixture of qualitative and quantitative data, which means that I have spent a lot of time re-searching a variety of data analysis techniques, deciding which would be best to use at different stages of my analysis, and ensuring that I am implementing them correctly.

Once I had analysed my results I began writing up my study which will form one chapter of my thesis. I have received great support and guidance from my supervisor, helping me to improve my work. I am currently still working on implementing some structural changes to my write up which will make it much easier to follow.

When I have completed making edits I will work on creating a summary of my findings which I will share with all PPI group members and post on my website. I will also begin the process of writing and submitting papers, hopefully getting some of my work published in either a journal or as part of a conference.



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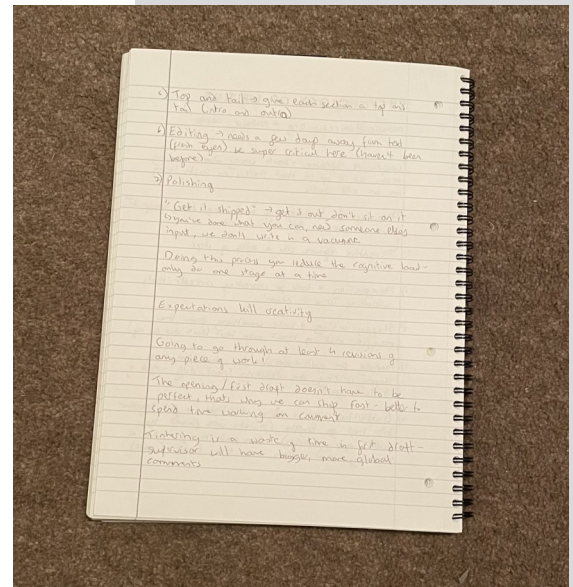
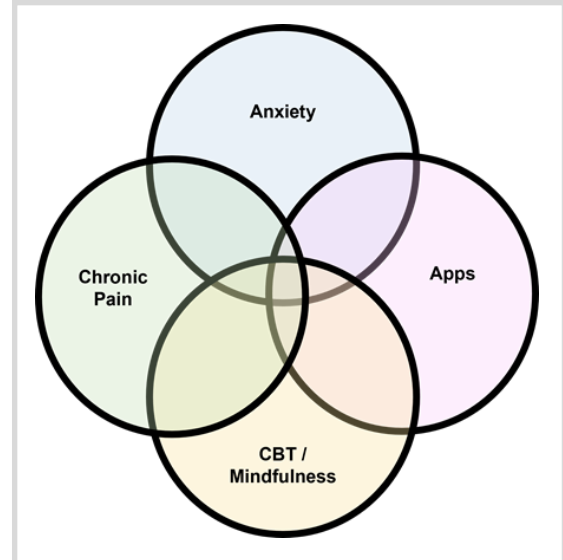
# THE PSYCHOLOGY OF WRITING

PhD students at Queen Mary are encouraged to attend courses and events throughout our research to help us develop skills. I recently attended a course run by Dr Natalie Lancer called “The Psychology of Writing: The Eight Tensions Framework for Doctoral Students Workshop”.

This course felt like a huge turning point in my research. I have wrestled with the idea of where my research fits into the wider field but the things that Natalie spoke about sparked a new way of thinking and enabled me to gain clarity. The entire course was eye-opening and inspirational.

I am so happy that I booked onto this course and I will continue to attend other courses on offer as you never know when something will spark new ideas.

This Venn diagram demonstrates where my research sits - in the very centre of the four circles.



# STUDENTS' UNION REP

At the most recent Student Council meeting I was awarded a Commendation in for recognition of the work I have been doing during my time as Disabled and Specific Learning Differences Rep.

I am so proud of all of the work I have already completed and I am excited to continue with this during 2022.

**7. Report from the Scrutiny Panel and Executive Officer Updates - Motions of Commendation**

The Scrutiny Panel recommended the following officers should receive a vote of Commendation in recognition of their work which the Panel thought to be exceptional:

- Amy Dowse - Disabled and SLD Rep (Mile End)

