

TITLE: PhD Vlog Week 2 Sana Rahim

DATE: 14th July 2016

NUMBER OF SPEAKERS: 1 Speaker

TRANSCRIPT STYLE: Intelligent Verbatim

FILE DURATION: 5 minutes

TRANSCRIPTIONIST: Marg Searing

TIME	SPEAKER	DIALOGUE
00:00:00		[Introduction]
00:00:06		[week two caption]
00:00:07	Sana Rahim [outside]	I think that I'm actually really, really lucky that as a distant learner we get to use Manchester University Library as well as the Leicester University Library so I can order anything I want on postal loan from Leicester and I can also order like one chapter printed or a section of a book photocopied. And I can also come to the University of Manchester Library and use their resources. So I actually feel a bit lucky and like being distance is not that bad.
00:00:35	Sana Rahim [Tuesday inside]	Hi everybody today is Tuesday and I spent the day reading about thematic analysis and different research methods that people use and I think that was very helpful because if at an early stage you know what sort of methods there are, what sort of research methods people are using even though you've got an idea in your proposal about which method you intend use it's really helpful to be able to look at what different people have used and what the critics of those methods say.
00:01:05		And the found this ... that was really, really helpful for me.
00:01:09	Sana Rahim [inside]	Hello guys, today I went to the library to do a few hours of reading and I think it's really, really important as a distant learner to get out and not stay sort of inside all the time.
00:01:22	Sana Rahim [inside]	Today I wanted to talk a little bit about what I was finding challenging or what I was finding sort of difficult at this early stage of my PhD as a distant learner and as a mum of course. Firstly, when I did my degree or my masters in particular, I used to have really clear sort of things to do list or guidelines of what I wanna accomplish today. So I would say, sort of today I wanna do this many words or try to sort this chapter out or try to look into this topic or
00:01:52		whatever. At the moment that's not really happening because it's all sort of all over the place

		and I have sort of no fixed idea of exactly what I'm supposed to be getting done. So that's making it really, really hard.
00:02:04	Sana Rahim [inside]	Hello everyone, today is Thursday of week two and I have dropped the kids off to school and nursery and come back and now I am ready to go. I made some tea and I have prepared to do some reading. Yesterday afternoon I managed to speak to my supervisor by email and he recommended a few books to me. Apart from that he said that he was ... he thought this video showing the distant learning perspective was a really great idea. And so I was really about that.
00:02:34		And, yeah so far he is definitely an amazing supervisor and I would say that because one, I've read some of his work and I thought that was brilliant. I also in the initial emails, I mentioned that April was gonna be really hard because the kids are off for like 18 days and he said family comes first. So, just that comment made me sort of phew! He understands where I'm coming from so that's really, really important.
00:03:04		I also wanted to talk today a little about managing sort of stress and getting stressful ... getting stressed about things when they don't happen to plan. So for example, last night Rayan [ph], my eldest son had a bit of a cold and he was up once in the night. And the little one woke up about twice in the night so for me that was a pretty rough night because I had so many breaks in between sleeping. And I woke with a really, really
00:03:34		bad headache so already I knew that sort of I'm not gonna be able to be as fresh as I hoped to sort of drop them and come back. And also somewhere I'm stressing that there's gonna be so many holidays and what am I gonna do. How am I gonna keep them entertained for that many days and how am I gonna manage to work you know during the holidays. So just stressing about things makes things a lot worse. And I'm gonna mention here that it's actually the
00:04:04		time that you spend with kids that's hard or stressful ever. It's the time afterwards when

		they're at school or when they're playing their own game or when they're sleeping that you can't still manage to do what you plan on doing because you're so drained that that ... that causes the sort of stress and anxiety I think.
00:04:23	Sana Rahim	[Children playing]
00:04:29	Sana Rahim [inside]	Hello everyone, today is Friday, week two and I am just about to get started to do some reading and some sort of taking notes and just reading up on sort of writing like a political science ...
00:04:41	Sana Rahim [outside]	Hello everyone, we are at the play area and I intend to read at least four or five pages while I'm here and while the kids are playing hopefully. Fingers crossed.
00:04:51		[child on bike outside with male adult] [music playing] [CAPTION - SUNDAY]
00:04:57		[CAPTION: End of Week two]
00:04:59		[Credits]

END OF TRANSCRIPT