

<b>TIME</b>	<b>SPEAKER</b>	<b>DIALOGUE</b>
00:00:00		[Introduction]
00:00:05		[CAPTION: Week Four]
00:00:09	Sana Rahim	Hello everyone welcome to my week four of PhD Vlog and after what I can only be honest an admit was a completely heart breaking morning of me attempting a three minute thesis competition in just four weeks into my PhD, I have now come to the King Richard Museum to try to enjoy the rest of Leicester. I intend to try to get out of my comfort zone and talk to people and network being a distant learner, I don't want to do my PhD
00:00:39		without any sort of going out and presenting and talking to people.
00:00:43		[CAPTION: Visiting Leicester]
00:00:43	Sana Rahim	... distant learner it's also always nice to come and see the University and see the staff for yourself and meet them in person. I am back here tomorrow so I will video some more of this week. But I'm quite lucky to be in Leicester twice in one week. But this is a one off, I don't expect to be coming here this often.
00:01:03		[music] [train station]  [CAPTION: MORE BOOK SHOPPING]
00:01:16	Sana Rahim	So in week one I briefly spoke about what I suggest ... advise you to get done in the first week. Read the module handbooks, look through the ... you know your IDs, your email addresses, your postal loans, all the paperwork and all the fuss, definitely get that done in week one. In week two I spoke to you a little bit about how I looked to make a routine with the kids, how I manage sort of a table and definitely how to deal with
00:01:46		stress and make sure that you're healthy throughout. Because obviously with children it's not always easy and there are gonna be times when you're gonna get really stressed. So definitely make a good routine and manage your

		stress levels. In week three, I spoke about the relationship with your supervisor. How important it is to maintain a good relationship with your supervisor. By week four video which is this week, I started off by showing you
00:02:16		how I challenged myself and pushed myself out of my comfort zone and attempted a competition in the University. I also showed you how I travelled to the University. So if you have got the opportunity to make a go at entering a competition or trying out something or even just simply visiting then definitely take the chance to network and to build relationships. It does help I think in a motivational way as well but in way that connecting is really, really important. At this
00:02:46		PhD level you need to get people to know your work and know your ideas. And it's never too early to take part in whatever event is going on. Even if you do ... even if you do have an experience which is you know maybe not the best because it's early days, I think it's great to push yourself further and challenge yourself from the comfort zone that we stay in as distant learners. Finally, I'd like to say that it's been an amazing
00:03:16		four weeks. I've loved Vlogging my experiences with you guys. I will keep you updated in the future. I hope my videos have helped give you a little bit of an insight although there's so much more, so much more that goes on being a parent. And I'm gonna mention the points that I haven't videoed which is you know the cooking, the cleaning, the washing, the bathing the children, the teary moments that I've had because I stressed that I hadn't done enough work. The moments when you doubt yourself and you think have I made
00:03:46		the right decision what am I doing. Am I ever gonna be able to write such and such amount of words or read enough to even start my literature review and that has happened to me already in the first four weeks. But the main idea is to enjoy yourself, to go with the flow and definitely to challenge yourself. Definitely look at wider reading, and definitely challenge yourself so that

		you can have an enjoyable experience through your Ph ...
00:04:12		[Credits]