



Well-being and Sustainability in Doctoral Training:

a Ph.D. Student-Centered Approach

CALL FOR INNOVATIVE PROJECTS PRESENTED BY STUDENTS YEARS 2023 and 2024



UNIVERSITÀ
DEGLI STUDI
DI PADOVA

 **DAFNAE** Dipartimento di Agronomia,
Alimenti, Risorse naturali,
Animali e Ambiente

**Ph.D. ANIMAL
COURSE & FOOD
SCIENCE**
UNIVERSITY OF PADOVA

Why did the project start?

- Increasing difficulties at work
- Exploration and understanding of PhD students' needs
- Identification of possible action plans
- Acquisition of new tools to address the needs of PhD students
- Participatory proposal of concrete solutions to the problems

identified



We applied to the «Call for innovative projects presented by students years 2023 and 2024»
Funds erogated by UNIPD for innovative projects «from the students to the students»

What was our proposal to PhD students?

- Meetings with an organisational psychologist to discuss stress management strategies.
- Seminars on mindful communication to improve interpersonal skills.
- Yoga and mindfulness workshops to enhance resilience and well-being.
- Seminars on stress-related eating disorders to promote healthy coping mechanisms.



To work well, (re)search these things!

- A. Quality of the **relationship with the supervisor/research team**; its willingness and attention to foreseeing **inclusion in a structured research environment**; **clarity** of mutual expectations and **reliability of joint agreements**, bearing in mind the variability of the work
- B. **Managing** the planning of **activities** with care
- C. **Reflecting** on the experience, **analysing** it, **learning** from it
- D. **Relationship** orientation, social **curiosity**
- E. Ability to **network**, to establish and **maintain** different **relationships** (e.g. with experienced interlocutors)
- F. **Sharing practices and knowledge** between PhD students, sharing experiences



G. Availability of **technical and IT support** from the University

From completion to continuation!

Now managed by the

University

- Survey: «Study on the Quality of the PhD Student–Supervisor Relationship» sponsored by the PhD Office and designed and coordinated by faculty members from the Psychology area.
- Aim: monitor the quality of the relationship, satisfaction, and level of conflict between supervisors and PhD students through a brief questionnaire that should be filled by both.
- The survey allows traceability of the evolution of the relationship over time and to assess the effectiveness of the SDE “Sharing and Discussing Expectancies” method adopted by the University.

New call for 2025 – 2026!

Two themes:

- *“ Cultural and leisure initiatives proposed by students”,*
- *“ Call for the Submission of Innovative Projects presented by Students”.*

Deadline for projects presentation: 15 december 2025, h 23:59

The full text of the call for proposals, guidelines for completion, and the forms, along with FAQs, are available on the dedicated website page at <https://www.unipd.it/progetti-innovativi-didattica>

Thank you!!



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