



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Being a Postgraduate Student at Trinity: Q&A with the Postgraduate Advisory Service

postgrad.support@tcd.ie

@TCDPGAdvisory

Money and Budgeting

I thought in my first year that I probably wouldn't qualify for the student assistance fund but was encouraged to apply anyway in my 2nd year and got it, which was a real relief. So I would advise others not to be shy to ask for help!

Dublin is expensive so it's important to have certain limits on spending ex buying lunch everyday isn't feasible

Don't be ashamed to apply [for PG-SAF] if you are a mature student, PAS want you to do well and they want to give you that buffer so you can focus on your studies

Remember that you are a human being and that life happens on the side of your degree, so plan for buffer time and little money for contingency plans!

Work- Life Balance

Don't let your studies take over your life 24/7, having a balance and regular breaks makes you far more productive when you get down to studying!

One year (taught masters) is short - do more fun things

Participate in co-curricular activities as much as you can

It's a classic for a reason: a PhD is a marathon, not a sprint. Make sure you don't burn all your energy from the start. Take your time, find your footing and a pace that works for you.

Academic life & Learning

Make sure you and your supervisor discuss expectations and get on the same page. Document everything you agree

Read the handbook and submit stuff on time — even if it's not perfect

I wish I had a more thorough understanding of plagiarism beforehand.

I wish I'd known that all PhD students are confused in their first year
Everything takes longer than you think!

Health & Wellbeing

Register with Disability Service if you have a diagnosis or get it if you haven't yet

Management of health - especially in winter as I come from tropical weather

Your mental health is not something to be sacrificed for the sake of research

Link in from the start, even if you feel that your situation is not 'bad enough'.

You may not need assistance at the start of your studies but the need could emerge as you progress

Keeping in touch with College

Use College's facilities more and go to the school for those opportunities even when you don't have a class that day!

Ask for help...Ego and pride can hold you back from what you really need, but sometimes the bravest thing you can do is reach out.

There are people whose literal job is to help you figure this stuff out!!

Save your energy for your research where possible, that's why you're here.

Do ask that question that has been going through your mind, do ask for help. Knowledge of your options is power.

And finally...

Words of encouragement from last year's postgrads

If you've moved to another country for the first time, feeling alone is something you won't be able to avoid. Embrace that solitude and use that for your growth both personal and professional. You'll do great!

Embrace the opportunity and make the most of everything because Trinity College is such a wonderful place.

Don't compare yourself with others... You have been selected to be at Trinity, so you are special and always believe in your abilities.

It will be ok!!! 😊

Postgrad studies are character building, a fantastic way to build experience and expand networks. Its a very long time, can be stressful at times... but you can become engrossed in your research which is extremely rewarding

Welcome! Have a fantastic year!



Thanks for listening
to us all week!

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