

VSS Attendee Testimonial – Pia Singh

00:00:03.720 --> 00:00:15.900

Lynsey Sampson: Okay hello, we are welcomed by one of our regular attendees to our library lounge virtual study sessions, who will be talking about her experiences of attending these sessions. Hello what's your name.

00:00:16.230 --> 00:00:16.890

Pia Singh: Pia Singh.

00:00:17.760 --> 00:00:19.650

Lynsey Sampson: Thanks Pia, and what year are you in?

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Pia Singh: I'm year 1 PhD student in Education.

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Lynsey Sampson: Okay, so you're studying education and okay so to start with I'll be asking you, just now my first question, which is why did you initially sign up for the virtual study sessions?

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Pia Singh: Because they are more accessible for types of students to engage with the library staff and the colleagues in other locations as well, so I managed to meet people who were also in education who are doing research into something different, and the whole idea of this one is that

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Lynsey Sampson: may be.

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Pia Singh: If you can't travel to the library, we are not spending time in thinking, how are we going to get there, we actually have a virtual platform where we can get support and access to resources.

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Lynsey Sampson: Excellent Thank you very much, and what did you hope to get out of the sessions, when you first started them.

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Pia Singh: I was looking for more inclusive workplace, which will, which is at the moment is unable to access because of the travel and the Covid and everything.

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Pia Singh: But it made it more accessible, that I can speak to other people, and I can share what I'm working on and if I'm struggling, I can see how other people are tackling with it and

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Pia Singh: gaining from other people's experiences, because some people are far ahead in this journey, so when you are stuck you see it as normal so don't worry about it don't give up.

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Pia Singh: So, kind of expect otherwise if you're working on your own you will just lose the confidence and get disheartened but this provides a platform where everyone is encouraging you and motivating you and saying that you are on the right track, you will get there, eventually.

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Lynsey Sampson: So, it's all about the encouragement and motivation.

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Lynsey Sampson: yeah, and in a way to actually push on with your work by seeing the others are doing the same thing.

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Lynsey Sampson: Excellent and and after attending a number of the sessions, because you're one of our regulars and what did you get out of the sessions after attending them did this change from the previous question I asked?

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Pia Singh: The biggest one I have is

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Pia Singh: I was used to like Okay, and when they do the study in a big chunk and then I'll take a break in the evening.

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Pia Singh: I ignored, sometimes I need to actually include the exercise part during the day after attending the sessions and hearing from other people

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Pia Singh: That when you're taking the lunch break, you should actually do yoga or some kind of other exercises, which actually stimulates your brain.

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Pia Singh: So, started doing that, along with other things which I was doing so, it has actually made me more reflective about what I was doing and started making me to think that it's Okay, sometimes to take a break and pause yourself and

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Pia Singh: recreate your learning environment after that does that make sense.

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Lynsey Sampson: Yes, yes, definitely Thank you very much, and finally, is there anything else you'd like to say about the sessions?

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Pia Singh: They are quite amazing, and we need more often, and I was thinking if it could be

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Pia Singh: It could be like if we attended 10 sessions of this that could actually possibility have students to get a credit, the PG also to

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Pia Singh: because then students will have more engagement, because we are developing our social skills.

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Pia Singh: The biggest skills we develop is that if someone else is talking, we listen to them.

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Pia Singh: And we are developing the skills to actually boost our confidence, to be positive and be supportive. Those are the social skills we need

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Pia Singh: for a PGR certificate competencies, so it will be great if a certain number of sessions 10 hours attended is equal to one credit, I think

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Pia Singh: most students will actually engage with it, and the second thing is we need to like have more advertise to them that everyone is aware, and one last thing I would like is how about, we have a session

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Pia Singh: long session where someone actually who works in the writing or anything specific like that is also available so we can actually focus on a big chunk of writing during that time.

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Pia Singh: Okay, facilitating to say longer writing session like one Sunday of the month, or a one day of the week, something like that.

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Lynsey Sampson: Okay that's great Thank you very much for these suggestions and I really appreciate you coming along and joining us to talk about your experiences as a regular attendee at the library loans virtual study sessions. It is very much appreciated.

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Pia Singh: Thank you for organising it.

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Lynsey Sampson: Aw Thank you and I'll just stop the recording.

00:05:07.680 --> 00:05:08.100

Pia Singh: Thank you.