Infographic Adapted from resources developed by Vitae and the University of Manchester, by the Trinity Postgraduate Experience Working Group

**Do you feel that you and your supervisee have similar expectations of the supervisory relationship?**

Discuss this [Vitae advice](https://www.vitae.ac.uk) on clarifying expectations of supervision with your supervisee.

**Have you discussed post-PhD career planning with your supervisee?**

Signpost to [Grad Chats and other support groups](https://www.gsu.org.uk) or [Global Room](https://www.globalroom.ie) for support.

**Does your PhD student have interactions with other PhD students?**

Signpost to [Grad Chats and other support groups](https://www.gsu.org.uk) or [Global Room](https://www.globalroom.ie) for support.

**Does your PhD student struggle with motivation?**

Signpost to Vitae advice on overcoming challenges and staying positive during the PhD.

**Do you feel that your supervisee is lacking in confidence?**

Try to ensure that you meet face-to-face with your PhD student for supervisions. See [Trinity Supervision Guidelines](https://www.trinity.ie).

**Do you have regular face-to-face meetings with your PhD student?**

Discuss any underlying concerns with your supervisee, by phone if necessary.

**Are you concerned about the work/life balance of your PhD student?**

Signpost to [Vitae booklet](https://www.vitae.ac.uk) on establishing balance as a researcher and Vitae quick tips for PhD students on maintaining a healthy work-life balance.

**Is your PhD student making the level of progress you would expect?**

Talk to them and consider highlighting it as part of the annual review/confirmation process.

**Do you think your supervisee needs additional support with their academic writing?**

Consult sector guidance on [supervising stressed PGR students](https://www.gsu.org.uk).

**Do you have a good understanding of the mental health and wellbeing issues facing PhD students?**

Consult the [Vitae leaflet](https://www.vitae.ac.uk) on PGR wellbeing and mental health.

**Do you feel equipped to deal with any wellbeing issues that your PhD student might face?**

Undertake this [Academic Practice Supervisor Development Programme](https://www.trinity.ie) for staff.

**Would you like to learn more about supporting PhD student wellbeing and good mental health?**

Contact the [Postgraduate Liaison Counsellor](https://www.trinity.ie) for advice.

**Would you feel confident in signposting PhD students to the appropriate university support services if you had concerns about their mental health?**

Refer to the [Trinity Student Counselling Services](https://www.trinity.ie) stepped care model to get advice on the kind of support which is appropriate for the students’ issues.

**Do you suspect that your PhD student is feeling isolated?**

Signpost to [Grad Chats and other support groups](https://www.gsu.org.uk) or the [GSU](https://www.gsu.org.uk) for support.

**Do you have low level concerns or worries about your PGRs’ wellbeing?**

Ask open questions, such as:
- How are you feeling today?
- How are things going outside of your PhD?
- Who can you talk to if you’re struggling?
- How familiar are you with College supports?

**Are you concerned that your supervisee is over-working on their doctoral research?**

Consult [Vitae booklet](https://www.vitae.ac.uk) for advice.

**Do you have mild to moderate concerns about the wellbeing and mental health of your PGRs?**

Signpost to [Student Counselling Services](https://www.gsu.org.uk) or [Global Room](https://www.globalroom.ie) for support.

**Do you feel that you and your supervisee have similar expectations of the supervisory relationship?**

Discuss this [Vitae advice](https://www.vitae.ac.uk) on clarifying expectations of supervision with your supervisee.

**Have you discussed post-PhD career planning with your supervisee?**

Signpost to [Grad Chats and other support groups](https://www.gsu.org.uk) or [Global Room](https://www.globalroom.ie) for support.

**Does your PhD student have access to an adequate support network?**

Discuss this with your supervisee at an early supervision.

**Does your PhD student have access to an adequate support network?**

Consult the [Vitae leaflet](https://www.vitae.ac.uk) on PGR wellbeing and mental health.

**Are you confident in your ability to support a PhD student with disabilities?**

Signpost to [Trinity Disability Service](https://www.trinity.ie) and [Vitae resources](https://www.vitae.ac.uk) on supporting PGR students with disabilities.

**Are you concerned about the work/life balance of your PhD student?**

Signpost to [Vitae booklet](https://www.vitae.ac.uk) on establishing balance as a researcher and Vitae quick tips for PhD students on maintaining a healthy work-life balance.

**Have you noticed any change in your PhD students’ behaviour or attitude?**

Consult [sector guidance](https://www.gsu.org.uk) on supervising stressed PGR students.

**Are you concerned that your PhD student may be experiencing unusually high levels of stress?**

Signpost to the [Student Counselling Services](https://www.gsu.org.uk) for advice.

**Do you think your supervisee ever fail to turn up for supervisions?**

Talk to them and consider highlighting it as part of the annual review/confirmation process.

**Would you like to learn more about supporting PhD student wellbeing and good mental health?**

Contact the [Postgraduate Liaison Counsellor](https://www.trinity.ie) for advice.

**Do you feel equipped to deal with any wellbeing issues that your PhD student might face?**

Undertake this [Academic Practice Supervisor Development Programme](https://www.trinity.ie) for staff.