

The Particular Challenges Facing International Students Embarking on Postgraduate Study at the University of Otago

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Abstract.

Postgraduate study can sometimes seem like a long, lonely journey. It has its challenges along the way and for some students the transition from undergraduate to postgraduate study can seem overwhelming. Self-doubt, periods of procrastination and the challenges of undertaking independent study can severely affect the student's ability to progress her or his studies. International postgraduate students have additional challenges – language and cultural differences, homesickness, communicating effectively with their thesis supervisors and the weather! This presentation will explore some of these challenges. An important component of my work supports students to find effective ways of communicating their particular needs to their thesis supervisor and considers how he or she might access cross cultural groups to begin to feel a sense of belonging.

Personal Performance and Development Coaching can enable international students to manage and overcome their particular challenges and achieve fulfilment in their academic and personal endeavours.

Key Words

Procrastination, challenges, transition, homesickness, language, cultural differences, coaching.