



BSA Postgraduate Forum Pre-Conference Day A Non-Conference, Conference: A Day of Self-Care

- 10am Registration welcome from BSA PG forum
- 10.30 -11.30am Confessions of a PhD student
- 11.30am – 1pm Walking Tour of Glasgow optional
- OR** Mindfulness optional
- OR** Hand Massages optional
- 1pm – 2pm Lunch
- 2pm – 4pm Writing Retreat ran by Quill Out optional
- OR** Mindfulness optional
- OR** Hand Massages optional
- 4pm – 4.30pm Refreshments/comfort break
- 4.30pm - 5pm Presidential address
- 5pm Closing remarks and feedback