

## **In the company of an army of silent night shift workers...**

Helen's reflections towards the end of a part-time PhD

.....I am currently in the emotional throws and vicissitudes of getting my full draft finished, and am intending to submit my thesis in sociology, health and ethnicity by March this year. It's been a long, uphill battle - major bereavements, house moves, marriage, 3 supervisors (they kept getting chairs elsewhere), and now, wonderfully, our first baby due at the end of March.

Reading your article just made me feel I was in the company of an army of silent night shift workers, as my life has often been about 3 or 4am wake ups, my full time lecturing post, my whiplash, RSI, etc etc.

And balancing all this with insecurities, confidence, and the sheer fear of being torn to pieces by the examiner, well, it's really a fight. Still, nearly there, I can see the light after 5 years part time, and I hope it's as bright as I think it is.....