



**ROBERT GORDON
UNIVERSITY ABERDEEN**

A photograph of two young women in a laboratory setting. The woman on the left, with light brown hair in a ponytail and wearing a blue and white striped sleeveless top, is gesturing with her hands as if explaining something. The woman on the right, with dark hair in a ponytail and wearing a white t-shirt with cartoon characters and a lightning bolt, is listening attentively. In the background, there are yellow and black robotic arms hanging from the ceiling. The bottom right corner of the image has a purple overlay containing the text.

Research Development Programme

2023/2024

Researcher Development Programme

The annual Researcher Development Programme is aimed at postgraduate research students as well as early and mid-career researchers at Robert Gordon University. It is designed to support you on your journey as a member of an inter-disciplinary researcher community.

The programme includes workshops, masterclasses, events and resources which supplement and expand on the PgCert Researcher Development course and research retreats run by The Graduate School.

The training programme draws on the expertise of RGU academics and external scholars, offering opportunities to broaden knowledge and skills, following the themes in the **Researcher Development Framework (RDF)** – the most comprehensive and nationally-recognised document establishing the desirable standards of practice for successful researchers. Each session is mapped onto one of the RDF Domains:

- A** Knowledge and intellectual abilities
- B** Personal effectiveness
- C** Research governance and organisation
- D** Engagement, influence and impact

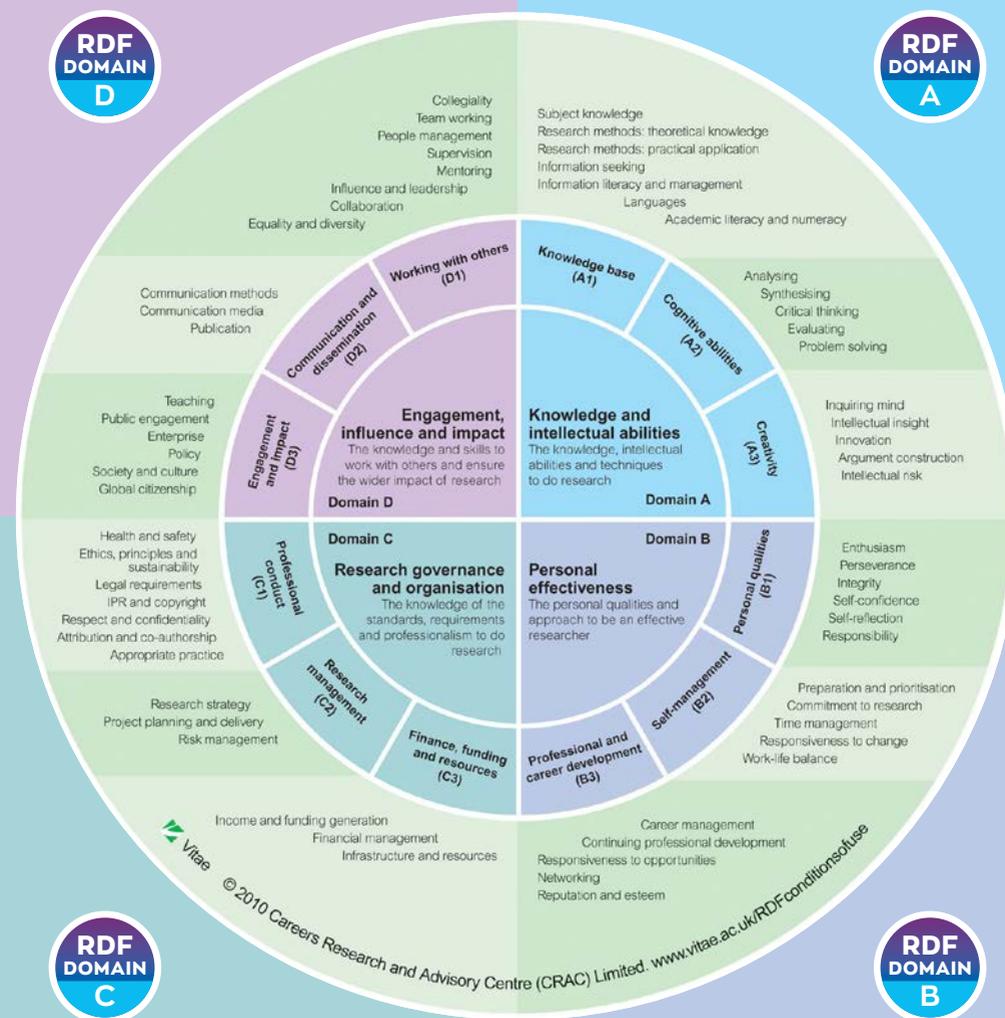
Our Researcher Development offer is constantly evolving and you can find out more about the resources and development opportunities by exploring this brochure further. Other events may be advertised in the researcher development programme's newsletter, so be sure to watch for it in your RGU email.

Most events can be booked on [Moodle](#).

For further details, feedback and future workshop suggestions, please contact Daniel Holbrow: d.holbrow@rgu.ac.uk.

Please note that, while we do our best to ensure all events run according to plan, details of sessions listed in this brochure may be subject to change.

VITAE Researcher Development Framework (RDF)



Researcher Development Workshops and Events

Introduction to Planning and Managing Research Communications	18/10/2023
Writing as Thinking	20/10/2023
Time for Research	27/10/2023
Why Research Culture Matters	31/10/2023
Positive Habits for your Doctorate (PhD for your PhD)	01/11/2023
The Imposter Syndrome: Why Successful People Often Feel Like Frauds	02/11/2023
Overcoming Procrastination	07/11/2023
Time Management and Prioritisation	14/11/2023
Introduction to NVivo	16/11/2023
How to Avoid Plagiarism and Maintain your Academic Integrity	21/11/2023
Careers After PhD: Developing your Personal Awareness	22/11/2023
Writing as Communicating	24/11/2023
Research Resilience and Zen	04/12/2023
Careers After PhD: Careers in Academia	06/12/2023
Understanding Your Audience: Elevator Pitch	13/12/2023
From Surviving to Thriving: Developing your Resilience	11/01/2024
Writing as Narrative	12/01/2024
Audience and Message: Developing your Strategy	16/01/2024
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Short Talk, Lasting Impression	01/02/2024
From Surviving to Thriving: Managing your Procrastination	06/02/2024
Careers after PhD: Industry and Commercial Careers	07/02/2024
Introduction to SPSS	08/02/2024
Writing as Editing	09/02/2024
7 Secrets of Highly Successful Research Students	13/02/2024
The Challenge of Impact	14/02/2024
Presenting Confidently at Conferences	27/02/2024
Introduction to Intellectual Property	28/02/2024
From Early Career Researcher to Professor	06/03/2024
Writing as Critical Analysis	08/03/2024
From Surviving to Thriving: Increasing your Productivity	14/03/2024
Commercialising your Research	20/03/2024
How to Avoid Plagiarism and Maintain your Academic Integrity	26/03/2024
Careers after PhD: Marketing Yourself to Employers	27/03/2024
From Surviving to Thriving: Cultivating your Happiness	11/04/2024
Writing as Thesis Position	12/04/2024
Viva!	15/04/2024
Negotiation, Influence, and Assertiveness	16/04/2024
Promoting Yourself and your Research	23/04/2024
Careers after PhD: Interviews	24/04/2024
From Surviving to Thriving: The Emotionally Intelligent Researcher	09/05/2024
Laying the Foundations of Research Impact	16/05/2024
Introduction to Systematic Reviews	TBC

Recurring and On-Demand Activities

Coffee and Blether	
Expenditures and Actuals on Worktribe	Available on Demand
Getting Started with Worktribe	
Open Access: Maximising the Impact of Your Research	
Worktribe Outputs Training	
Power Hour of Research	Wednesdays
Recording Impact on Worktribe	On demand
Shut up and Write!	Thursdays
Writing Development: Peer Critiques	Last Thursday each month

Additional Training and Resources

[Dr. App: Video Support for Doctorate Students](#)
[Welcome to Postgraduate Study](#)
[Critical and Analytical Writing](#)
[Project Managing your Dissertation](#)
[Academic Writing: Sections of your Dissertation](#)
[Writing your Literature Review](#)
[Editing and Proofreading your Work](#)
[Paraphrasing and Using Direct Quotes](#)
[Using Word to Format Long Documents](#)
[Quantitative Analysis, Introduction to SPSS](#)
[Choosing your Qualitative Analysis: Introduction](#)
[Choosing your Qualitative Analysis: Grounded Theory](#)
[Choosing your Qualitative Analysis: Phenomenology](#)
[Choosing your Qualitative Analysis: Discourse Analysis](#)
[Choosing your Qualitative Analysis: Participatory Action Research](#)
[Introduction to Systematic Review and Meta-Analysis](#)
[The Science of Wellbeing](#)
[UK Data Service Training](#)



Advancing your Research Career: Strategies for Research Leadership

Support researcher career development at your institution with flexible and interactive training



Epigeum, part of Oxford University Press, creates innovative online training programmes for universities and colleges around the world. Our new course, *Advancing your Research Career: Strategies for Research Leadership*, supports early and mid-career researchers in taking a strategic and reflective approach to advancing their research career.

Research careers can be diverse, rewarding, and exciting, yet the move from being an early career researcher to becoming a research leader can also be complex and challenging. Successful research leadership requires a diverse range of capabilities, and often involves balancing an array of different professional roles and relationships, as collaboration may take place between a variety of different fields and sectors. Developed through a unique process of global collaboration with leading experts and institutions, *Advancing your Research Career: Strategies for Research Leadership* supports researchers across all fields and disciplines to take a strategic and reflective approach when managing their research career.

Made up of ten concise modules, the programme explores the key capabilities that underpin research leadership, ensuring that researchers' career goals are well-articulated and supported by a professional knowledge base. Through integrating opportunities for critical reflection and goal-setting, the programme equips researchers with the skills to reflect upon and build an understanding of what leadership looks like within their individual fields, ultimately allowing them a clear strategy for career advancement.

The flexible, modular structure of *Advancing your Research Career* allows researchers to determine their own pathway through the content, in line with their unique needs, role, and schedule, or according to institutional requirements. This structure also allows you to easily embed content into existing activities and initiatives – demonstrably enhancing your current provision with high-quality, online support.

Modules

- Actively Managing your Research Career
- Building a Positive Research Culture
- The Value of Mentoring
- Accelerating the Impact of your Research Through Engagement
- Funding your Research
- Leadership for Successful Project Management
- Collaboration
- Managing a Research Team
- Communicating your Research
- Continuing Professional Development Plan

To access all modules, please visit our dedicated Moodle page, [Advancing Your Research Career](#)

Researcher Development Workshops and Events



Introduction to Planning and Managing Research Communications

Nick Bibby

18/10/2023

14:00 - 15:30

RDF Domain: D

→ [Booking](#)

In an age of seemingly endless communication options, planning how a research project should present itself to the world can seem like a daunting task. This session offers PIs and other researchers an overview of which strategies work best for which audiences and topics. Participants will learn about the different roles and challenges presented by social and traditional media, events, film and podcasting, and others. These activities will be set in the context of establishing and maintaining an overall identity for the project and how this can be used to further the project's aims in terms of public engagement, policy reach and impact with key groups.

Writing as Thinking

Dr Sally-Shakti Willow

20/10/2023

10:30 - 12:30

RDF Domains: A, B, D

→ [Booking](#)

This workshop with Dr Sally-Shakti Willow will look at different aspects of composing your doctoral thesis: from fostering positive attitudes, to working on academic language, to making sure that the entire piece is well structured and gets your research message across. It is designed to support PhD students with writing strategies to help with stress relief, boost your creative writing process, overcome writer's block and feel more productive and positive about your PhD.

Time for Research

Hugh Kearns

27/10/2023

11:00 - 13:00

RDF Domains: A, B

→ [Booking](#)

As a busy academic do you feel like you never have enough time to get to your research, particularly the writing part? And that other things like students, administration, committees, emails, project management etc demand all your time? This workshop shows you how to guarantee you spend high quality time on your research outputs. It covers prioritising, goal setting and managing competing demands in a university context. If you want to increase your research output without compromising your work/life balance, then this workshop is for you.



Why Research Culture Matters

Prof. Nick Fyfe

31/10/2023
13:30 - 15:00

RDF Domains: B,C,D

→ Booking

This session will unpack what we mean by 'research culture', why it is important, and highlight what we are doing to strengthen the research culture at RGU in the context of the University Research Strategy.

Positive Habits for your Doctorate: PhD for your PhD

Marie Paterson

01/11/2023
09:30 - 12:30

→ Booking

You will learn top tips for getting organised including staying on top of your emails. Find out the easiest ways to eat healthily without having to think too hard about it. Make a plan to keep active throughout your PhD. Learn the main things that stop you sleeping and ways to get a great night's sleep. Finally take a bit of time to learn some calming techniques including mindfulness. This 3-hour interactive workshop is packed with tips for getting you across the finish line in great shape.

The Impostor Syndrome: Why Successful People often Feel like Frauds

Hugh Kearns

02/11/2023
11:00 - 13:30

→ Booking

How can it be that so many clever, competent and capable people can feel that they are just one step away from being exposed as a complete fraud? Despite evidence that they are performing well they can still have that lurking fear that at any moment someone is going to tap them on the shoulder and say "We need to have a chat". The session will explain why high performing people often doubt their abilities and find it hard to enjoy their successes. It will also show the links to perfectionism and self-handicapping strategies such as procrastination, avoidance and overcommitment.

Overcoming Procrastination

Dr Irene Garcia

07/11/2023
11:30 - 13:30

RDF Domain: B

→ Booking

For PhDs around the world, a large amount of research time is used in procrastinating activities. Be it scrolling through social media, cleaning, shopping or watching TV, procrastination implies the postponement of an important task despite potential negative consequences. Unfortunately, procrastination does not usually elicit rest or reward: most people encounter an array of negative feelings during the procrastinating activity. In this workshop, we will assess why we procrastinate, how it impacts our work, which techniques work best for overcoming intense procrastination, and how to find the motivation to not avoid important tasks.

Time Management and Prioritisation

Dr Irene Garcia

14/11/2023
13:30 - 15:30

→ Booking

Researchers are accustomed to manage time in relation to their research, the rhythms of the research group and the various activities that come with the duties of a researcher. In this training, attendees will explore techniques to become effective time-managers within their research projects (but applicable to other contexts). They will think about the elements to manage, time allocation, priorities, risk calculation and will practice techniques to design balanced and efficient work days. They will practice different prioritising techniques to help them most efficiently navigate their workloads.

Introduction to NVivo

Elizabeth Wiredu

16/11/2023
10:00 - 16:00

RDF Domain: A → Booking

NVivo is a leading qualitative research data management software used by researchers to organise, categorise, visualise, and analyse qualitative textual data – from field notes, growing reflections, annotations, memos, meeting notes, interview transcripts, online surveys, social media contents, website materials, and more. The aim of this training is for participants to gain confidence in setting up the ‘scaffold’ of a project, importing data, coding, annotating, memoing, linking ideas, exploring, probing, visualising data, and gathering evidence for writing up findings.

How to Avoid Plagiarism and Maintain your Academic Integrity

Dr Kerry Karam

21/11/2023
10:00 - 12:00

RDF Domains: C, D → Booking

This session discusses plagiarism, which involves presenting someone else’s work or ideas as your own, and explains how you can avoid this in your academic writing. In the UK, academic writing is evidence based, and it is important that you understand how to incorporate sources successfully into your written work. The session will also discuss additional ways you can avoid potential academic misconduct in assessments.



Careers after PhD: Developing your Personal Awareness

Lorraine Amies

22/11/2023
13:00 - 14:30

RDF Domain: B → Booking

Being able to better understand yourself is the corner stone to good career planning. This workshop will introduce you to the importance of self-awareness to effective career planning, providing you with access to tools and resources to increase your understanding of who you are and what you have to offer future employers. It will help you identify any development areas you may need to work on in relation to the ever-changing demands of employers. Strong self-awareness is also critical for being able to construct winning applications, (CVs, application forms, etc), and to impress at interview.

Writing as Communicating

Dr Sally-Shakti Willow

24/11/2023
10:30 - 12:30

RDF Domains: B, D → Booking

This session will help you move from content-creation to reader-consideration, as you begin to see your academic writing in its wider context. You’ll share ideas for keeping your reader in mind while writing, and practice techniques for helping your reader to understand and navigate your text.



Research Resilience and Zen

Dr Jamie McDonald

04/12/2023
09:30 - 14:30

→ Booking

This highly interactive, half-day session dedicates time to reflecting on mindset and perspective, and introduces a set of methods to overcome challenges and learn from experience. By working with your peers, you'll practice the attitudes and skills to support yourself and others, and set practical, accountable actions. In so doing, you'll learn vital approaches that develop your resourcefulness, insight and skills for the future. By the end of the workshop, you'll understand the impact of mindset on you and your research, extract learning from your experience and apply it to real situations, know how to use different models and tools for enhancing resilience, and use solution-focussed coaching to address challenges effectively.

Careers after PhD: Careers in Academia

Lorraine Amies

06/12/2023
13:00 - 14:30

RDF Domains: B, D → Booking

Considering a career in academia? This session will unpick the variety of opportunities an academic career can offer. We will also discover how to build relevant experience and networks as you progress your research to be able to position yourself as a strong candidate able to compete successfully for university-based lecturing and research positions.

Understanding your Audience: Elevator Pitch

Chris Moule

13/12/2023
11:00 - 12:00

RDF Domain: D → Booking

This session will provide insight into how your research activity can be contextualised and articulated to have meaning in a complex world. It will provide you with invaluable tools, techniques, and the confidence, to deliver a short, impactful statement that will capture attention and allow you 'sell yourself' and your research in various contexts. Strategies explored in this workshop will be extremely useful when delivering oral presentations, drafting a proposal and speaking to people outside of academia about your work.

From Surviving to Thriving: Developing your Resilience

Dr Matt Lane

11/01/2024
12:30-14:00

RDF Domain: B → Booking

Developing Your Resilience, examines the '6 Cs' of Resilience; in the process, participant learning includes:

- Applying an essential 3-step 'coping mantra' for when things go wrong
- Exploring more individually useful perspectives about their research to boost resilience
- Create their own individual strategies for boosting their senses of community and wellbeing

Writing as Narrative

Dr Sally-Shakti Willow

12/01/2024
10:30 - 12:30

RDF Domains: B, D → Booking

Having trouble seeing the bigger picture? If you're getting stuck on the minor details and losing focus on your project overall, this session will help you to reorient your thinking to consider the overall shape and structure of your academic writing. This will help you get clear on your argument and make connections between the parts of the whole.

Audience and Message: Developing your Strategy

Nick Bibby

16/01/2024
14:00 - 15:30

→ Booking

It can be very tempting to start developing a communications strategy by thinking about certain tools - "Will we need a website?", "Should we put out press releases?", "Is Twitter worth it?" and so on. It is far more useful, however, to start by focussing on your key messages and target audiences. This practical session will focus on identifying these two starting points, balancing the demands of each against the other when choosing communications tools, and the importance of speaking with rather than to your audience.

Evaluation of Engagement

Dr Jamie Gallagher

17/01/2024
13:00 - 16:00

→ Booking

Successful public engagement can benefit research, researchers and the public - but how do you go about demonstrating this change? This workshop will guide you through the best evaluation processes showing you When, Why and crucially How to use evaluation to give you reliable and clear data. Demonstrate success to funders; record Impact for REF; learn how to improve your processes and have a better understanding of the people you are connecting with.

Alternative Career Paths for PhD Holders

Dr Duncan Cockburn

30/01/2024
13:30 - 14:30

RDF Domain: B

→ Booking

Many people begin a PhD with the assumption that they'll embark on an academic career, but a PhD can contribute to a wide range of careers. In this session, Dr Duncan Cockburn will offer his insights into alternative career paths for PhD holders.

Short Talk, Lasting Impression

Dr Jamie Gallagher

01/02/2024
13:00 - 16:00

→ Booking

Discover how to give the most engaging, interesting and memorable presentations possible. This workshop will guide you through the secrets of how to deliver a standout presentation from design to delivery. Led by award winning presenter Dr Jamie Gallagher the session explores how to banish nerves, create eye-catching visuals and how to create a narrative around even the most complex of topics.



From Surviving to Thriving: Managing your Procrastination

Dr Matt Lane

06/02/2024

12:30 - 14:00

→ [Booking](#)

Managing Your Procrastination, helps participants control their procrastination by:

- Exploring the two fundamental principles to overcome putting things off
- Building their own individual toolkit of strategies and simple 'tricks and tips' to manage their procrastination
- Reflecting on why they procrastinate and the most important thing they need to know about it

Careers after PhD: Industry and Commercial Careers

Lorraine Amies

07/02/2024

13:00 - 14:30

→ [Booking](#)

How does your research and your skills as a researcher connect you to opportunities in the world of industry and commerce? What value added can you bring to any organisation either directly related to your discipline area or divergent from it? This session will also explore the needs of industry within the context of the 4th industrial revolution (the rise of automation and learning machines, artificial intelligence, big data, augmented reality etc) and how this potentially presents enhanced opportunities for PGR students to capitalise on.

Introduction to SPSS

Elizabeth Wiredu

08/02/2024

10:00 - 16:00

→ [Booking](#)

SPSS is a powerful statistical software used by researchers and health professionals for statistical data analysis. This course is designed to help you acquire the skills to create SPSS files from questionnaire responses, import spreadsheet or Online Survey data into SPSS for analysis, and correctly generate descriptive statistics and graphical summaries. You will also learn to use a number of data manipulation techniques, like recoding, counting occurrences, selecting cases given a criteria, multiple response data summary statistics, and more.

Writing as Editing

Dr Sally-Shakti Willow

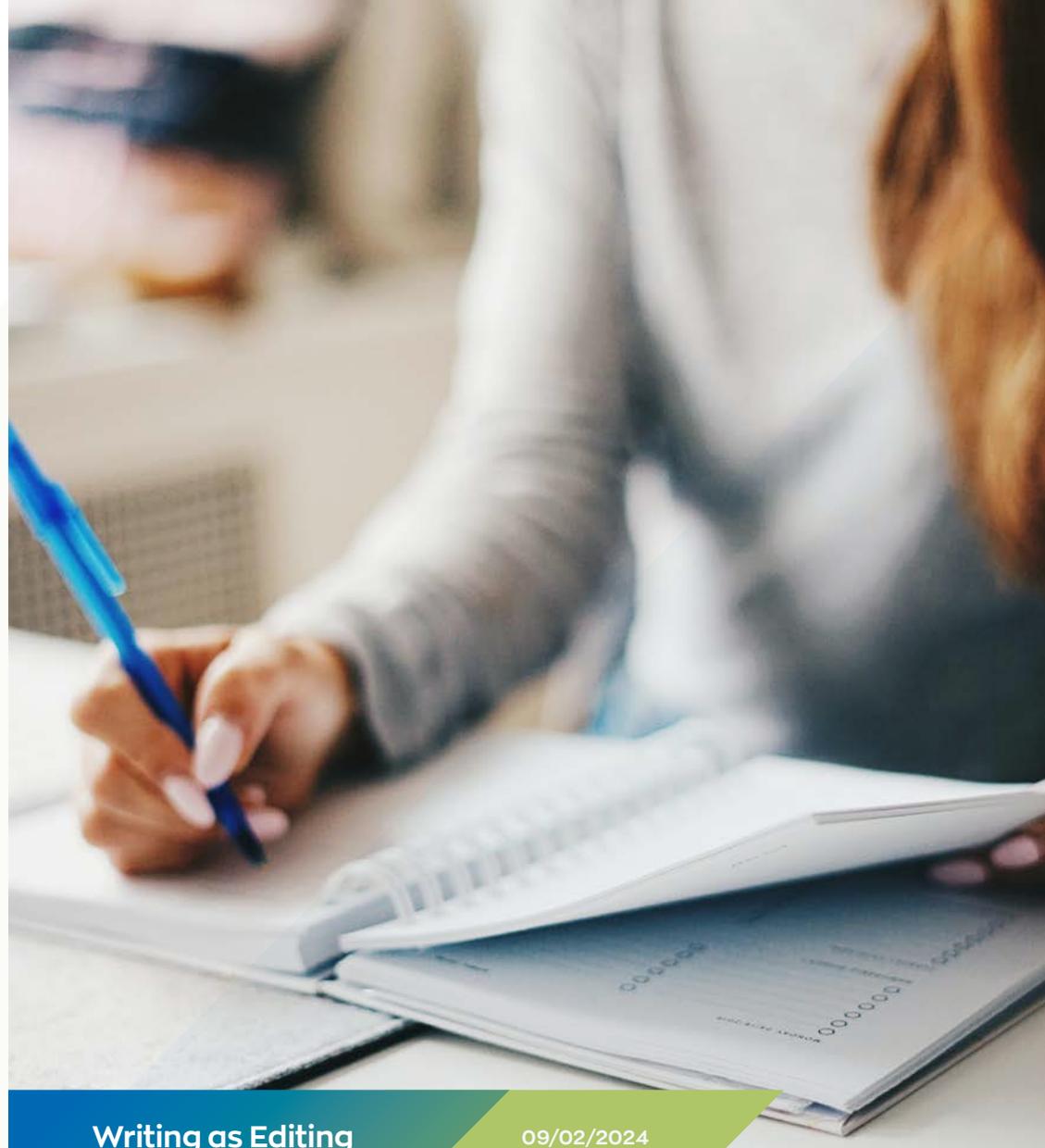
09/02/2024

10:30 - 12:30

RDF Domains: B, D

→ [Booking](#)

Everything you've done up to now has led you here. How do you make the leap to your best possible writing? By planning in time for editing and redrafting before submission you will learn how to maximise your own potential as an academic writer.





7 Secrets of Highly Successful Research Students

Hugh Kearns

13/02/2024
11:00 - 13:30

RDF Domain: B → [Booking](#)

What do research higher degree (RHD) students do to finish on time, to overcome isolation, doubt and writer's block, and to enjoy the process? And just as importantly what do they do in order to spend guilt-free time with their family and friends and perhaps even have holidays? If this sounds appealing, then this session will be of particular use to you. This workshop describes the key habits that our research and experience with thousands of students shows will make a difference to how quickly and easily you complete your RHD. Just as importantly, these habits can greatly reduce the stress and increase the pleasure involved in completing a RHD.

Presenting Confidently at Conferences

Dr Irene Garcia

27/02/2024
13:30 - 15:30

→ [Booking](#)

Presenting your research at a conference or seminar is a fundamental activity in any academic career, and it is also a task that can make a large portion of the research community feel anxious. This workshop will show you techniques for presenting effectively and best engaging your audience. Most importantly, this workshop will help you work through your fears before a presentation and help you to feel more confident in such situations. It will build a foundation of presentation techniques for both in-person and online presentations.

The Challenge of Impact

Prof Nick Fyfe

14/02/2024
10:00 - 11:30

RDF Domains: C, D → [Booking](#)

We all want our research to make a positive difference in the world and to emphasise its public value, but connecting research to policy.

and practice is complex. Drawing on his experience of working with police organisations, Prof Nick Fyfe will look at different models we can develop to facilitate greater use of research evidence by policy makers and practitioners.

Introduction to Intellectual Property

Graham Carter

28/02/2024
10:30 - 13:00

RDF Domain: C → [Booking](#)

During this session you will be introduced to the various forms of intellectual property protection available under law and get insight into the advantages and disadvantages of IP protection, administration and management. The workshop will also shine a light on effective IP strategies through use of case studies and examine alternatives to formal IP protections.



From Early Career Researcher to Professor

Lynn Kilbride

06/03/2024
11:00 - 12:00

→ Booking

An academic career is not always easy to follow. The trajectory can be influenced by colleagues, competing work demands, family and friends, and other opportunities for professional and personal growth. Using her experience of transitioning from being an ECR to becoming a Professor, Prof Lynn Kilbride will demonstrate how a diverse range of experiences to gain transferable skills can help you to successfully navigate along the academic progression path.

Writing as Critical Analysis

Dr Sally-Shakti Willow

08/03/2024
10:30 - 12:30

RDF Domains: A, B → Booking

This session will be a deep-dive into the mechanics of academic writing for your thesis, chapter, or research paper. We will explore how to move from descriptive/summative writing to critical and analytical thinking. Topics covered may also include: Transitions between paragraphs/ideas; Referencing and citation; Subjective/Objective positioning. Please bring a recent piece of academic writing as your focus for development. The workshop will be highly interactive, with lots of opportunity for peer-support and independent writing/reflection.

From Surviving to Thriving: Increasing your Productivity

Dr Matt Lane

14/03/2024
12:30 - 14:00

RDF Domain: B → Booking

Increasing Your Productivity, supports participants to get their research done by, among other outcomes:

- Investigating and applying two fundamental principles of productivity
- Individually tailoring their own productivity strategies based on how they work best
- Highlighting simple 'tricks and tips' to have a better, more productive day

Commercialising your Research

Graham Carter

20/03/2024
10:30 - 13:00

RDF Domain: C → Booking

This course looks at understanding why and when research should be commercialised. It considers the strategies for commercialisation of ideas and new technologies. This will offer the use of an options appraisal including the creation of a spin-out company and licensing/sale of IP and the planning and governance required.



How to Avoid Plagiarism and Maintain your Academic Integrity

Dr Kerry Karam

26/03/2024
10:00 - 12:00

RDF Domains: C, D → Booking

This session discusses plagiarism, which involves presenting someone else's work or ideas as your own, and explains how you can avoid this in your academic writing. In the UK, academic writing is evidence based, and it is important that you understand how to incorporate sources successfully into your written work. The session will also discuss additional ways you can avoid potential academic misconduct in assessments.

Careers after PhD: Marketing Yourself to Employers

Lorraine Amies

27/03/2024
13:00 - 14:30

→ Booking

Having developed and fine-tuned your self-awareness and connected this new understanding of you to options and ideas in both academia and industry, this session will focus more on telling the story of 'you' in an effective, focused and concise way. This will allow you to present and promote exactly what employers need to know about you, (not necessarily the same as what you yourself might want to tell them!) We look at CVs, elevator pitches, application forms and interviews.

From Surviving to Thriving: Cultivating your Happiness

Dr Matt Lane

11/04/2024
12:30 - 14:00

RDF Domain: B → Booking

Cultivating Your Happiness, continues the programme's move towards thriving by using the psychological literature's definitions of happiness and applying its proven practical strategies; in the process, participants:

- Reflect on and apply strategies to cultivate their own happiness
- Explore the perhaps surprising correlation between stress and meaning to see their research in a new light
- Rewrite their to-do lists in terms of nurturing their happiness (and their productivity)

Writing as Thesis Position

Dr Sally-Shakti Willow

12/04/2024
10:30 - 12:30

RDF Domains: A, B, D → Booking

With a central focus on presenting your thesis as an original contribution to your field, the workshop will be structured around reflection and discussion, exploring the techniques of constructing and defending your argument throughout your thesis. The session will give you an opportunity to reflect on your academic writing: your challenges and celebrations; tips, techniques, and strategies for success. You'll be encouraged to reconnect with your passions and core values as a writer and researcher.

Viva!

Dr Jamie McDonald

15/04/2024
09:30 - 16:30

RDF Domains: B, D → Booking

You've submitted the thesis and there's only the small matter of the viva to come. What is intended as a clear and positive opportunity to present your research and your abilities as a researcher, inevitably, can seem unsettling or nerve-racking to many candidates. This workshop is intended to clarify the process, practice and possible paths to preparation for the Viva, and provide some ideas, suggestions and space to ask what you'd like to know, so the nerves aren't any greater than they need to be.



Promoting Yourself and your Research

Hugh Kearns

23/04/2024

11:00 - 13:30

RDF Domains: B, D

→ Booking

A lot of hard work and time goes into conducting research. And then more time and work goes into publishing the results. And yet sadly many papers are never read and many findings are never translated into practice. It's tempting to think that if you are clever and work hard then people will notice and shower you with rewards. Tempting but probably not true. As well as being clever and working hard you also need to be able to promote yourself and your research. In this workshop you will learn strategies for promoting yourself and your research, even if you're uncomfortable putting yourself in the spotlight.

Careers after PhD: Interviews

Lorraine Amies

24/04/2024

13:00 - 14:30

RDF Domain: B

→ Booking

This session will cover the complexities of competitive recruitment and selection interview. We will explore different types of interviews you may face - from telephone screening through panel interviews and 'partner' interviews. We will cover preparation and understanding, top hints and tips as well as exploring best practice response styles. Be warned this session includes an audience participation practice session / role play.

Negotiation, Influence, and Assertiveness

Dr Irene Garcia

16/04/2024

10:00 - 12:00

RDF Domain: B

→ Booking

Do you feel uncomfortable negotiating a salary? Have you ever felt it is difficult to put your ideas forward in a convincing manner or to defend your interests? Do you know how to best create win-win situations at work? Influencing decisions and persuading others to act in ways that you think are more reasonable, fair or effective requires practice and specific techniques. This workshop will provide you with tools for achieving those goals and hands-on experience in the art of negotiation. You will learn how to listen to and assess your audience, test new approaches, and implement a range of methods that will help you get your ideas through at work.

From Surviving to Thriving: The Emotionally Intelligent Researcher

Dr Matt Lane

09/05/2024

12:30 - 14:00

RDF Domain: B

→ Booking

This session, the capstone of the From Surviving to Thriving series, simultaneously looks back and ahead. In the process, it:

- Embeds the previous weeks' learning to sustain participants' progress
- Provides strategies to work effectively with others
- Develops listening skills and strategies for being assertive

Laying the Foundations of Research Impact

Nick Bibby

16/05/2024

14:00 - 15:30

RDF Domain: C → **Booking**

Getting an impact strategy right from the outset can save a huge amount of time, stress and frustration later on. This session explores how to hotwire impact into a research project from the outset, the importance of anticipating and addressing the needs of your 'impactee', the critical role of establishing relationships and trust early on, and how to identify the right communication tools to meet your audience halfway.

Introduction to Systematic Reviews

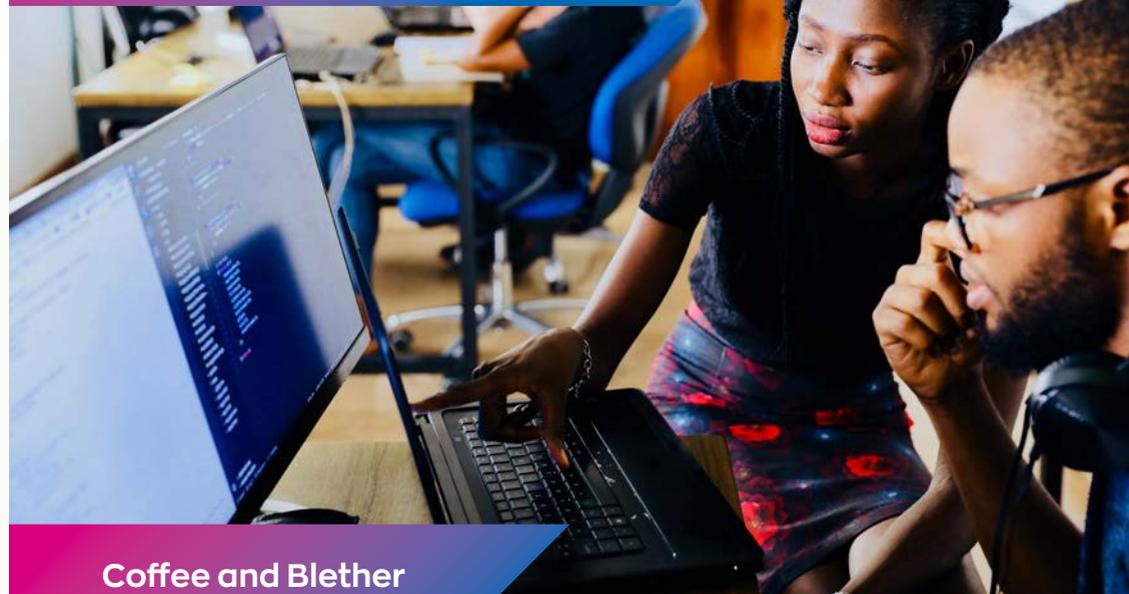
Prof Catriona Kennedy and Dr Siew Lee

TBC

RDF Domain: A → **Booking**

This workshop will provide participants with the knowledge and a range of practical tools required for conducting a systematic review. A range of approaches to evidence synthesis and systematic reviews will be considered. The workshop will consist of lectures and opportunities for participants to discuss and develop their own reviews through interactive group work and discussions.

Recurring and On-Demand Activities



Coffee and Blether

The Graduate School

RDF Domains: B,D

In person: the first Tuesday of each month, 10:30-11:30, at Costa in SIWB.

Online: third Wednesday of each month, 10:30-11:00, on [Zoom](#).

Regular catch up with the Graduate School Team. It's an opportunity to meet fellow students, have a chat, get all the latest updates, discuss developments and have a laugh.

Expenditures and Actuals on Worktribe

Jane Williams

Available on Demand

RGU has an interface between our finance system (CEDAR) and Worktribe. Contact Jane Williams to set up a session for PIs and School support staff to learn about how to access finance information on your live projects on Worktribe.

Available on-demand, to book please e-mail j.williams6@rgu.ac.uk



Getting Started with Worktribe

Mark Stewart

Worktribe is RGU's Research Management System.

It allows you to create your research profile which connects you with all the other academics at the university and increases the visibility of your work in the research community.

Setting up your Worktribe profile is also necessary to generate your personal web page on the RGU website – a significant step in building your academic identity, making your research interests and achievements visible globally to anyone on-line.

This session is an introduction which will allow you to start populating your page on Worktribe and practice creating a research project. You must register for the session so that a login can be generated for you in advance.

22/09/2023, 10:00-11:00
 26/10/2023, 10:00-11:00
 17/11/2023, 13:00-14:00
 30/11/2023, 13:00-14:00
 15/12/2023, 10:00-11:00
 25/01/2024, 10:00-11:00
 1/03/2024, 13:00-14:00
 28/03/2024, 13:00-14:00
 26/04/2024, 10:00-11:00
 23/05/2024, 10:00-11:00
 14/06/2024, 13:00-14:00

Open Access: Maximising the Impact of Your Research

George Bray, RGU Library Services

This workshop explains what Open Access is and why it is an important concept for researchers. During the event, participants will learn more about how RGU supports Open Access and how to make their own outputs openly available. It will also be an opportunity for participants to explore the confusing landscape of funder requirements and publisher restrictions surrounding Open Access, and to discuss topics such as open licensing and best practices for research dissemination.

To book, please e-mail publications@rgu.ac.uk

20/11/2023, 15:00-16:00
 19/03/2024, 09:00-10:00
 11/07/2024, 11:00-12:00

Worktribe Outputs Training

George Bray, RGU Library Services

The purpose of this training is to introduce the "Outputs" module of Worktribe and enable you to begin adding your own outputs to the system. The training should take no more than an hour and will primarily consist of a live demonstration as we show you:

1. How to find outputs that are already on the system.
2. How to create new output records.
3. How the Publications Team process output records for addition to OpenAIR.

To book, please e-mail publications@rgu.ac.uk

20/09/2023, 15:00-16:00
 19/10/2023, 09:00-10:00
 17/11/2023, 11:00-12:00
 18/12/2023, 15:00-16:00
 16/01/2024, 09:00-10:00
 14/02/2024, 11:00-12:00
 21/03/2024, 15:00-16:00
 19/04/2024, 09:00-10:00
 20/05/2024, 11:00-12:00
 18/06/2024, 15:00-16:00
 17/07/2024, 09:00-10:00
 22/08/2024, 11:00-12:00

Power Hour of Research

Dan Holbrow

Wednesdays

9:00-10:00

RDF Domains: A,B

Whether you're working on a publication, grant application, thesis chapter, data analysis or you'd like some dedicated space in the day to think about the next project or do some valuable reading – this is your protected time to focus and get it done

Join the Meeting via Power Hour Teams channel and allow yourself 60 minutes to work without distractions, boosted by a sense of accountability and support from fellow-Researchers across the University.

How it works

Make yourself a cup of tea or coffee and sign in to the Power Hour Teams channel at 9:00, (allow yourself 5 minutes to check in and set clear and realistic goals)

Dedicate the next 60 minutes to the task at hand, (no e-mails, calls, messaging, trips to the kitchen etc.). Having some paper to jot down all the distractions as they come may be helpful.

Touch base with everyone afterwards and get back to your day, (hopefully with a little boost of energy and sense of achievement!)

The session host will be there to keep an eye on timings.

You are welcome to set up your own Power Hours at any other time outwith the regular Wednesday 9:00 session.

Why it works:

- it provides accountability (Jensen 2017)
- legitimises writing as part of academic life (Sword 2017)
- creates a supportive space where writing becomes a social practice (Murray 2015)

To attend join us on [Teams](#).

Recording Impact on Worktribe

Jane Williams

On demand

→ [Booking](#)

Learn how to record all sorts of items in one place, to track the impact of your research. This session is useful for research groups and teams.

Available on-demand, to book please e-mail j.williams6@rgu.ac.uk.

Shut up and Write!

Dan Holbrow

Thursdays

10:00-12:00

RDF Domains: A, B

Shut Up and Write! is a regular writing session which has been organised around the world and helped writers to: boost motivation and productivity, feel part of a supportive community who understand what you are going through, achieve realistic goals and, most of all, stay positive about your PhD.

We meet regularly to set up a good routine based on the Pomodoro Technique. Each session has a facilitator, (Pomodoro Master), who offers guidance and support while also ensuring discipline. We set our writing goals at the beginning and work towards them. The 'writing sprints' are short but interrupting others, the use of mobile phones and browsing internet is not permitted when writing. Breaks to relax, re-charge the batteries and discuss progress are scheduled in between writing phases.

No need to book. To attend, join us on [Zoom](#).

Additional Training and Resources

Dr.App: video support for doctoral students

The university has bought licences for our research students and staff supervising research degrees to use **Dr.App**, the 'PhD companion in your pocket'. **Dr.App** is an online resource with videos covering everything from working with supervisors and preparing for the viva examination to coping with stress and mental health challenges, from research impact to networking skills. It has content you should find helpful at every stage of a research degree, in any discipline. More than 8 hours of videos are organised into topics for easy reference, and the producers are keen to hear your suggestions for new content.



Topics include:

- **Thinking about a doctorate:** how do you know if a PhD is right for you, and what do students wish they had known before they started?
- **Starting a doctorate:** everything you need to consider in your first year.
- **Success stories:** case studies to keep you motivated on those days when you need reasons to be optimistic!
- **Supervisors & supervision:** how to work with your supervisors, what to expect from them, and what to do if the relationship goes wrong. Also helpful advice for supervisors themselves.
- **Planning ahead:** taking the long view to complete your doctorate on time, to build real-world impact into it, and to ensure your employability once you've finished it.
- **Examinations:** the upgrade process that marks the first major landmark in most doctorates, and how to approach your viva with good preparation instead of panic!
- **Skills:** how to write a thesis, presentation skills and how to network to become part of the wider academic community.
- **Wellbeing:** how to look after yourself and where to find help if you are finding your PhD stressful, lonely or overwhelming.
- **International students:** how to understand the UK's academic culture and the way PhDs are structured if you are arriving from a different culture.
- **Professional doctorates:** the growing range of alternative doctorates for teachers, health professionals and many other professional careers.

Find **Dr.App** at angelproductions.co.uk/drapp or use the QR code below.

To get free access, log in with your university email address. You can use **Dr.App** on your phone, your tablet or your computer. If you have any difficulty accessing Dr.App, email drapp@angelproductions.co.uk for support.



Dr.App is produced by Angel Productions. The video content is produced by Angel Productions in partnerships with institutions including University College London, Birkbeck College and Royal Holloway, with editorial advice from Prof John Wakeford of The Missenden Centre. www.angelproductions.co.uk

Writing Development: Peer Critiques

Dan Holbrow

Last Thursday each
month, 12:30-14:00

Researchers need to write well, and feedback on your work can help your writing improve much more quickly. However, getting that feedback can be difficult. In these sessions, postgraduate researchers will be able to engage critically with one another's writing. You'll get valuable feedback on your own work, and you'll learn more about how good writing works by analysing short passages of your colleagues' writing. For details about how to participate, write to d.holbrow@rqu.ac.uk.



Welcome to Postgraduate Study

DELTA

Video introducing students to postgraduate study at RGU.

To access, please [click here](#).

Critical and Analytical Writing

DELTA

This presentation explores critical and analytical tools you can use in your writing.

To access, please [click here](#).

Project Managing your Dissertation

DELTA

This session looks at how to approach your dissertation as a project.

To access, please [click here](#).

Academic Writing: Sections of your Dissertation

DELTA

This presentation offers an overview of the stylistic conventions expected in a dissertation and presents structures and phrases commonly used in the various sections.

To access, please [click here](#).

Writing your Literature Review

DELTA

This introductory presentation offers strategies for success in writing your literature review.

To access, please [click here](#).

Editing and Proofreading your Work

DELTA

This session focuses on effective techniques to edit and proofread your written work.

To access, please [click here](#).



Paraphrasing and Using Direct Quotes

DELTA

This presentation offers practical advice on the use of paraphrasing as an effective way to incorporate sources into academic writing and avoid plagiarism.

To access, please [click here](#).

Quantitative Analysis, Introduction to SPSS

DELTA

This workshop is part of DELTA Success Programme, (available to both undergraduate and postgraduate students). An overview of the use of SPSS when working with statistics as part of quantitative data analysis.

To access, please [click here](#).

Using Word to Format Long Documents

DELTA

This session will equip you with knowledge on how to format long documents in Word. Topics covered include standard formatting, inserting and updating tables of contents, managing sections, landscape pages, page numbering, and graphs and images.

To access, please [click here](#).

Choosing your Qualitative Analysis: Introduction

Dr Jo Ferrie, SGSSS

The workshop will start by asking how we learn social research broadly and qualitative methods in particular. While making pedagogy explicit is not a traditional way to start teaching, a shift is required from traditional disciplinary learning. Making this explicit will help students engage with the rest of the material optimally. This workshop will then focus on some key qualitative skills and specifically look at analysis and the difference between descriptive and theoretical coding. We will think a bit about how theory is derived/induced from data.

To access, please [click here](#). Passcode: #W42JHAF

Choosing your Qualitative Analysis: Grounded Theory

Dr Jo Ferrie, SGSSS

Grounded Theory is the focus of the second workshop, chosen as one of the first systematized qualitative methods where rigour (if the system of analysis is applied) is assumed to produce robust evidence. This method will be explored in relation to the socio-historical context of Glaser & Strauss's original work as this will help us evaluate its strengths and limitations.

To access, please [click here](#). Passcode: *r7OnTGz

Choosing your Qualitative Analysis: Phenomenology

Dr Jo Ferrie, SGSSS

Attention turns to phenomenology and the theoretical underpinnings of this approach. As well as identifying the key philosophers involved in its development, we will explore how this influenced the formation of phenomenology as a qualitative approach. Concepts such as epoche and the lifeworld will be discussed and students will practice how to analyse phenomenologically. Building on the first two workshops, the presentation will consider what kind of research questions are suited to the phenomenological approach (and which are not).

To access, please [click here](#). Passcode: pr58nrq%

Choosing your Qualitative Analysis: Discourse Analysis

Dr Jo Ferrie, SGSSS

Discourse analysis is the final systematic approach to qualitative data and will consider the world from a slightly different ontological basis to phenomenology: rather than individualising experience through the lifeworld, we will examine the theory that reality is socially constructed, existing wholly between us. This leads us to epistemologies which focus on co-production of knowledge with a careful focus on narrative construction, towards performance and action triggers.

To access, please [click here](#). Passcode: P@Qq#1Er

Choosing your Qualitative Analysis: Participatory Action Research

Dr Jo Ferrie, SGSSS

This session takes a slightly different approach foregrounding participatory action research. As an approach, PAR has particular political ontological roots and can be performed with any method, or methodology. It works best with inclusive and accessible forms of data collection and in exploring this, more innovative forms of data will be explored such as photographs; arts-based activities; objects. While ethics are central to the other 4 workshops, they are discussed more explicitly here.

To access, please [click here](#). Passcode: 2?WkVR%Z

Introduction to Systematic Review and Meta-Analysis

Prof. Kay Dickersin and Dr Tianjing Li, Johns Hopkins University

A free course introducing methods to perform systematic reviews and meta-analysis of clinical trials. We will cover how to formulate an answerable research question, define inclusion and exclusion criteria, search for the evidence, extract data, assess the risk of bias in clinical trials, and perform a meta-analysis.

Upon successfully completing this course, participants will be able to:

- describe the steps in conducting a systematic review
- develop an answerable question using the "Participants Interventions Comparisons

Outcomes (PICO) framework"

- describe the process used to collect data from reports of clinical trials
- describe methods to critically assess the risk of bias of clinical trials
- describe and interpret the results of meta-analyses.

To access, please [click here](#).



The Science of Wellbeing

Prof. Laurie Santos, Yale University

In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

To access, please [click here](#).

UK Data Service Training

The UK Data Service runs free introductory level online workshops every spring and autumn to introduce different aspects of the UKDS. Topics include data skills, computational social science, census data, survey data, geography and data, research data management, and more.

Check out their [training events page](#) and [learning hub](#) for more information.

