

Presentation by

**Dr Christina  
Efthymiadou**

**Lecturer in  
International  
Management,  
UWE Bristol, UK**

# Getting a job in academia: Reflections on my professional journey

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# Today...

- Background (studies and professional journey)
- Activity (focus on you)
- Tips
  
- Please, do **interrupt me** at any point to ask questions

# My background

## **Studies:**

Bachelor in Primary Education (2011)

MA in Intercultural Communication (2014)

PhD in Intercultural Communication (2018)

## **Jobs after the PhD:**

Research Fellow at the department of Politics and  
International Studies (Warwick University)

Lecturer in International Management (Bristol Business  
School, UWE)

# My professional journey

Uncertainty at certain points

Change of 'career'/direction/plans

Opportunities

# When is the right time to start thinking about the post PhD life?

- Good to have a clear idea of what you want to do after the PhD so that you set specific goals and work towards that direction over the course of the PhD

But...

- If you don't know yet, don't panic!



# Realistic Expectations

What types of jobs are there?

Research Assistant or Research Fellow/Teaching Fellow

Short-term Contracts: 3 months to 3 years- a reality!

→ Permanent Jobs

Where to look?

- University websites
- Jobs.ac.uk
- Subject specific mailing lists

What can I do to have better chances?

# Get your name known early on:

- Publications
- Collaborations
- Conferences

# Teaching Experience: take-up available opportunities

- Check what opportunities exist within your department
- Check within the broader institution
- Attend relevant training/take relevant courses

# Networking

- Talk to people in your field (within your department, at conferences, workshops, seminars)
- Let them know that you are looking for your next step

# Build a good relationship with your supervisor

- Discuss with your supervisor about your plans/thoughts/concerns with regards to your future
- Ask them for advice (they have been through that before you)

# Talk to your friends/colleagues

- Share your journey and thoughts with your fellow PhD students and friends
- Don't be scared of sharing negative feelings and concerns too, they might be in a similar position
- Ask them for their help (they might bring to your attention a job opportunity)
- Keep in touch with former PhD students in your department who now have jobs in academia (these are important connections-networking!)

# Get advice from Careers

- Ask for advice from the Careers team
- Get help on how to write your CV (academic and non-academic)
- Ask them to help you with a job application or an interview
- Attend any relevant seminars
- Get any help that you can

# Activity: Best Possible Selves

- Take a minute to think about your best future work self (say in the next 5 years). Imagine that everything has gone as well as it possibly could in your chosen career path: What are you doing? Where are you working? With whom are you working? How do you look like? How are you feeling?

# Activity (step 2)

- Now, for the next 5 minutes, please write continuously about what you imagined. Use the instructions below to help guide you through this process:
  1. Be as creative and imaginative as you desire.
  2. Use whatever writing style you please, but remember to imagine your ideal life in the FUTURE (say in the next 10 years).
  3. Do not worry about perfect grammar and spelling.
  4. Use as much detail as you want.

# Activity (step 3)

- Now think what do you need to do to achieve what you wrote in the paper.
- Set yourself 4-5 specific goals (i.e. finish my studies by 2023, gain some teaching experience in x, publish a paper in a research journal etc)

# Activity- (Step 4)

## Break-out rooms

- Now take turns and share what you have written with your group



# Next year possible selves

- Who will you be next year? Each of us has some image or picture of what we will be like and what we want to avoid being like in the future. Think about you next year—imagine what you will be like, and what you will be doing next year.
- In the lines below, write what you expect you will be like and what you expect to be doing next year.
- In the space next to each expected goal, mark No (X) if you are not currently working on that goal or doing something about that expectation and mark Yes (X) if you are currently doing something to get to that expectation or goal.
- For each expected goal that you marked Yes, use the space to the right to write what you are doing this year to attain that goal. Use the first space for the first expected goal, the second space for the second expected goal and so on.

Next year I expect to be...	Am I doing something to be that way?		If yes what am I doing now to be that way next year?
	Yes	No	

Some general advice!

# Think about your values and interests

- What are your priorities in life?
- What makes you happy?
- Choose a career that suits your values and strengths!

# When Applying...

- Applications for academic jobs are quite long and detailed
- Give adequate time to write your application
- Re-read it and review it multiple times before submitting it
- Answer all questions in a well-thought and detailed way
- Promote your achievements and show your potential

# When shortlisted...- preparing for the interview

- Read about the department, the programmes and modules offered
- Think where you could contribute and what you can offer
- Have an action plan for the next years in your mind and present it if asked (research interests, what you intend to publish, work on, new modules or programmes you could develop)
- Arrive on time and dress appropriately

# Learn to cope with rejection!



# Compete with yourself!

- Don't compare yourself with others, every journey is unique!
- Have trust in your abilities!
- Focus on your goal!

# Set small and manageable goals

- Take small steps instead of giant leaps.
- Focus on one step at a time and
- Reward yourself when you achieve a mini-goal!

## SMART goals:

- Specific.
- Measurable.
- Attainable.
- Relevant.
- Time Bound.

# Take care of yourself! Rest properly!



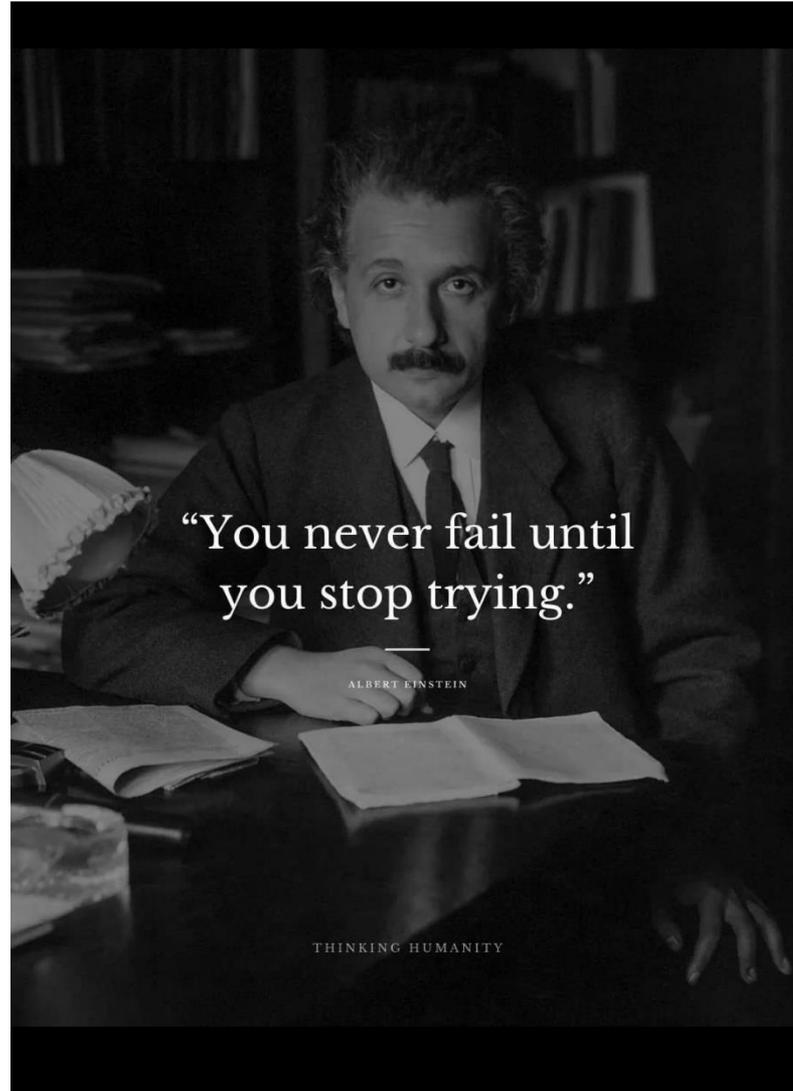
# Eat well!

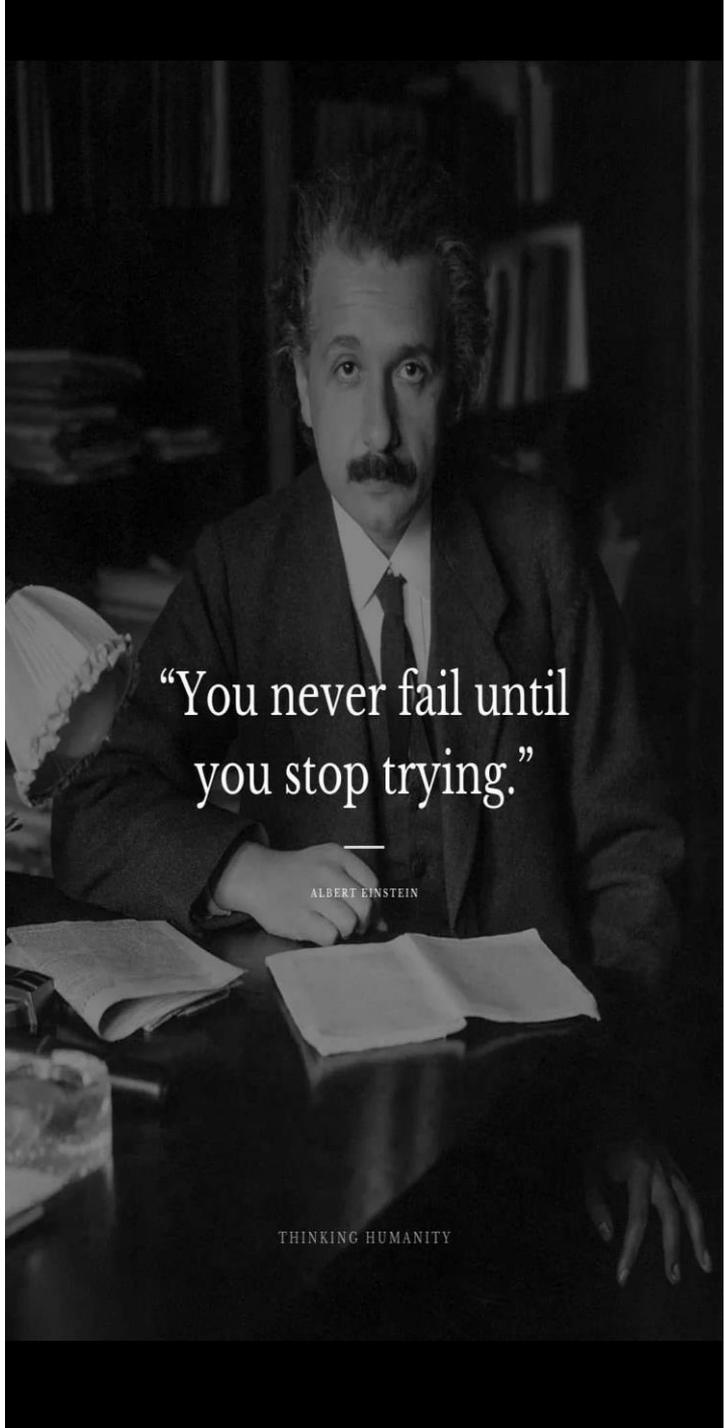


# Give yourself a break!



# Remember!





“You never fail until  
you stop trying.”

ALBERT EINSTEIN

THINKING HUMANITY

# Thank you

Email:

[christina.efthymiadou@uwe.ac.uk](mailto:christina.efthymiadou@uwe.ac.uk)