RESEARCHER DEVELOPMENT PROGRAMME
AUTUMN TERM 2023

Warwick Researcher Development

Week	Day	Date	Time	Session	Booking Link
Welcome Week	Wed	27/09/2023	14.00-15.00	10 Things I wish I'd known at the start of my PhD	RD24-44
	Thu	28/09/2023	11.00-12.00	10 Things I wish I'd known at the start of my PhD	RD24-44
	Fri	29/09/2023	11.00-12.00	10 Things I wish I'd known at the start of my PhD	RD24-44
Week 1	Mon	09/10/2023	10.00-11.30	Get prepared, get organised - starting your PhD	RD24-45
	Mon	09/10/2023	12.30.-14.00	Accelerator Series: Speed Reading	RD24-38
	Tue	10/10/2023	10.00-11.30	Accelerator Series: Literature Review - where to start?	RD24-40
	Tue	10/10/2023	13.00-15.00	Academic writing: what is it and how to prepare for it (writing series)	RD24-11
	Tue	10/10/2023	13.00-14.30	Hopes, Fears, and Challenges- starting your PhD	RD24-46
	Wed	11/10/2023	10.00-11.30	Writing Sentences: Starting Strong (writing series)	RD24-12
	Thu	12/10/2023	11.00-12.00	Using SkillsForge for your Professional Development	RD24-47
	Thu	12/10/2023	17.00-19.00	Research Methods: Quantitative data collection and analysis	RD24-1
	Fri	13/10/2023	10.30-12.00	Accelerator Series: Note Taking	RD24-39
Week 2	Mon	16/10/2023	11.00-12.00	Using SkillsForge for your Professional Development	RD24-47
	Tue	17/10/2023	09.30-11.30	Research Methods: Inspecting Data Bases	RD24-2
	Tue	17/10/2023	14.30-16.00	Finding, reading, and quoting research (writing series)	RD24-14
	Wed	18/10/2023	10.00-11.30	Paragraphs: the building blocks of your thesis (writing series)	RD24-13
	Wed	18/10/2023	11.00-12.30	Accelerator Series: Supervisor & PGRs: Building Successful Practice (ON CAMPUS)	RD24-41
	Wed	18/10/2023	13.00-14.00	Writing Tips - The passive voice: what is it and when should I use it?	RD24-25
	Thu	19/10/2023	10.00-11.30	PhD in a 2nd Language: things to consider	RD24-32
	Thu	19/10/2023	12.00-13.30	Visualising your Research: how visuals can help plan your PhD	RD24-48
	Thu	19/10/2023	14.30-16.00	Writing for non-academic audiences	RD24-49
	Thu	19/10/2023	17.00-18.30	How to prevent burnout during your PhD	RD24-50
	Sat	21/10/2023	10.00-12.00	Research Methods: Advance Quantitative data analysis: Regression, Anova, and Manova	RD24-3
Week 3	Tue	24/10/2023	09.00-10.30	Emotional Intelligence for Researchers	RD24-51
	Tue	24/10/2023	12.30-14.00	Preparing for your Upgrade	RD24-52
	Tue	24/10/2023	14.00-15.30	Representing other research fairly, organising your reading, filling the gap (writing series)	RD24-15
	Wed	25/10/2023	13.00-14.00	Writing tips - Focus on Style: How to be more Concise	RD24-28
	Thu	26/10/2023	10.30-12.00	PhD in 2nd Language: Navigating Speaking & Listening Difficulties in English	RD24-33
	Thu	26/10/2023	14.00-15.30	Qualitative Research Practices: Interviewing and Oral History Methods	RD24-53
	Thu	26/10/2023	17.00-18.30	Research Poster Design	RD24-54

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Week 4	Mon	30/10/2023	10.00-11.30	Get your Writing Organised - Stage 1: storyboards	RD24-57
	Mon	30/10/2023	13.00-14.30	Part-time PhD - Surviving & Thriving: Part time responsibilities: How to juggle work, life & research	RD24-58
	Tue	31/10/2023	09.30-11.30	Research Methods: Qualitative Research Part 1 – Epistemologies and data collection	RD24-4
	Tue	31/10/2023	11.30-12.30	Writing tips - Writing Hypotheses: the conditional, the future perfect, the subjunctive	RD24-24
	Tue	31/10/2023	13.30-15.00	Long documents: practical tips, structuring your work, signposting (writing series)	RD24-16
	Wed	01/11/2023	10.00-12.00	Academic writing: what is it and how to prepare for it	RD24-11
	Thu	02/11/2023	10.30-12.00	Accelerator Series: Time Management	RD24-42
	Thu	02/11/2023	14.00-15.30	Design for Academics 1	RD24-60
	Thu	02/11/2023	17.00-18.30	Increasing Self-Confidence	RD24-62
	Sat	04/11/2023	10.00-11.30	Literature Reviews: Where to start?	RD24-63
Week 5	Mon	06/11/2023	10.00-11.30	Using Storytelling to communicate your research	RD24-64
	Mon	06/11/2023	12.30-14.00	Get prepared, get organised - starting your PhD	RD24-45
	Tue	07/11/2023	09.30-11.30	Research Methods: Qualitative Research Part 2 – Methodologies and analysis	RD24-5
	Tue	07/11/2023	10.00-12.00	Presenting your Research (ON CAMPUS)	RD24-65
	Tue	07/11/2023	13.00-15.00	Accelerator Series: Speed Reading (ON CAMPUS)	RD24-38
	Tue	07/11/2023	12.30-14.00	Writing Introductions and conclusions (writing series)	RD24-17
	Tue	07/11/2023	14.00-15.30	Accelerator Series: Supervisor & PGRs: Building Successful Practice	RD24-41
	Wed	08/11/2023	10.30-11.30	Writing tips - Focus on Style: How to be more Detailed	RD24-29
	Wed	08/11/2023	17.00-18.30	Accelerator Series: Introduction to Project Management	RD24-43
	Thu	09/11/2023	10.30-12.00	Dealing with Impostor Syndrome	RD24-55
Week 6	Mon	13/11/2023	10.30-12.00	Get your Writing Organised - Stage 2: signposting & mapping	RD24-66
	Mon	13/11/2023	12.30-14.00	PhD Middle years – charting and preparing for the next 18 months	RD24-67
	Mon	13/11/2023	14.00-15.30	PhD in 2nd Language: Conferences & Networking	RD24-34
	Tue	14/11/2023	09.30-11.00	How to navigate uncertainty in research (and personal life)	RD24-68
	Tue	14/11/2023	10.00-12.00	Preparing for your Viva (ON CAMPUS)	RD24-69
	Tue	14/11/2023	11.30-12.30	Writing Tips - Academic Hedging: advantages and pitfalls	RD24-27
	Tue	14/11/2023	13.30-15.00	How to respond to feedback (writing series)	RD24-18
	Wed	15/11/2023	11.00-12.30	Research Planning for your First Year	RD24-70
	Wed	15/11/2023	13.30-15.00	Advanced Writing: How to Edit Effectively	RD24-21
	Thu	16/11/2023	14.00-15.30	Design for Academics 2	RD24-61
	Thu	16/11/2023	17.00-19.00	Research Methods: Mixed- Methods research design, data collection and analysis	RD24-8
	Sat	18/11/2023	10.00-12.00	Research Methods: How to write Qualitative research findings?	RD24-6

Updates and all support for Warwick PGRS at RDO Teams
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Week	Day	Date	Time	Session	Code
Week 7	Mon	20/11/2023	14.00-15.30	Dealing with Impostor Syndrome	RD24-55
	Tue	21/11/2023	09.30-11.00	Reflexivity for Researchers	RD24-71
	Tue	21/11/2023	11.30-12.30	Writing Tips - Focus on Style: How to Sound more Sophisticated	RD24-30
	Tue	21/11/2023	13.30-15.00	Writing Proposals and Abstracts (Writing Series)	RD24-19
	Wed	22/11/2023	14.00-15.00	Thesis Submission - all things you must not forget to do	RD24-72
	Thu	23/11/2023	12.00-13.30	Video Editing and Filming Made Easy (ON CAMPUS)	RD24-56
	Thu	23/11/2023	17.00-19.00	Research Methods: Meta Analysis Research - a how to guide	RD24-9
	Fri	24/11/2023	09.30-11.00	Part-time PhD - Surviving & Thriving Seven Steps for PhD Completion (middle/ late stage)	RD24-59
Week 8	Mon	27/11/2023	11.00-12.30	Making your thesis easier to read for your examiner	RD24-73
	Tue	28/11/2023	11.30-13.00	Writing and Giving Conference Papers (writing series)	RD24-20
	Tue	28/11/2023	13.00-14.30	Ethics & Integrity	RD24-75
	Wed	29/11/2023	10.00-11.00	Writing Tips - Focus on Style: Differences between British & American Writing	RD24-31
	Wed	29/11/2023	14.00-15.30	Goal setting & defeating self-sabotage	RD24-74
	Wed	29/11/2023	17.00-19.00	Research Methods: Involving experts as contributors to the research process	RD24-10
	Thu	30/11/2023	10.30-12.00	Conferences: making the most of the event	RD24-76
	Sat	02/12/2023	10.00-11.30	Research Poster Design	RD24-54
Week 9	Mon	04/12/2023	11.00-12.30	Increase your Productivity	RD24-77
	Mon	04/12/2023	13.00-14.30	Presenting your Research - how to design your presentation for success	RD24-65
	Tue	05/12/2023	09.30-11.00	Tackling Perfectionism	RD24-78
	Tue	05/12/2023	11.30-13.00	PhD in 2nd Language: Presenting in another language	RD24-35
	Wed	06/12/2023	10.00-11.30	Advanced Writing: Writing an article for publication	RD24-22
	Wed	06/12/2023	13.00-14.30	Writing Tips - Punctuation: an overview	RD24-26
	Thu	07/12/2023	11.30-12.30	How to use SkillsForge for your Professional Development	RD24-47
	Thu	07/12/2023	14.00-15.30	Writing for Social Media	RD24-79
	Thu	07/12/2023	17.00-19.00	Research Methods: Graphical representation of qualitative and quantitative data	RD24-7
	Fri	08/12/2023	10.00-11.30	Preparing for your Viva	RD24-69

Description of each session follows below.

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Welcome to our Autumn Term!

Before you explore what our sessions are all about, here is some information about who we are, what we do and how we plan on offering you the best support throughout your studies at Warwick.

What is the Researcher Development Programme?

It is a training programme provided by the Doctoral College to help you get the best out of your time at Warwick and the best out of yourself. It offers a wide range of workshops designed especially to support you in your research journey, in your personal and your professional development.

Our approach to PGR development is holistic, which acknowledges that PGRs are researchers and academics, and also multifaceted individuals with diverse needs. We offer a comprehensive and integrative curriculum that supports your intellectual development and also your wellbeing.

Success encompasses more than just research achievements; it also includes the overall fulfilment and growth of an individual. For this, we've designed our sessions around six main 'pillars' of support:

➢ Accelerator Series
➢ Research Practices & Methodologies
➢ Writing Support
➢ PhD in a 2nd Language Series
➢ PhD Essentials, Productivity and Wellbeing Sessions
➢ Careers (Summer Term)

How do we run our sessions?

We run a mostly online programme (RDO) with some in-person sessions of support and training throughout the year including evenings, weekends and vacation periods; so hopefully you will find an event which suits your timing. Our sessions are coaching, and development focused. We do share knowledge, but we aim to help you find the answers for yourselves. The sessions are interactive, and you are fully in charge of your own learning and development. We hold all our online events on our RDO Teams channel, where we also publicise any research related events that we hear about.

How do you book a workshop?

Doctoral students (PhD, EngD, Professional Doctorate, EdD, PhD by publication) or a Masters by Research (MRes, MPhil) can book via Warwick SkillsForge. Participants that have booked via SkillsForge will receive a Microsoft Teams booking link 24hrs before the session (but we encourage you to save the event in your own calendar as reminder). All online sessions are run on Microsoft Teams. For on campus sessions, participants will receive a reminder with location 48hrs before.

Who are we?

Researcher Development is offered by a team who have experienced the highs and lows of research, are active researchers or lecturers or both; and most importantly, skilled facilitators. We are Michele, Kate, Frane, Luana, Anna and Saadia. You can meet the team here. 😊

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Accelerator Series

Designed for early stages of the PhD, 'Accelerator' is a series of sessions which we think is invaluable to getting your research journey off to the best start. There is no need to attend all of them, you can choose which sessions you wish to come to.

Speed Reading

Any research project requires us to absorb a great deal of information, much of it written. Reading at speed helps both read, but also understand text more quickly. However, we must also read academic works critically, understanding and noting key messages, standpoints and the authorial voice. The session covers targeted reading, reading academic work critically, techniques for increasing reading speed and comprehension.

Note Taking

A companion session to our Speed-Reading workshop. We need to read and absorb a great deal of information for our research and especially our Literature Reviews. If you have attended the Speed Reading session you will have increased your reading capacity; but we need decent and effective Note Taking to make sure that we obtain information quickly, noted in a suitable and applicable manner; and where we can find them again.YouTube: [Speed reading and note taking - YouTube](#)

Supervisor & PGRs: building successful practice

Your supervisor can be the most valuable resource you have during your PhD. A mentor and advisor that helps to manage your project and keep you on track, and a sounding board for your new ideas and thoughts. The list could go on… But key to the success is knowing and understanding how to manage this relationship successfully. The session will cover the responsibilities of both the supervisor and the PGR; it will also look at best practices, hints and tips. YouTube: [PGR & Supervisor ; building best practice – YouTube](#)

Literature Reviews: where to start?

We all need to write our Literature review but how do we start, what do we really need to cover and how? Get some hint, tips, ideas and your questions answered. YouTube: [Literature Review - YouTube](#)

Introduction to Project Management

By the end of the workshop, you should be able to develop more knowledge about what project management tools can be used in your day to day tasks; understand importance of project management skills for your own research project; apply learned knowledge into practice; identify your stakeholders, and understand their needs; manage risks and issues, including changes to scope; review and learn from strengths and weaknesses of your own research project; and, ultimately, self-reflect on your own productivity and effectiveness. YouTube: [Project Management – YouTube](#)

Time Management

Do you think that you're procrastinating, avoiding work, struggling to keep multiple projects on track? This session will help you identify what is causing your time management challenges and how to deal with them. Hear and apply some hints and tips that can work for you to come up with an action plan for the next stage.

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Research Practices & Methodologies

Good knowledge of research practices and methodologies is fundamental for your PhD and will be crucial even in your future career. RDO offers a series of sessions to support your understanding of research methods, integrity & ethics. So, whether you are currently deciding which approach to use; want to understand why a researcher has utilised a methodology that you are not familiar with; or even decide why you will NOT be using a particular method or practice, these sessions are for you to explore.

—— Research Methods Series ——

Quantitative Data Collection and Analysis

This workshop aims to provide you with an overview of a range of methodological and analytical skills, which you can apply in different research contexts. During the workshop, we will cover how the data are described, introduce a range of the most used statistical tests and cover some statistical packages that can be used to analyse these data. YouTube: [Quantitative Research Methods Data Collection and Analysis – YouTube](#)

Inspecting Data Bases

Creating searching strategies for your literature or systematic review and reviewing different scientific databases is a crucial skill that you will learn from your PhD. Inspecting databases can be a daunting experience but databases make it much easier to find and access journal articles. In this workshop, you will learn how to identify which searching strategy to perform, recognise the reason why citation searching is useful for your PhD, learn to employ effective result filtering techniques by using Boolean operators and syntax to create an effective searching strategy, develop an ability to search a range of databases, and assess the quality of journals.

Advance Quantitative Data Analysis: Regression, Anova, and Manova

Are you struggling with advanced quantitative analysis? In that case, this workshop will remind you of regression, Anova and Manova, and how to apply these statistical tools to your PhD projects appropriately. The distinctions between ANOVA, ANCOVA, MANOVA, and MANCOVA can be challenging. Before one can appreciate the differences, it is helpful to review their similarities, as well as dissimilarities. YouTube: [Advanced Stats Analysis Tools – YouTube](#)

Qualitative Research Part 1 – Epistemologies and data collection

This workshop aims to provide you with an overview of a range of qualitative analytical skills and methodologies, which can be applied in a range of research settings. The workshop will introduce how qualitative data can be collected (surveys, focus groups). In addition, a range of data analysis packages will also be covered. All participants during the session will have an opportunity to analyse a piece of text to apply learned knowledge to practice.

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Qualitative Research Part 2 – Methodologies and Analysis

This workshop aims to provide you with an overview of a range of qualitative analytical skills and methodologies, which can be applied in a range of research settings. This session discusses how Qualitative data can analysed using thematic, grounded theory, narrative, interpretative phenomenological, and ethnographic analysis. In addition, a range of data analysis packages will also be covered.

How to Write Qualitative Research Findings?

Well done! You have completed your data collection and qualitative analysis, and now you are ready to document your findings. Reporting the findings from a qualitative study in an engaging, meaningful, and trustworthy manner can be challenging. This interactive workshop will assist you in understanding the essential components of reporting your results in qualitative research: how to structure your results section effectively, what to include, and the potential challenges and barriers you may encounter during your writing journey. Please note: This course is primarily designed for postgraduate researchers who have completed data collection or are currently in the midst of data collection and analysis. In this workshop, you will gain insights into: The precise purpose of a results section in qualitative research; key elements to incorporate into your results section; Strategies for writing and presenting your results effectively; Helpful tips and tricks to facilitate your progress.

Graphical Representation of Qualitative and Quantitative Data

This session will focus on graphical solutions for both qualitative and quantitative research. We aim to cover what visual solutions are appropriate for quantitative and qualitative data and introduce a range of visual aids for interpreting and presenting these data, such as pathway analysis graphs, Sankey diagrams, and discourse analysis graphs. YouTube: [Graphical solutions for research methods – YouTube](#)

Mixed- Methods Research Design, Data Collection and Analysis

Mixed methods research design is one of the most popular ways to combine qualitative and quantitative research designs with learning from numerical data and participants' experiences. This workshop will introduce you to mixed methods research and different research designs to help you with your projects. In addition, triangulation and integration of data will be covered, which is the most crucial aspect of mixed methods research Find. YouTube: [Mixed Methods – YouTube](#)

Meta Analysis Research: a how to guide

A meta-analysis is a statistical analysis that combines the results of multiple scientific studies. Meta-analyses can be performed when multiple scientific studies are addressing the same research question. This workshop will provide you with an overview of meta-analysis and how to conduct one in your own PhD. We will also cover, the most common methods for conducting a meta-analysis as well as common issues that may be encountered. By the end of the course, you should be able to plan and conduct a meta-analysis of your own to answer a research question in your field of study and interpret the results of meta-analyses published in journal articles.

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Involving Experts as Contributors to the Research Process (patient and public involvement in research)

Patient and Public involvement (PPI) in research is increasingly recognized as an essential component of the research process, offering numerous benefits. It ensures that research is ethical, accessible, and relevant. In this introductory interactive workshop, our goal is to provide you with information about what PPI is, why it holds significance, and how the involvement of patients and the public can enhance your research project. You will gain insight into: The role of PPI and its value in the research process; How patients and the public can participate in the research cycle; Clear distinctions between participation, engagement, and involvement; How PPI can also contribute to recruitment, analysis, dissemination, and research implementation; An understanding of common barriers and obstacles associated with PPI.

—— Further Sessions on Research Practices ——

Qualitative Research Practices: Interviewing and Oral History Methods

This workshop will look at in-depth interviewing as a method and its limitations, specificities and difficulties will be discussed. The workshop is designed for researchers who would like to improve their academic skills and introduce specific methods like oral history in their work. The workshop will also provide tips on how to organise a project, preparing and managing interviews, and the ethics and possible risks of using this method.

Reflexivity for Researchers

Reflective practice, analytical reflection and (particularly) reflexivity, are generally recognised as the core characteristics of research and teaching practice. Reflexivity is a strategy to question our own attitudes, thought processes, values, assumptions, prejudices, and habitual actions, to try to understand our complex roles in relation to others. Reflective practice and reflexivity are therefore a valuable developmental process for any professional or researcher. In this session, we will examine key features of reflection, introduce several models of reflective practice and understand how reflective practice can help you learn and the tools you can use to support reflective learning.

Research Ethics and Integrity

Research 'integrity' refers to high quality and robust practice across the full research process i.e. the planning and conduct of research, the recording and reporting of results, and the dissemination, application and exploitation of findings. Are you clear what is meant by ethics? By integrity? Are you sure when they should be applied to your research practice? Sometimes the answer is not as clear cut as we would like so it is worth having the discussions early in your research career. Using real life case studies, we examine what we mean by integrity, what we mean by ethics making sure that we are following best research practice. **PGRS are required to complete the Research Integrity online course - see Epigeum Research Integrity [Training](#)**. This session is not a replacement for that but allows you to bring more or follow up questions.

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Writing Support

RDO offers a wide range of writing sessions to support you with your PhD thesis. It doesn't matter the writing stage you are in; we have workshops in our Main RDO sessions and an entire Writing Series with additional Writing Tips that will help you at all phases of thesis writing. We also offer support on how to communicate your research through writing to different audiences (in and out of academia).

── RDO Writing Series ──

Academic writing: what is it and how to prepare for it

Is the thought of writing a long piece of academic work daunting? Are you unsure where to start? Then this workshop is for you. You will discuss the purpose and style of academic writing, look at some common errors, and receive some tips. You will also look at an example of a style guide. This workshop has been designed to help you think about and plan your own work.

Writing Sentences: starting strong

As good writing depends on well-written sentences, this workshop will recap the basics of sentence construction. You will look at the parts of a sentence, different types of clauses, and common errors. The workshop will end with the opportunity to write a few sentences and share them with your peers for feedback.

Paragraphs: the building blocks of your thesis

This workshop gives you the opportunity to think about how to write effective paragraphs. In the first part of the workshop, you will look at and discuss examples, particularly in relation to signposting and structure. In the second part, you will be given some time to write a paragraph that explains an aspect of your research, which you will then share with other workshop attendees. If you prefer, you can bring along a paragraph that you have already written. There will then be time to give each other feedback.

Finding, reading, and quoting research

This workshop returns to the basics of research. We will begin by sharing resources and tips for finding sources. We will then practice different types of reading: scanning, skimming and deep reading, and discuss how we can use them to make sure our research is vigorous and accurate. Following that, we will look at three ways of presenting research: quoting, summarising, and paraphrasing.

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Representing other research fairly, organising your reading, filling the gap

Even though we all know that positioning our work in the context of pre-existing research is important, it can also be overwhelming. In this workshop, we will discuss how to make sure that we understand and correctly represent the research that we read. We will discuss how to think about our research as filling a gap and look at some useful words and phrases. We will also share our experience of organising information. One activity in this workshop will ask you to make and discuss a mind map of your reading so far.

Long documents: practical tips for working with long documents, structuring your work, signposting

You might be in the middle of developing the longest piece of writing you've ever written. Theses and articles bring with them their own challenges. This workshop focuses on how to structure long texts. We will also discuss signposting and share practical tips.

Writing Introductions and conclusions

This workshop will begin by looking at what should and should not be included in introductions and conclusions. You will look at some examples and discuss their strengths and weaknesses. You will also be asked to introduce your research to your peers, which will help you decide what needs to be included in an introduction.

How to respond to feedback

Postgraduate work can often leave you feeling confused and isolated. Lots of people want to give you advice, but who are they and how should you respond to their comments? This workshop opens by discussing the benefits of feedback you might receive from a range of people. You will then explore how to understand and use different types of feedback. You will also be asked to reflect on the feedback you have received so far.

Writing Proposals and Abstracts

Throughout your career, you will have to write proposals and abstracts. This workshop will discuss how they are different and explore how to write the best possible proposals and abstracts.

Writing and Giving Conference Papers

Are you presenting at an upcoming conference but unsure how to condense your research into a 20-minute paper? If so, this workshop is for you. We will focus on structure and signposting, and explore the challenges involved in writing for speech.

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— Writing 'Tips' Sessions —

These are shorter sessions (45-60min) focused on specific writing topics providing information and tips on how to deal with them.

Writing Hypotheses: the conditional, the future perfect, the subjunctive

This session will focus on writing about hypothetical and future situations. It will cover the basics of the conditional, the future perfect, and the subjunctive.

The passive voice: what is it and when should I use it?

This session will explain the basics of the passive voice. It will explore the advantages and disadvantages of using the passive voice in different circumstances.

Punctuation: an overview

Do you get in a muddle with em dashes? Are you not sure where to put your commas? And are you completely baffled by semi-colons? The come to this session to revisit how to use punctuation.

Academic Hedging: advantages and pitfalls

Academic hedging is the term given to the cautious way in which academics often write. This session will explore what academic hedging is, how to use academic hedging in your writing, and when academic hedging should be avoided.

Focus on Style: How to be more Concise

Many people find it hard to write concisely. Their heads are brimming with ideas, and they want to write them all down at once. However, readers can find overly wordy writing confusing and frustrating. This session will look at how we can make our writing more concise.

Focus on Style: How to be more Detailed

Is your writing sparse? Do your readers say that you miss out key details? Then you may need to work on slowing your reading down and explaining each point in more detail. How to do this is the focus of this session.

Focus on Style: How to Sound more Sophisticated

In an ideal world, the reader would only pay attention to the quality of your research. This, however, is not the case. To be taken seriously, you are usually expected to write in a sophisticated, academic manner. This session will give you some hints on how to do this.

Focus on Style: Differences between British & American Writing

Over the course of your academic career, it is likely that you will write for both British and American journals. However, there are some key differences between the two. This session will look at some of the most relevant differences for academic writing.

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—— Further Writing Support ——

Get your Writing Organised - Stage 1: storyboards

Not sure how your ideas fit together or where they link? Then a storyboard is for you! Whether it is thinking about your argument, your hypothesis, a storyboard is an effective way of building the structure of your writing, your research and your PhD. The session will teach you the skills of storyboarding, with time to start building your own.

Get your Writing Organised - Stage 2: signposting & mapping

Internal signposting to make your thesis easier to read. Our writing needs to be clear and easy for our readers to comprehend, especially when we are thinking of our thesis and our examiners. This session will examine how we can use forward and backward signposting within our chapters and introductions to ensure our examiners can follow our thesis argument. We will map our thought plans so that we can be clear to ourselves or our readers. YouTube: Getting your writing organised – YouTube

Making your Thesis Easier to Read for your Examiner

A short practical session introducing the concept of thesis mapping and signposting. Learn how to ensure your examiners understand what you planned, what you did and what you found as a result of conducting your research. By the end of the session, you will have created a thesis map that will guide you to write your thesis and your examiners to read your thesis more easily.

Advanced Writing: How to Edit Effectively

You've written a first draft of your chapter or article and now it's time to edit it. If you find yourself confused and unsure about what to do next, this workshop is for you. It will cover the different parts of editing and give you some tips on how to edit effectively. Bring along your work as there will be time to put your editing skills into practice.

Advanced Writing: Writing an article for publication

Writing your first article for publication can be a daunting step in your academic career. Although every journal is different, this workshop will look at what you need to do to prepare and submit an article to a journal.

Writing for Non-academic Audiences

This workshop is intended for academics who would like to think about communicating their research to non-academic audiences and are wondering where to start. The workshop will focus on some typical pieces they may need to write. These include press releases, op-eds (and pitching op-eds), and press kits in case of larger projects. The goal of the workshop is to encourage PGRs to think of how they can publicise their work and why this is important. And then to give them some tools to widen their audiences and be well-prepared to write short articles, blog posts or press releases. Delivered by an ex-journalist and political cartoonist and current blog writer.

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PhD in a 2nd Language Series

Doing a PhD in a second language can be an exciting and stimulating experience. However, sometimes the pressures that come with the research process whilst adapting to a new environment can put extra weight on second language speakers. The 'PhD in a second language' series is designed to support you with many aspects of the process. The sessions are run by a Warwick PhD alumni and lecturer who still occasionally struggles to find the correct English word.

PhD in a 2nd Language: things to consider

Pursuing a PhD can be challenging. Doing it in another language makes it more so. Come to this introductory session to exchange experiences and get tips and hints on things you might wish to consider to cope with the extra pressures you might experience as a second language speaker. We will discuss the vagaries of undertaking research in the UK and how we can support each other in adapting to a new environment. You will leave the session with insights into what kind of support you might need and where to get it.

Navigating Speaking & Listening Difficulties in English

This session provides an opportunity to share the current difficulties that you are facing in academic English, in face to face (online or offline) interactions, and explore ways forward for improving understanding, on both sides. We will challenge some preconceived ideas about 'standard' academic English and develop strategies for better framing our future interactions so that we can get the help that we need to improve and support one another. YouTube: [Speaking and hearing difficulties PhD in a second language – YouTube](#)

Presenting in Another Language

Presenting in another language can sometimes make us feel under extra pressure. Do you have a conference presentation, an upgrade, or a seminar coming up? Join us to learn how to face your presentations and get maximum impact. Whether you are presenting online or in person we will discuss how you can write, prepare and deliver a presentation with confidence, that leaves your audience feeling informed and engaged with your research. YouTube: [Presenting in a second language – YouTube](#)

PhD in a 2nd Language: Conferences & Networking

Planning for conferences and networking in another language may seem overwhelming at times. Join us in this session to discuss how to make networking work for you in conferences, in Face-to-Face situations, and how you can apply that knowledge to the online networking and conferencing experience. YouTube: [Networking and Conferences PhD in a second language – YouTube](#)

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PhD Essentials, Productivity & Wellbeing

Researcher Development involves supporting the individual behind the research process. Being researchers ourselves, we know the intricacies and challenges of PhD life. We believe that a balanced approach to the PhD process allows for more effective, productive (and joyful) ways to lead academic research. From learning the basics on how to prepare for your examinations and communicating research to building emotional intelligence, the sessions that follow have been designed to assist in a wide range of common issues researchers face and can affect academic life.

—— PhD Essentials Sesssions ——

Research Planning for your First Year

If you want to get your PhD, you need to know how you are going to get there. Join us for a mapping session and start to answer the following questions: What is your question? What are you trying to find out? What will your contribution be? How and why? YouTube: [Research planning 101 - YouTube](#)

Preparing for your Upgrade

Many of us are asked to go through an upgrade process after our first year. This takes us from MPhil to PhD study process. It allows us and colleagues to reflect on the previous year, research knowledge gained, and plans for the next stages. The session will inform you of the University's criteria for a successful upgrade process and help prepare you for it. The facilitators will share their own experiences of passing upgrade process and provide you with particular tips and advice that will be useful for you to understand what your need to do and how to successfully pass your own upgrade.

Preparing for your Viva

Join us to learn how to prepare for your viva, understand the types of questions you might be asked and where to get the details for examination logistics at the University of Warwick. The session will also provide you with the opportunity to share your concerns, ask questions and practise answering potential viva questions.

Thesis Submission: all things you must not forget to do

Are you about to submit in the next six months? If so, then this session is for you. We will cover what you are required to do, from length to presentation and much more; and include what the process is pre and post your Viva and answer the question of when will you be called Doctor? This short presentation will then be followed by a Q&A session where you can make sure you are ready to go, answer any queries and problems you may have.

Literature Reviews: where to get started?

We all need to write our Literature review but how do we start, what do we really need to cover and how? Get some hints, tips, ideas and your questions answered. YouTube: [Literature Review - YouTube](#)

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Using SkillsForge for your Professional Development

Are you uncertain if you are using SkillsForge to it's full capability? Did you know that you can use it for working on your professional development and looking at what skills / abilities you have , and those that you would like to develop? Do you know about the reporting & recording structure that you can utilise to keep an effective record of your professional development including sessions that you attend externally. Explore in this 60-minute session the full functionality of Skills Forge, how to find information and how to focus on the development you want at the right time.

Visualising your Research

This workshop will help PGRs think of visualisation methods as a writing aid and a way to switch from writing to "seeing" and "creating" to plan and write for their PhD. This workshop will introduce participants to strategies that can help them visualise, summarise, or express their research using process diagrams, flowcharts, mind maps and timelines. Such visual communication skills can effectively communicate complex research to a general audience and help visualise extensive research projects, academic posters, and other verbo-visual presentations. Visualisation can also be helpful as a mental exercise. Beyond the above idea of visual communication of research, this workshop can explore ways of visualising goals to feel empowered or plan better. The goal of this workshop is to help the research shift into a different mode of thinking to think of their research in a fresh way, to add to their repertoire of tools for writing and planning and reinforce the idea that their PhD experience is also one of creation and innovation and they have many different avenues available to explore their areas and expertise.

Part-time responsibilities: How to juggle work, life & research

If doing a PhD wasn't tough enough, you've chosen to do it around other commitments. It maybe that your research is about your career or role; or it could be that life commitments make it impossible to take 3-4 years to focus on your research entirely. It could be that you've decided to take a couple of years part time and return to full time in a few years time (this is how one of our RD Team completed her PhD). Whatever your reason/s a part time PhD is a juggle and spinning plates. Keeping everything working, looking after yourself and other commitments and keeping up with your research life requires priority setting, time management and clear time away from your research to make breakthroughs. Work with your other part time colleagues to discuss best practice, realistic and workable ideas and how to maintain your wellbeing! Essential.

Part-time PhD - Seven Steps for PhD Completion

People taking a part time PhD are very practiced at time management and if you are in to the middle years of your PhD you've been organising yourself well. But how do you keep momentum, keep focusing on that end goal, continuing to juggle life, work and study. **Seven Steps to PhD completion** 7 steps for PhD completion - YouTube

What are the key characteristics of successful PhDs? A discussion session identifying some best practice; identifying characteristics and hints. We will set goals for the next few months, plan some time away from our research, and set milestones and targets.

PhD Middle years – charting and preparing for the next 18 months

So you've managed year one – what do you need to think about for the next year. The workshop will enable you to establish where you are in the doctoral process, what your gains have been in year one and identify practical steps to chart a successful course through the next 12-18 months. We will identify the 7 habits for success and by the end of the workshop you will have set your own individual plan for the year ahead. YouTube: The middle years - YouTube

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—— Communicating Research & Public Engagement ——

Using Storytelling to Communicate your Research

This workshop teaches various concepts of storytelling as a means to make your research more engaging. Whether writing your final chapters or preparing for a conference, skilful storytelling has widespread applicability throughout our lives. This workshop provides: Concepts of Storytelling that you can use as a tool to structure the delivery of your research; an opportunity to discuss the layout of your research as a group and to find ways to improve upon it; a method of structuring your research, the Storyboard, which you can use in the workshop to work on your current project.

Presenting your Research - How to design your presentation for success

Conference presentation, upgrade, seminar? Join us to learn how to design and structure your presentations to get maximum impact. Whether you are presenting online or in person we will discuss how you can write, prepare and deliver a presentation that leaves your audience feeling informed and engaged with your research.

Conferences: Making the most of the event

No matter what stage in your PhD you're in. Whether you are attending or presenting at your first conference it is worthwhile planning a strategy to make the most of the event. We will explore how to network, what to expect, and the differences between how it works in online and in person events.

Research Poster Design

A good poster allows us to communicate our research quickly and clearly. A poor poster will put off our intended audience. So how do we make our poster clear, impactful AND tell everyone what we know? To start we will evaluate a series of posters in order to decide what works which of them are clear, engage us with their research and memorable. We will also examine two major design styles to see what will work for us and our research. We will look at further techniques for poster design and presentation and discuss how to tailor this to your research area. PowerPoint is one of the simpler methods of Poster design and is therefore the package that we will be suggesting you use. If you are unfamiliar with PowerPoint or want to use another software package, then you will need to attend an IT Services training course.

Research Impact

We have all heard the term but what does it actually mean? In this session we will talk through what impact you might be making with your research; consider what questions you need to ask your supervisor about Research Impact and feel more confident about Research Impact more generally.

YouTube: [Research Impact - YouTube](#)

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Design for Academics 1

This workshop will introduce you to ideas that can help you think about designing your slides, social media posts, banners, posters, etc. The workshop focuses on some broad and easy issues of fonts, colour and layouts that can improve design. The goal of this workshop is to help the researcher feel confident in designing visuals and assure them that they are entirely competent to create what they need to communicate their work, and already have the tools to do so. No prior knowledge of any design software is needed. This workshop is not a pre requisite for "Design for Academics 2".

Design for Academics 2

This workshop will help you think of applications of design concepts to materials you may need during your academic career, such as posters, conference flyers, etc . The workshop will focus on what design is, acknowledging that this is subjective. It will also demonstrate how software like PowerPoint can be used to manipulate and edit images. The goal of this workshop is to create a space for open discussion about the problems faced in academia, as well as to provide a thoughtful critique. Additionally, the goal is to direct the participants towards helpful practices and resources that can make graphic design an easier task and assure them that they are entirely competent to create what they need to communicate their work, and already have the tools to do so. Participants are encouraged to bring to the workshop any work they may have designed, like conference posters, if they would like to discuss improvements or troubleshoot any issues they have come up against.

Writing for Social Media

In today's competitive academic landscape, social media is increasingly being used by researchers to disseminate and publicise their work and to create visible public profiles. It has also become an essential space for academic debate, events and announcements. This workshop will introduce participants to resources that can make navigation of social media easier. It will also discuss search-engine optimisation and time management. The goal is to help the participants confidently use social media platforms, help them think through which platform may suit them or their career, and refer them to some best practices that can make social media posting a part of their busy schedules.

Video Editing and Filming Made Easy

In today's digital age, effective communication of research findings is crucial for both academic and broader audiences. Video has become a powerful medium for conveying complex ideas, and with the advancements in smartphone technology, it's now easier than ever to create quality films about research and your own professional profile. This workshop has two objectives. First to empower PGRs with the skills to use smartphones as filmmaking tools. This includes tips on framing, angles and movement. Second, it will focus on brainstorming what 'content' means for the researcher in their respective research environment and how to create/write relevant content. We will also discuss copyrights and ethics when using multimedia in research, and strategies for promotion and distribution including social media, academic conferences, and websites. Participants are encouraged to bring their smartphones to the workshop for hands-on learning, and if they have any other equipment like digital cameras or tripods they are welcome to bring those along too.

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—— Productivity & Wellbeing Sessions ——

10 Things I Wish I'd Known at the start of my PhD

Colleagues share the 10 things that they wish they had known at the start of their PhD- get some great tips and avoid their mistakes. Meet current and just qualified PhDs; meet current researchers and facilitators.

Get Prepared, Get Organised - starting your PhD

A PhD is always about managing complex information from multiple sources; we need to know what to prioritise, identify importance, and know when we reached our milestones. Start the way you mean to carry on – with some clear goal setting. Using the example of your new arrival to your research degree and/ or to Warwick, this practical session will help you identify where you need to start with your planning, who you need to contact and when you will know you have succeeded. Get your PhD off to the best start. YouTube: Get Prepared Get Organised – YouTube

Hopes, Fears and Challenges – starting your PhD

What are you hoping to get from you doing a PhD? What do you think you need to find out? How are you going to plan your way through the next years? We will share some of our top tips for enjoying your research experience. This session is run by a Warwick PhD Alumni and RD Team who have all experienced the highs and lows of PhD research and will share their thoughts and ideas for getting the best out of your time at Warwick.

Goal Setting & Defeating Self-Sabotage

Are you procrastinating, getting distracted or obsessing over the standard of your work? Did you realise that you could be sabotaging your own success? From procrastination to perfectionism, this workshop explores the many forms of self-sabotage and offers practical strategies to help you be more productive. The session will use guided reflective thinking to help you identify your personal self-sabotaging behaviours. It will also consider a range of practical strategies to change those behaviours through individual and small group experiential exercises. YouTube: Goal Setting Defeting Self Sabotage - YouTube

Increase your Productivity

How do you fit the diverse demands on your time into your day? In this session you will get tips on how to manage your tasks, find extra time in the day, improve your planning and achieve your objectives. YouTube: Increasing your productivity – YouTube

Dealing with Impostor Syndrome

Worried that they might find out that you're not as bright and capable as they thought you were? Think that they meant to give someone else the research funding and they sent the email to you incorrectly? You're not alone! Learn to banish your fears so you can enjoy your research with confidence. The session will be mostly experiential with small group discussions and individual reflective activities. YouTube: Impostor syndrome – YouTube

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How to Tackle Perfectionism

Maintaining rigorous personal standards can be advantageous, promoting both academic and personal satisfaction and enhancing our sense of self-efficacy. However, these high standards can also pose challenges by obstructing goal attainment and academic progress. Perfectionism, stemming from anxiety and the fear of falling short of these lofty expectations, may result in avoidance, procrastination, and self-criticism. Students grappling with perfectionism often engage in negative thought patterns, such as anticipating negative outcomes, discounting past accomplishments, and black and white thinking. Effectively managing these self-imposed high standards can alleviate anxiety and better equip individuals to confront challenges. This interactive workshop offers insights into the reasons behind struggles with managing perfectionist tendencies. It will equips you with practical tools to identify and mitigate perfectionism while also introducing available post-session services and resources.

Emotional Intelligence for Researchers

Emotional intelligence is a crucial skill which you can use to build a better research team and increase their effectiveness and productivity. It is also is crucial for conflict resolution and managing others. As with any other skill, emotional intelligence can be learned to help you become more emotionally adept, and resilient and manage better any challenges during your PhD. In this workshop, which will be supported by a qualified and licenced low-intensity psychological wellbeing practitioner, you will learn the difference between self-esteem and self-confidence, and the 5 facets of emotional intelligence will be identified. We will also mention the importance of your core values and help you to identify your own core values (beliefs). The workshop will also introduce you to the Power of affirmation. By the end of this session, you will be able to understand what emotional intelligence is, identify your core values and understand how to become more emotionally resilient and intelligent.

Increasing Self-Confidence

Improving your self-confidence can positively impact various aspects of your life. It can help you overcome fears, take risks, and pursue your goals. When you have confidence in yourself, you're more likely to believe in your ability to handle difficult situations and bounce back from setbacks. Building self-confidence may involve acquiring new skills, setting achievable goals, practicing self-compassion, and surrounding yourself with supportive people.

Developing self-confidence and self-esteem can also have a positive impact on your career. When you have faith in yourself and your abilities, you are more likely to take on challenges, express your opinions in meetings, and pursue new opportunities. This can result in career advancement and success. While building self-confidence requires time and effort, with practice and patience, you can cultivate a strong sense of self-assurance that will benefit you in your professional life. In this session, we will differentiate between self-esteem and self-confidence, identify the characteristics of low self-esteem/confidence, and provide practical advice and strategies for boosting your levels of self-esteem and confidence.

How to Prevent Burnout During your PhD

Burnout is often defined as exhaustion (emotional, physical, and psychological) resulting from exposure to specific stressors or situations where demand exceeds available resources. To address burnout, it's crucial to learn how to recognize its signs, prevent it, and effectively manage it, as unchecked burnout can significantly affect motivation, productivity, and effectiveness on your PhD and research journey. In this interactive session, we will provide you with practical strategies and insights to maintain well-being and academic success. You will learn to identify early signs of burnout, manage stress effectively, and establish healthy work-life boundaries.

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How to Navigate Uncertainty in Research (and in personal life)

As human beings, we frequently encounter uncertainty in various aspects of our lives. This uncertainty can encompass your PhD, research outcomes, financial situation, relationships, and even the future. Often, our inability to tolerate uncertainty leads to worry, stress, low mood, and panic. This leaves us overwhelmed and with a constant need to predict and control outcomes. Such an approach triggers 'worst-case scenario' thoughts and 'what if' worries, ultimately amplifying our stress, anxiety, and exhaustion. However, many aspects of the future remain unpredictable, and life inherently will remain uncertain. This interactive workshop addresses the management of uncertainty and our responses to it. During this workshop, you will: Gain insight into intolerance of uncertainty; Recognize situations where uncertainty becomes challenging; Acquire practical strategies to build tolerance for uncertainty.

Note: You can book on a PhD Wellbeing session without it appearing on your Skills Forge Record. You would not receive SF credits for your attendance but may give you the privacy if you would prefer it. If that is the case, please book via this form: expression of interest form (warwick.ac.uk)

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