

Warwick

Researcher
Development

RDO Autumn Programme 2022-23

Welcome

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Accelerato
r Series

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Support

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Welcome to RDO's Autumn Term!


We have an extensive programme this term to support new PGRs and researchers at every stage, covering a wide variety of topics.

We developed this handbook to facilitate navigation in hope that you will easily find the sessions and the support you need from us.

The Handbook is divided following the six main Researcher Development series:

- PhD Essentials, Productivity and Wellbeing Series
- Accelerator Series
- Writing Support
- Research Practices & Methodologies Series
- PhD in a 2nd Language Series
- Careers

You will find the full schedule on the following pages. Once you click on a workshop it will lead you to the page containing its description and a link that directs you to booking on [Skills Forge](#).

If you just wish to go straight to a topic, you can easily click through to them on the right-hand tabs in the notebook. 

Reminder: most of our sessions are online and between 60-90 minutes long. However, we will also be running face-to-face sessions on campus this term. These will be explicitly mentioned as “in person” sessions and will take place at The Researcher Exchange (3rd Floor Library). All 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.

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Week 1 10 th – 15 th Oct	Mon	10.00-11.30	Get Prepared, Get Organised - starting your PhD
	Tue	10.00-11.30	Hopes, Fears, and Challenges - starting your PhD
	Wed	14.30-16.30	Academic writing: what is it and how to prepare for it (Writing Series)
	Wed	13.00-14.30	Navigating Speaking & Listening Difficulties (PhD in 2nd Language series)
	Wed	18.00-19.30	Quantitative data collection and analysis (Research Methods)
	Thu	9.30-11.30	Academic writing: what is it and how to prepare for it (Writing Series)
	Thu	12.00-13.30	Sentences: Starting Strong (Writing series).
	Thu	14.00-15.30	Writing Tips - Academic Hedging: advantages and pitfalls
	Sat	10.30-12.00	Accelerator Series: Introduction to Project Management
Week 2 17 th - 22 nd Oct	Mon	10.00-13.00	A beginners guide to your PhD (in person event)
	Tue	9.30-11.00	Inspecting Data Bases(Research Methods Series)
	Tue	10.00-13.00	A beginners guide to your PhD (in person event)
	Tue	14.00-15.30	Design for Academics 1
	Wed	14.30-16.00	Sentences: Starting Strong (Writing series).
	Wed	16.00-17.30	Goal-setting & Defeating Self-Sabotage
	Wed	18.00-19.30	Problem-solving practical worries & challenges
	Thu	9.30-11.00	Paragraphs: the building blocks of your thesis (Writing Series)
	Thu	12.00-13.30	Finding, reading, and quoting research (Writing Series)
Thu	14.00-15.30	Navigating Writing & Reading Difficulties (PhD in 2nd Language)	

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Week 3 24 th – 29 th Oct	Mon	10.00-11.30	Get your Writing Organised - Stage 1: storyboards
	Mon	12.00-13.30	Accelerator Series: Speed Reading & Note Taking
	Tue	10.00-13.00	Effective Researcher (In person event)
	Tue	13.30-16.30	Effective Researcher (in person event)
	Tue	14.00-15.30	Presenting in Another Language (PhD in 2nd Language)
	Wed	10.00-11.30	Paragraphs: the building blocks of your thesis (Writing Series)
	Wed	18.00-19.30	Advance Quantitative data analysis: Regression, Anova, and Manova (Research Methods Series)
	Thu	9.30-11.00	Finding, reading, and quoting research (Writing series)
	Thu	12.00-13.30	Representing other research fairly, organising your reading, filling the gap (Writing Series)
	Thu	14.00-15.30	Writing Tips - Punctuation: an overview
Sat	10.30-12.00	Emotional Intelligence for Researchers	
Week 4 31 st Oct – 5 th Nov	Mon	10.00-11.30	Get your Writing Organised - Stage 2: signposting & mapping
	Mon	13:00-14.30	Write more this week: action planning for the week ahead
	Tue	9.30-11.00	Qualitative Research Part 1 – Epistemologies and data collection (Research Methods)
	Tue	10.00-13.00	Effective Researcher (in person event)
	Tue	13.30-16.30	Effective Researcher (in person event)
	Tue	14.00-15.30	Design for Academics 2
	Wed	14.00-15.30	Conferences & Networking (PhD in 2nd Language series)
	Wed	16.00-17.30	Dealing with Impostor Syndrome
	Wed	18.00-19.30	Accelerator Series: Introduction to Project Management
	Thu	11.00-12.30	Research Planning for your First Year
Thu	14.00-15.30	Perfecting your Writing: Editing & Proofreading Tips	

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Week 5 7 th – 12 th Nov	Mon	10.00-11.30	Get your Writing on Track
	Mon	12.30-14.00	Accelerator: Speed Reading & Note Taking
	Mon	14.00-15.30	Accelerator Series: Supervisor & PGRs: Building successful practice
	Tue	9.30-11.00	Research Poster Design
	Tue	10.30-12.00	Visualising your Research
	Tue	14.00-15.30	Writing for non-academic audiences
	Wed	11.00-12.30	What is Questionable Research Practice?
	Wed	18.00-19.30	Qualitative Research Part 2 – Methodologies and analysis (Research Methods)
	Thu	13.00-14.30	Writing Literature Reviews (PhD in 2nd Language series)
	Thu	15.00-16.30	Presenting with Confidence
	Sat	10.30-12.00	Accelerator Series: Literature Review
Week 6 14 th – 18 th Nov	Mon	10.00-11.30	Accelerator Series: Increase your Productivity
	Mon	13.00-14.30	Accelerator Series :Introduction to Project Management
	Tue	9.30-11.00	Graphical representation of qualitative and quantitative data (Research Methods Series)
	Tue	10.30-12.00	Active Listening for Interviewing
	Wed	10.00-11.30	Communicating with your Supervisor (PhD in 2nd Language)
	Wed	14.30-16.00	Representing other research fairly, organising your reading, filling the gap (Writing Series)
	Wed	18.00-19.30	Accelerator Series: Literature Review
	Thu	9.30-11.00	Long documents: practical tips, structuring your work, and signposting (Writing Series)
	Thu	12.00-13.30	Writing Tips: The passive voice: what is it and when should I use it?
	Thu	14.00-15.30	Conferences: making the most of the event

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Week 7 21 th – 26 th Nov	Mon	9.30 - 11.00	PhD Middle years – charting and preparing for the next 18 months
	Mon	13:00-14:30	Using drawing in your research - for planning
	Mon	14.00-15.30	Tackling Perfectionism
	Tue	9.30 - 11.00	Reflexivity for Researchers
	Wed	14.00-15.30	Long documents: practical tips, structuring your work, and signposting (Writing Series)
	Wed	18.00-19.30	Mixed- Methods research design, data collection and analysis (Research Methods)
	Thu	9.30-11.00	Introductions and conclusions (Writing Series)
	Thu	12.00-13.30	How to respond to feedback (Writing Series)
	Thu	14.00-15.30	Creativity in Research
	Thu	17.00-18.30	How to deal with Isolation & Loneliness
Sat	10.30-12.00	How to deal with Anxiety & Worries	
Week 8 28 th Nov – 1 st Dec	Mon	10.00-11.30	7 Steps to PhD Completion
	Mon	12.00-13.30	Research Impact
	Tue	9.30-11.00	Meta Analysis Research: a how to guide (Research Methods)
	Tue	11.30-13.00	Beating Writer's Block with Creative Writing
	Tue	14.00-15.30	Accelerator Series: Time Management
	Wed	14.30-16.00	Introductions and conclusions (Writing Series)
	Wed	18.00-19.30	Dealing with Negative Thinking & Self-doubt
	Thu	11.00-12.30	Writing Tips: Writing about Hypothetical Situations: the conditional, the future perfect, the subjunctive
	Thu	14.00-16.00	Proof Reading Circles
Thu	17.00-18.30	How to deal with Stress	

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Week 9 5 th – 10 th Dec	Mon	10.00-11.30	A (complete beginners) guide data handling: What is mean, mode, median and range?
	Tue	9.30-11.00	How to have Difficult Conversations
	Tue	14.00-15.30	Writing for Social Media
	Wed	14.30-16.00	How to respond to feedback (Writing Series)
	Thu	10.00-11.30	Writing Tips - Focus on Style: How to be more Concise
	Thu	12.00-13.30	Writing Tips - Focus on Style: How to be more Detailed
	Sat	10.30-12.00	What Resilience Means for Researchers
Week 10 12 th – 15 th Dec	Mon	10.00-11.30	Using Storytelling to Communicate your Research
	Tue	9.30-11.00	Working in Research Teams
	Tue	10.00-13.00	A beginners guide to your PhD (in person event)
	Wed	18.00-19.30	How to Manage Change
	Thu	10.00-11.30	Writing Tips: How to Sound more Sophisticated
	Thu	12.00-13.30	Writing Tips: Differences between British & American Writing

Book sessions via [SkillsForge](#)
 Updates and all support for Warwick PGRS at [RDO Teams](#)
 Researcher Development [Webpage](#)
RDContact@warwick.ac.uk

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PhD Essentials, Productivity & Wellbeing Series

PhD Essentials, Productivity & Wellbeing Series

Researcher Development entails more than solely focusing on supporting students with writing their thesis or on the technicalities of undertaking academic research. It also 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 about research impact, to building resilience, 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 Sessions

Active Listening for Interviewing – [RD23-52](#)

Interviewing for your research? Being interviewed? Want to make sure that you clearly communicating? The way to improve your listening skills is to practice "active listening. This is where you make a conscious effort to hear not only the words that another person is saying but, more importantly, the complete message being communicated In order to do this you must pay attention to the other person very carefully. Active listening is an important research skill, but also supports you as a team member, leader, teacher and mentor. YouTube: [Active Listening for interviewing – YouTube](#)

Beating Writer's Block with Creative Writing – [RD23-73](#)

Are you still staring at the blank screen/ blank page? Finding it difficult to focus or know where to start? Sometimes we need to just start writing writing anything, writing without restriction writing without the internal voice or critic. Starting each of your writing sessions with some free writing/ creative writing will warm up your ' muscle' and will help you to populate that blank page. Be prepared to think laterally, creatively and have some fun. YouTube: [Beating writers block - YouTube](#)

Conferences: making the most of the event – [RD23-59](#)

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.

PhD Essentials, Productivity & Wellbeing Series

Creativity in Research – [RD23-68](#)

Have you ever thought about the role creativity plays in the research process? Developing a creative mindset may support us in navigating such process and make the connections that are needed for the research to flow and flourish. In this session we will be addressing the role of creativity in research and explore ways in which you can use creative inputs not only to help develop your ideas, but also to support your personal journey through the PhD process. YouTube: [Creativity in Research – YouTube](#)

Research Impact – [RD23-71](#)

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](#)

Design for Academics 1 – [RD23-14](#)

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 – [RD23-33](#)

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 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.

PhD Essentials, Productivity & Wellbeing Series

Emotional Intelligence for Researchers – [RD23-29](#)

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 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.

How to Have Difficult Conversations – [RD23-81](#)

Having a difficult conversation is not always about resolving conflict, it could be that we need to say something that we find uncomfortable, or we want someone to listen to our point of view or that we want our voice heard. It may also be that we need to resolve conflict. This session will help you recognise what is creating the difficulty, suggest tactics for preparing beforehand, and how to manage the actual conversation. It is also a great session to help you with future leading and managing relationships.

How to Manage Change – [RD23-94](#)

Our lives are changing so rapidly and sometimes we struggle to keep up. This workshop will help you gain perspective and make the changes that are needed and that suit you in your research lives, home lives and careers. We need to make the changes in a way that we can deal with. A session to help you regain focus and plan for managing the changes you need (or want) to do. YouTube: [Managing Change – YouTube](#)

Presenting with Confidence – [RD23-48](#)

Does the idea of public speaking and the thought of presenting your research to an audience make you feel anxious (or overwhelmed)? Then join us in this session to learn how to structure your presentations so you can gain confidence and get maximum impact. Whether you are presenting online or in person we will discuss tips and techniques on how you can prepare and deliver a presentation that restores your confidence and leaves your audience feeling engaged with your research.

PhD Essentials, Productivity & Wellbeing Series

Research Poster Design – [RD23-42](#)

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.. YouTube: [Research Poster Design - YouTube](#)

Problem-solving practical worries & challenges – [RD23-16](#)

Most people are using problem-solving skills on the daily basis, no matter whether they are trying to solve a technical problem, or scientific puzzle, navigate barriers on their PhD journey, or they just experience a range of practical worries in personal life. But how effective are you at tackling your practical worries and challenges in your life? In this workshop, which will be supported by a qualified and licenced low-intensity psychological wellbeing practitioner, you will learn what practical worry is, why people avoid doing tasks and engage in procrastination, what problem-solving strategies exist for overcoming your challenges, and how you can use problem-solving strategy to understand your problem, find a solution and create an action plan for tackling it. Finally, you will be learning the importance of reflection and learning from your problem-solving attempts, which are invaluable for future problem-solving. By the end of this workshop, you will be provided with practical strategies, and resources, which will enable you to take proactively problem solve your practical worries and challenges. There will be no need to disclose private or confidential information; we will just be discussing a practice which you can apply in your own time.

Tackling Perfectionism – [RD23-61](#)

Do you find yourself endlessly re writing, re doing experiments because they were not 'perfect'? Do you compare your work successes to others and feel like you don't measure up? Is your perfectionism just procrastination? Any of these ringing bells?? Then this session is for you. YouTube: [Perfectionism - YouTube](#)

PhD Essentials, Productivity & Wellbeing Series

Using drawing in your research - for planning – [RD23-64](#)

This session focusses on how you can use creativity and drawing to explore and organise your planning and your ideas. Permitting ourselves to reflect and work in a different way allows us to utilise different resources, different skills and, ultimately, to open pathways for different ways of thinking. YouTube: [Using drawing for planning - YouTube](#)

Using Storytelling to Communicate your Research – [RD23-90](#)

This workshop teaches various concepts of storytelling to make your research more engaging. Whether writing your final chapters or preparing for a conference, skillful 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.

Visualising your research: How visuals can help you plan your PhD – [RD23-43](#)

This workshop will help PGRs think of visualisation methods as a writing aid. 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. This workshop can explore ways of visualising goals to feel empowered or plan better. The goal of this workshop is to add to the researcher's repertoire of tools for writing and planning and reinforce the idea that their PhD experience is also one of creation and innovation.

What Resilience Means for Researchers – [RD23-86](#)

Research is challenging, not just in itself but in its impact on our wellbeing as researchers. There are techniques that we can apply to help us recognise our stress and to maintain our wellbeing. Resilience is the capacity to recover quickly from difficulties and is a very important part of maintaining wellbeing and continuing to be productive. Some people are equipped with a natural sense of how to maintain resilience but for others those same skills can be learned. This experiential workshop will give you the opportunity to learn about stress and its effects as well as a range of techniques for maintaining your personal resilience, including where to find help when it is needed. YouTube: [Resilience for your PhD - YouTube](#)

PhD Essentials, Productivity & Wellbeing Series

Productivity-related Sessions

A Beginners Guide to your PhD (in person event) – [RDRD23-11](#) & [RD23-13](#) & [RD23-93](#)

Most of us only do one PhD in our careers; let's get yours off to the best start. Whether you are new to academia or new to this level of research there are some fundamentals that will help you along the way. Delivered by experienced researchers and Warwick PhD alumni, we will take you through the PhD and what Warwick can do to support you. The 3 hour in person session includes building academic networks, professional development, responsibilities of a PGR, and the responsibilities of your supervisor/s. A chance to ask questions, plan your network building and get a better idea of what is available to you at Warwick.

10 Things I Wish I'd Known at the start of my PhD – [RD22-03](#)

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.

7 Steps to PhD Completion – [RD23-70](#)

What are the key characteristics of successful PhDs? A discussion session identifying some of the best practices; identifying characteristics and hints. We will set goals for rest of 2022, plan some time away from our research, and set milestones and targets getting set for 2023. YouTube: [7 steps for PhD completion - YouTube](#)

Effective Researcher (in person event) – [RD23-23](#) & [RD23-32](#)

Designed for Postgraduate Researchers in their first year. Get off to the best start possible. We will take you through the essential initial steps to starting your research degree; help you plan through the first 15 months and avoid common pitfalls. Areas that we will cover include: project planning; time management; objective setting; connecting with the research community; networking. The session will help you towards a greater self-awareness of the skills you already have and those you need to develop. It will connect you with fellow researchers and increase your awareness of the support services Warwick has to help you make the most of your research degree.

PhD Essentials, Productivity & Wellbeing Series

Get Prepared, Get Organised - starting your PhD – [RD23-1](#)

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](#)

Goal-setting & Defeating Self-Sabotage – [RD23-15](#)

Are you procrastinating getting distracted 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](#)

PhD Middle years – charting and preparing for the next 18 months – [RD23-60](#)

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](#)

PhD Essentials, Productivity & Wellbeing Series

Wellbeing-related Sessions

Hopes, Fears, and Challenges- starting your PhD – [RD23-2](#)

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.

Dealing with Impostor Syndrome – [RD23-35](#)

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](#)

Dealing with Negative Thinking & Self-doubt – [RD23-75](#)

Doing a PhD can be a stressful and challenging experience. At times, you can find yourself feeling overwhelmed by self-doubt and negative thoughts such as “I am not good enough”, or “I will never finish this project”. At such times, your negative thoughts will become your own worst enemy. However, negative thinking and self-doubt during a PhD journey are very common. Therefore, it is important to emphasise that you are not alone, as almost all doctoral researchers feel at some point doubts about their career choice and whether they belong in academia. In this workshop, which will be supported by a qualified and licenced low-intensity psychological wellbeing practitioner, you will learn what negative automatic thoughts are, what the most common negative thinking traps are, and most importantly, you will be thought strategies to challenge your negative thinking and balance your negative thoughts towards more positive ones. Once you complete this workshop, you will be able to independently put your negative thoughts to trial, find evidence for and against your negative thoughts, and come up with alternative thoughts, which will help you to balance your thoughts more toward the positive. There will be no need to disclose private or confidential information; we will just be discussing a practice which you can apply in your own time.

PhD Essentials, Productivity & Wellbeing Series

How to deal with Anxiety & Worries – [RD23-69](#)

Most PhD students during their doctoral training experience a range of worries, which often are uncontrollable and distressing. Excessive and persistent worrying is a key feature of anxiety. In this workshop you will learn what anxiety is, how anxiety and worrying affect us both physically and psychologically, what types of worry exist, and practical strategies to help you contain those worries, and manage your anxieties. By the end of this workshop, you will be provided with practical strategies, and resources, which will enable you to take control and manage your anxiety and worries.

How to deal with Isolation and Loneliness – [RD23-63](#)

Feeling lonely and isolated during your PhD is a common experience amongst doctoral researchers. However, that does not mean that loneliness or isolation is an inevitable and unchangeable part of the PhD experience. There are lots of ways that you can connect with others and find ways to tackle feelings of isolation – remember that you are not alone in feeling lonely or isolated! As everyone's situation is different, the specifics will look different for everyone. In this workshop you will learn how to understand what loneliness and isolation are, how common it is, what you can do to overcome them, and how you can start to reach a different community around you. Join us to learn about seeing loneliness/isolation from a different perspective, while learning new ways to handle this universal experience of loneliness together.

How to deal with Stress – [RD23-78](#)

Pursuing a doctoral degree whilst juggling research, teaching and learning can be quite a challenging and stressful experience. High levels of stress can create severe difficulties in normal functioning, which subsequently can negatively impact your physical, mental, social and academic life. In this workshop you will learn how to develop your stress management skills in understanding what stress is, how to recognise symptoms of stress and learn strategies for boosting your capacity for handling and recovering from the impact of daily stress. Subsequently, you will be able to apply learnt knowledge to your day-to-day life during your PhD, as well as in the future. By the end of this workshop, you will be able to gain insight into how stress works, the importance of keeping stress levels in check, and what techniques you can use to combat stress during your degree, which will help you to formulate your short- and long-term stress management plan of how to cope with you stress, based on your specific research environment and your own individual needs.

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Accelerator is a series of sessions which we think is invaluable to getting your PhD off to the best start. There's no need to attend all of them, and some are repeated at different times/ days throughout the 10 weeks of term.

Accelerator Series Sessions

Increase your Productivity - [RD23-50](#)

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](#)

Introduction to Project Management – [RD23-36](#)

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 to understand their needs; manage stakeholder expectations; 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](#)

Literature Review – [RD23-56](#)

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](#)

Accelerator Series

Speed Reading & Note Taking – [RD23-22](#)

We need to read and digest a vast amount of data and information. How can we do that effectively and efficiently? We need to read quickly but we need to take effective and consistent notes. This session will take you through 40 minutes of guided speed reading. Following a small break we will have a session on note taking effectively; a necessary combination. YouTube: [Speed reading and note taking - YouTube](#)

Supervisor & PGRs: Building successful practice – [RD23-41](#)

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](#)

Time Management – [RD23-74](#)

Do you think that you're procrastinating avoiding work rubbish at keeping your multiple projects on track? This session will help you identify what are causing your time management challenges and how to deal with them. Hear and apply some hints and tips that can work for you come up with an action plan for the next stage, understand how stress can have an impact on your ability to manage multiple tasks and get back on track with new confidence.

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Writing Support

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), and in social media.

Writing Support Sessions

Get your Writing on Track – [RD23-40](#)

Get your writing on track - how to deal with panic, writers block, procrastination or whatever it is that is stopping you. To recognise what is causing you to put off writing and when you are avoiding writing, is the starting point to get that thesis written. Once we have discussed your writer's blocks, we will look at tips and strategies for dealing with them. A great productive session! YouTube: [Get your writing on track - YouTube](#)

Get your Writing Organised - Stage 1: storyboards – [RD23-21](#)

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 – [RD23-30](#)

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 our readers. YouTube: [Getting your writing organised – YouTube](#)

Write more this week: action planning for the week ahead – [RD23-38](#)

Need to get more writing done? What's causing the blockages? Work with our Research Coach to get more writing into your week. Consider what three things need to be done today and over next 4 days to make the biggest impact on your research, in your research and around your research.

Writing Support

Writing for non-academic audiences – [RD23-44](#)

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.

Writing for Social Media – [RD23-82](#)

Preparing the world for your research. 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.

Perfecting your Writing: Editing & Proofreading Tips – [RD23-37](#)

Tidy up your structure, develop your proof reading and your editing skills. This session will give tips to support you in tidying up your writing, focus on how to get a clearer vision for your work and get your message across to your reader. YouTube: [Perfecting your writing – YouTube](#)

Proof Reading Circles – [RD23-77](#)

Our familiarity with our writing often means that we miss the writing errors in them. In this session, we will discuss some common writing mistakes, and the basic guidelines for proof reading. We will then exchange sections of our writing (maximum 1500 words) and proof read each other's work.

Writing Support

Writing Series

Academic writing: what is it and how to prepare for it – [RD23-7](#)

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.

Sentences: Starting Strong – [RD23-8](#)

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 – [RD23-17](#)

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 – [RD23-18](#)

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.

Writing Support

Representing other research fairly, organising your reading, filling the gap – [RD23-27](#)

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, structuring your work, signposting – [RD23-57](#)

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.

Introductions & Conclusions – [RD23-66](#)

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 – [RD23-67](#)

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 Support

Writing Tips Sessions

Writing tips sessions are different from regular workshops. The session's topic will be covered in the first **30-45 minutes**, and then the rest of the session will be given to writing and getting feedback. You are welcome to attend the first half or the whole session.

Writing Tips - Academic Hedging: advantages and pitfalls – [RD23-9](#)

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.

Writing Tips - Differences between British & American Writing – [RD23-96](#)

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.

Writing Tips - Focus on Style: How to be more Concise – [RD23-84](#)

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.

Writing Tips - Focus on Style: How to be more Detailed – [RD23-85](#)

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.

Writing Support

Writing Tips Sessions

Writing tips sessions are different from regular workshops. The session's topic will be covered in the first **30-45 minutes**, and then the rest of the session will be given to writing and getting feedback. You are welcome to attend the first half or the whole session.

Writing Tips - How to Sound more Sophisticated – [RD23-95](#)

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.

Writing Tips - Punctuation: an overview – [RD23-28](#)

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.

Writing Tips - The passive voice: what is it and when should I use it? - [RD23-58](#)

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.

Writing Tips - Writing about Hypothetical Situations: the conditional, the future perfect, the subjunctive – [RD23-76](#)

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.

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Research Practices & Methodologies

Research Practices and 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. In the Research Methods Series, you'll find an overview of qualitative, quantitative and/or mixed methods. It explores the reason why some researchers will adopt certain methodologies and why some approaches are more suitable than others. 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, this is for you.

In addition to our popular research methods training, we also offer sessions that focus on integrity, reflexivity, ethics, planning and team working.

Research Methods Series

Quantitative data collection and analysis – [RD23-6](#)

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 – [RD23-12](#)

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.

Research Practices and Methodologies

Advance Quantitative data analysis: Regression, Anova, and Manova – [RD23-26](#)

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 – [RD23-31](#)

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.

Qualitative Research Part 2 – Methodologies and analysis – [RD23-46](#)

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.

Graphical representation of qualitative and quantitative data – [RD23-51](#)

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](#)

Research Practices and Methodologies

Mixed- Methods research design, data collection and analysis – [RD23-65](#)

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 – [RD23-72](#)

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.

Further Sessions on Research Practice & Methodologies

A (complete beginners) guide data handling: What is mean, mode, median and range? – [RD23-80](#)

Haven't done any maths since you were 16 years old? Did you retire your calculator when you left secondary school? Are you now being asked to do 'stats'? Feeling panicked or worried when your supervisors has asked about measures of central tendency? Come along to this beginners' guide to data handling. This session is for those who haven't opened a maths book in years and now needs a little help or support. We will look at: mean, mode, median and range.

Research Practices and Methodologies

Reflexivity for Researchers – [RD23-62](#)

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 Planning for Your First Year – [RD23-39](#)

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](#)

What is Questionable Research Practice? – [RD23-45](#)

Would you recognise bad research practice if you saw it? Would you know it if you read it? Would you understand the practice of a qualitative researcher and how their data is gathered? How about the interpretation of a series of data sets valued by a quantitative researcher?

With many of us working across multi-discipline, multi-department research teams, we will see people using different research methodologies, experience different research cultures and practice. Lack of understanding of how other researchers' work can lead to confusion, possibly even some difficulty. But one area we are all agreed upon, no matter how we research, is what we consider to be 'questionable research practice'. YouTube: [what is questionable research practice - YouTube](#)

Working in Research Teams – [RD23-92](#)

Research funders are more often requesting that research is undertaken by research teams; often allowing for the pooling of diverse knowledge & disciplines, the development of new and early career researchers working alongside more experienced colleagues; and enabling us to be more globalised in perspective and behaviour. Working in research teams session looks at best practice, security & ethics, collaborative practice and respectful research behaviour.

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PhD in a 2nd Language Series

PhD in a 2nd Language

A PhD is challenging. Doing it in another language makes it more so. The 'PhD in a second language' series is designed to support you with many aspects of the process. We cover writing and speaking; reading and presenting. We discuss how we network and create connections. We also discuss the vagaries of undertaking research in the UK; the words that mean something entirely different and trip us up every time. 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 Series

Communicating with your Supervisor – [RD23-54](#)

Your supervisor can be the most valuable resource you have during your PhD. Knowing how to communicate and foster the relationship with your supervisor is crucial for your research to develop. In this session we will discuss common difficulties second language speakers might face when conversing with their supervisors. The session offers a supportive and safe environment for challenges to be shared. We will also strategically plan ways to navigate such challenges with the aim to improve the communication with your supervisor.

Conferences & Networking – [RD23-34](#)

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](#)

PhD in a 2nd Language

Navigating Speaking & Listening Difficulties – [RD23-5](#)

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](#)

Navigating Writing & Reading Difficulties – [RD23-19](#)

This session will provide opportunities to share the current difficulties that you are facing in written academic English and explore ways forward for improving your understanding and develop your writing. YouTube: [Writing and reading difficulties PhD in a second language – YouTube](#)

Presenting in Another Language – [RD23-24](#)

Presenting in another language can sometimes makes 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](#)

Writing Literature Review – [RD23-47](#)

Writing a literature review in a second language may feel intimidating at times, so come get some hints, tips, and ideas on how to create or improve your literature review. We'll explore what it's all about, what you need to cover and how to do it. YouTube: [Literature Review in a Second Language Series – YouTube](#)

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No matter what stage of your PhD, you need to start planning where to go next. Deciding what career will suit you and your skills, abilities and what you value will help you think about what you need to be doing now to get the career of your choice. This Autumn Term we will be offering 1-2-1 Coaching sessions to help you start thinking and shaping where you'll want to go next.

Coaching for your Career – [RD23-00](#)

A career coach will help you identify what you want out of your career, what is important to you and what self limitations maybe blocking your choices.

Coaching has been defined in many ways. The essence of coaching is:

- To help a person change in the way they wish and helping them go in the direction they want to go.
- Coaching supports a person at every level in becoming who they want to be.
- Coaching builds awareness empowers choice and leads to change.

It unlocks a person's potential to maximise their performance. Coaching helps them to learn rather than teaching them. You will leave with an initial action plan to get those Next Steps underway.

A **45 minute** online support session from your own coach. Places strictly limited.

* This is a coaching session where we will discuss your hopes & plans for your career. *If you want specific industry related advice, then speak to our Careers advisors**

In the Summer Term we will be running our **Next Step Careers Event** (check out what happened last term [here](#)). The event will consist of weekly themes supported online and in person. These will include sessions such as:

Get your career discussions started; Post PhD - Staying in academia; Managing my career; Preparing for Leadership; Teaching in HE, FE & Schools; Post-Phd - Moving out of academia; and Wider academic Challenges

Check our [Careers Webpage](#) for more resources, useful links and Career Services offered by The University of Warwick 