

Welcome to our Spring Term 2024!

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 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 a 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](#).

Please scroll down to see our full [schedule](#) with links that direct you straight into booking on SkillsForge or continue exploring this document containing all the descriptors of the workshops we'll be offering this term.

RESEARCHER DEVELOPMENT – SPRING TERM 2024

Week	Day	Date	Time	Session	Booking Link
Week 1	Mon	05/02/2024	11.00-12.30	Increase your Productivity	RD24-77
	Mon	05/02/2024	13.00-14.30	Get your Writing Organised - Stage 1: storyboards	RD24-57
	Tue	06/02/2024	10.00-12.00	Academic writing: what is it and how to prepare for it	RD24-11
	Wed	07/02/2024	10.00-11.30	Representing other research fairly, organising your reading, filling the gap	RD24-15
	Wed	07/02/2024	13.00-14.00	Writing tips - Focus on Style: How to be more Concise	RD24-28
	Wed	07/02/2024	17.00-19.00	Quantitative Data Collection and Analysis	RD24-1
	Thu	08/02/2024	17.00-18.30	How to Deal with Low Mood	RD24-80
	Fri	09/02/2024	09.30-11.00	Visualising your Research: how visuals can help plan your PhD	RD24-48
	Sat	10/02/2024	10.00-11.30	Research Poster Design	RD24-54
Week 2	Mon	12/02/2024	10.30-12.00	A (complete beginners) Guide to Data Handling: what is mean, mode, median and range?	RD24-81
	Mon	12/02/2024	13.00-14.30	Get your Writing Organised - Stage 2: signposting & mapping	RD24-66
	Tue	13/02/2024	10.00-11.30	Using Storytelling to communicate your research	RD24-64
	Tue	13/02/2024	14.00-15.30	Paragraphs: the building blocks of your thesis	RD24-13
	Wed	14/02/2024	10.00-11.30	Long documents: practical tips, structuring your work, signposting	RD24-16
	Wed	14/02/2024	13.00-14.00	Writing Tips - Academic Hedging: advantages and pitfalls	RD24-27
	Wed	14/02/2024	17.00-18.30	How to prevent burnout during your PhD	RD24-50
	Thu	15/02/2024	11.00-12.30	PhD in a 2nd Language: things to consider	RD24-32
	Thu	15/02/2024	17.00-19.00	Advance Quantitative data analysis: Regression, Anova, and Manova	RD24-3
	Fri	16/02/2024	09.30-11.00	Qualitative Research Practices: Interviewing and Oral History Methods	RD24-53
Week 3	Tue	20/02/2024	14.30-16.00	Writing Sentences: starting strong	RD24-12
	Wed	21/02/2024	10.00-11.30	Finding, Reading, and Quoting Research	RD24-14
	Wed	21/02/2024	13.00-14.00	Writing Tips - Writing Hypotheses: the conditional, the future perfect, the subjunctive	RD24-24
	Wed	21/02/2024	17.00-19.00	Qualitative Research Part 1 – Epistemologies and data collection	RD24-4
	Thu	22/02/2024	10.00-11.30	Get prepared, get organised - starting your PhD	RD24-45
	Thu	22/02/2024	13.00-14.30	Preparing for your Upgrade	RD24-52
	Thu	22/02/2024	17.00-18.30	How to Deal with Stress	RD24-82
	Fri	23/02/2024	09.30-11.00	Design for Academics 1	RD24-60
	Fri	23/02/2024	13.00-14.30	PhD Middle years – chart and prepare for the next 18 months	RD24-67
		Sat	24/02/2024	10.00-12.00	Inspecting Data Bases
Week 4	Mon	26/02/2024	11.00-12.30	Protect your Intellectual Property	RD24-83
	Mon	26/02/2024	13.30-15.00	Presenting your Research	RD24-65
	Tue	27/02/2024	10.00-11.30	Get your Writing on Track	RD24-84
	Tue	27/02/2024	12.30-14.00	Part-time PhD: How to juggle work, life & research	RD24-58
	Tue	27/02/2024	14.30-16.00	Writing Introductions and conclusions	RD24-17
	Wed	28/02/2024	10.00-11.30	Advanced Writing: Writing an article for publication	RD24-22
	Wed	28/02/2024	17.00-19.00	Qualitative Research Part 2 – Methodologies and analysis	RD24-5
	Thu	29/02/2024	11.00-12.30	Dealing with Impostor Syndrome	RD24-55
	Thu	29/02/2024	17.00-18.30	Accelerator Series: Introduction to Project Management	RD24-43
		Fri	01/03/2024	09.30-11.00	Fieldwork Abroad: How to plan and what to expect

RESEARCHER DEVELOPMENT – SPRING TERM 2024

Week 5	Mon	04/03/2024	11.00-12.30	Making your thesis easier to read for your examiner	RD24-73
	Mon	04/03/2024	13.30-15.00	Preparing for your Viva	RD24-69
	Tue	05/03/2024	10.30-12.00	Creativity in Research (ON CAMPUS)	RD24-88
	Tue	05/03/2024	13.30-15.00	Intercultural Training for PGRs (ON CAMPUS)	RD24-89
	Wed	06/03/2024	10.00-12.00	Academic Writing: what is it and how to prepare for it	RD24-11
	Wed	06/03/2024	13.00-14.00	Writing Tips - Focus on Style: Differences between British & American Writing	RD24-31
	Wed	06/03/2024	17.00-18.30	Facing your Fears in Academia	RD24-90
	Thu	07/03/2024	11.00-12.30	PhD in a 2nd Language Series: Navigating Speaking & Listening Difficulties	RD24-33
	Thu	07/03/2024	17.00-18.30	Literature Reviews: Where to start?	RD24-63
	Fri	08/03/2024	09.30-11.00	Design for Academics 2	RD24-61
Sat	09/03/2024	10.00-12.00	Mixed- Methods Research Design, Data Collection and Analysis	RD24-8	
Week 6	Mon	11/03/2024	10.30-12.00	Research Impact	RD24-91
	Mon	11/03/2024	13.00-14.30	Increase your Productivity	RD24-77
	Tue	12/03/2024	10.00-11.30	Writing Proposals and Abstracts	RD24-19
	Tue	12/03/2024	12.30-13.30	The passive voice: what is it and when should I use it?	RD24-25
	Tue	12/03/2024	14.00-15.30	Goal setting & defeating self-sabotage	RD24-74
	Wed	13/03/2024	14.00-15.30	Writing and Giving Conference Papers	RD24-20
	Wed	13/03/2024	17.00-18.30	What Resilience means for Researchers	RD24-92
	Thu	14/03/2024	17.00-19.00	How to write Qualitative research findings?	RD24-6
Fri	15/03/2024	09.30-11.00	Writing for non-academic audiences	RD24-49	
Week 7	Mon	18/03/2024	14.00-15.30	Accelerator Series: Time Management	RD24-42
	Tue	19/03/2024	10.00-11.30	Advanced Writing: How to Edit Effectively	RD24-21
	Wed	20/03/2024	11.00-12.30	How to Respond to Feedback	RD24-18
	Wed	20/03/2024	13.30-14.30	Punctuation: an overview	RD24-26
	Wed	20/03/2024	17.00-18.30	How to Have Difficult Conversations	RD24-93
	Thu	21/03/2024	11.00-12.30	PhD in a 2nd Language Series: Editing and Proofreading	RD24-36
	Fri	22/03/2024	09.30-11.00	Writing for Social Media	RD24-79
	Sat	23/03/2024	10.00-12.00	Graphical Representation of Qualitative and Quantitative Data	RD24-7
Week 8	Mon	25/03/2024	11.00-12.30	Preparing for your Viva	RD24-69
	Mon	25/03/2024	14.00-15.30	Dealing with Transitions	RD24-94
	Tue	26/03/2024	10.00-12.00	Active Listening for Interviewing (ON CAMPUS)	RD24-86
	Tue	26/03/2024	13.00-15.00	Creating Positive Working Relationships (ON CAMPUS)	RD24-87
	Wed	27/03/2024	12.00-13.00	Writing Tips - Focus on Style: How to Sound more Sophisticated	RD24-30
	Wed	27/03/2024	14.00-15.00	Writing Tips - Focus on Style: How to be more Detailed	RD24-29
	Wed	27/03/2024	17.00-19.00	Meta Analysis Research: a how to guide	RD24-9

Descriptions of sessions follow below.

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. In the Spring we will be offering:

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.

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](#)

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 hints, tips, ideas, and get your questions answered. YouTube: [Literature Review - YouTube](#)

Research Practices & Methodologies

Good knowledge of research practices and methodologies is fundamental for your PhD and will be crucial even in your future career. 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.

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.

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.

— Further Sessions on Research Practices —

A (complete beginners) Guide to Data Handling: what is mean, mode, median and range?

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.

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.

Active Listening for Interviewing

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](#)

Fieldwork Abroad: What to Expect

This workshop will help facilitate a better understanding of how to do fieldwork abroad, and some of the problems a researcher might face in the foreign contexts. Our discussion will include both travelling to your own home country, as well as travelling to a foreign country for work. The session will also help the researcher think about risk assessment plans as part of their research design.

Writing Support

RDO offers a wide range of writing sessions to support you with your PhD thesis. It doesn't matter what 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.

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.

— 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.

— 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.

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. These sessions are designed to support you with different aspects of the experience. The workshops are run by a Warwick PhD alumni and lecturer who still occasionally struggles to find the correct English word. This spring we'll be tackling:

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](#)

PhD in a 2nd Language - Editing and Proofreading

Tidy up your structure, develop your proof reading and your editing skills. This session will give second language speakers 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.

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 Sessions —

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](#)

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. 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.

Creativity in Research

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.

Protect your Intellectual Property

This online webinar designed by Vitae & the Intellectual property Office (IPO) is delivered by our in house expert (who delivered these sessions nationally for the IPO). The session aims to help you understand what you need to know about IP and your research, and IP regarding others' research or work.

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.

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](#)

Intercultural Training for PGRs

RDO is teaming up with staff from the *Intercultural Programme* (Student Skills) to bring to PGRs an outlook of what is intercultural awareness and why intercultural communication matters for globalised researchers. This session will be highly interactive and in person (Seminar Room 1, REX, Library).

— Essentials: Communicating Research —

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.

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](#)

Creating Positive Working Relationships – Communication Styles

Do you find yourself intimidated when someone asks a question and wants a quick response? Or find it frustrating that someone doesn't answer your question immediately? We all have different ways of working; ways that work naturally for us, and ways that we have learnt in order to fit into the group. But what if we had a better idea of how our colleagues preferred to work, how they prefer to be spoken to, asked questions, or be motivated? What if we had a crib sheet to the different styles that people have of communicating? The DISC style of Leadership Communication is just that; helping you think about your colleagues & team, how you work with individuals in your team, work with your team as a whole, and lead successfully. This session is aimed at those who are working in a research group, leading their first team or wanting to focus on how their research colleagues, including supervisors, prefer to work.

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.

— Productivity & Wellbeing Sessions —

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](#)

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](#)

Get your Writing on Track

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](#)

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. YouTube: [Goal Setting Defeating Self Sabotage - 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](#)

Dealing with Transitions

In this workshop we will be discussing the processes and phases we usually go through when in moments of transition. This session is open for every stage of your research: whether you are just entering your PhD journey and having to adapt to a new 'academic life', whether you are heading towards its end and having to 'let go' and submit your thesis; or even if you are situated in that middle 'in-between' zone, which can feel disorientating at times. We will talk through what the process of transition usually entails, aim to normalise it by understanding how it manifests in our emotions

(everyone goes through it!), and ultimately, find strategies to help us better deal with the particular stage we find ourselves in.

Facing your Fears in Academia

We don't like to admit to it but doing a PhD / Research degree can be a real challenge; and yes we are all feeling it – we just might not be saying it. This session, supported by a Mental Health practitioner, will explore graded exposure; this is breaking your fears down into small steps in order to face up to them, deal with them and hopefully overcome them. Facing your fears in academia [Facing your Fears in Academia - YouTube](#)

What Resilience Means for Researchers

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](#)

How to Have Difficult Conversations

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 Deal with Low Mood

Embarking on and completing your PhD journey can be an overwhelming experience at times. When things feel uncertain or out of our control, it's understandable to feel sadness, low mood and a lack of motivation. The key is learning to manage these feelings in a healthy and positive way. This workshop will introduce you to life-long strategies you can use while facing low mood-triggering situations due to your PhD, life circumstances or the cold and dark winter months. Over the course of this session, you will learn to better identify low mood triggering situations, recognise your symptoms, and employ coping skills to help manage your symptoms of low mood. This workshop will also help you to increase your general understanding of low mood and what you can do to improve it.

How to Deal with Stress

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, which will be supported by a qualified and licenced low-intensity psychological wellbeing practitioner, 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 your stress, based on your specific research environment and your own individual needs.

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.

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 \(warwick.ac.uk\)](#)