PGR Research Skills Programme

2023-24

Contents

Our approach to research development at York St John

York St John University (YSJ) is a small university with big aspirations for impactful research.

Our approach to supporting the development of our postgraduate researchers recognises that there are a key set of personal and professional skills that underpins all successful research careers, but needs also vary depending on specific discipline and career stage. Our programme is coordinated by the Research Office and delivered by some our most senior and experienced researchers. It is an exciting programme and offers an array of activities and opportunities that will help you successfully complete your research degree programme.

Professor Andrew Hill, Head of Postgraduate Research

Welcome to the PGR Research Skills Programme!

What is it?

The PGR Research Skills Programme is a suite of training and development workshops for postgraduate researchers (PGRs) at York St John University. Drawing upon the collective skills of our academic and professional services staff, the Programme's diverse range of topics have been chosen to support your personal and professional development during your research degree and beyond. Each training session is aligned with an area of the Vitae Researcher Development Framework (which you can find more about on page 6-7, enabling you to monitor your progress against this nationally recognised framework.

The Research Skills Programme is not a course you must complete in its entirety to obtain your degree. Instead, we encourage you to treat it as a set of resources from which to build a bespoke course that helps you successfully complete your project and grow as a researcher. The sessions labelled as 'essential' act as a foundation, providing key skills and information for all PGRs which are aligned with each stage of a standard research degree structure. All the other sessions are open to everyone but some will be more relevant or useful to you than others. We have grouped these sessions by category and included a few words to help you quickly identify which training activities are best suited to your stage, discipline/subject area, and the type of research you'll be doing.

All PGRs are required to complete a Development Needs Analysis (DNA) and Plan at the outset of their research degree (available here).

Once complete, this form will help you and your supervisors decide which Research Skills sessions to attend and identify any other training you may need to undertake outside the scope of the Programme. We recommend referring to your DNA along with the resources in this booklet (including the Vitae Researcher Development Framework on page 6) in conversations with your supervisors about your training needs, updating your DNA as you make progress towards your goals.

How do I get involved?

Most of the training sessions, seminars and workshops that make up the Research Skills Programme are grouped into a series of Study Days. Each Study Day comprises five one-hour sessions that take place at the following times:

09:30-10:30

11:00-12:00

13:00-14:00

14:30-15:30

16:00-17:00

Study Days take place alternately on campus and online via Microsoft Teams as indicated below. Training sessions delivered online are recorded for you to access via our Virtual Graduate Centre if you are unavailable on the day the session takes place.

2023-24 Study Days

Date	Location
Monday 16 October	Skell 126
Thursday 9 November	Online
Monday 4 December	Skell 126
Thursday 11 January	Online
Monday 12 February	Temple Wing 104
Thursday 14 March	Online
Monday 8 April	Skell 126
Thursday 9 May	Online
Monday 10 June	Skell 126
Thursday 18 July	Online
Monday 19 August	Skell 126

The training sessions and workshops that make up each Study Day are not grouped according to theme, topic or discipline. Therefore, while you are welcome to stay for an entire day's training, it's unlikely that every session will be relevant or helpful for you and your research. Please refer to the guidance above on choosing which sessions to attend.

Below is a quick step-by-step guide to booking and attending PGR Research Skills sessions:

- Use this booklet (referring to your DNA/project plan) to make a list of the sessions you are interested in.

- Head to the Virtual Graduate Centre. As soon as bookings are open for a Research Skills session, the details (dates, times and locations) will be published here, including a link to Eventbrite where you can book your place. If this information isn't available for a particular session, this is likely because bookings are not yet open so please check back later or contact the Research Office (researchoffice@yorksj.ac.uk).

- Sessions that take place online will be recorded and made available on the Virtual Graduate Centre. Please note that we are not currently able to record sessions that take place face-to-face on campus.

If you'd like to know more about any of the sessions or activities listed in this booklet, please feel free to contact the Research Office at researchoffice@yorksj.ac.uk.

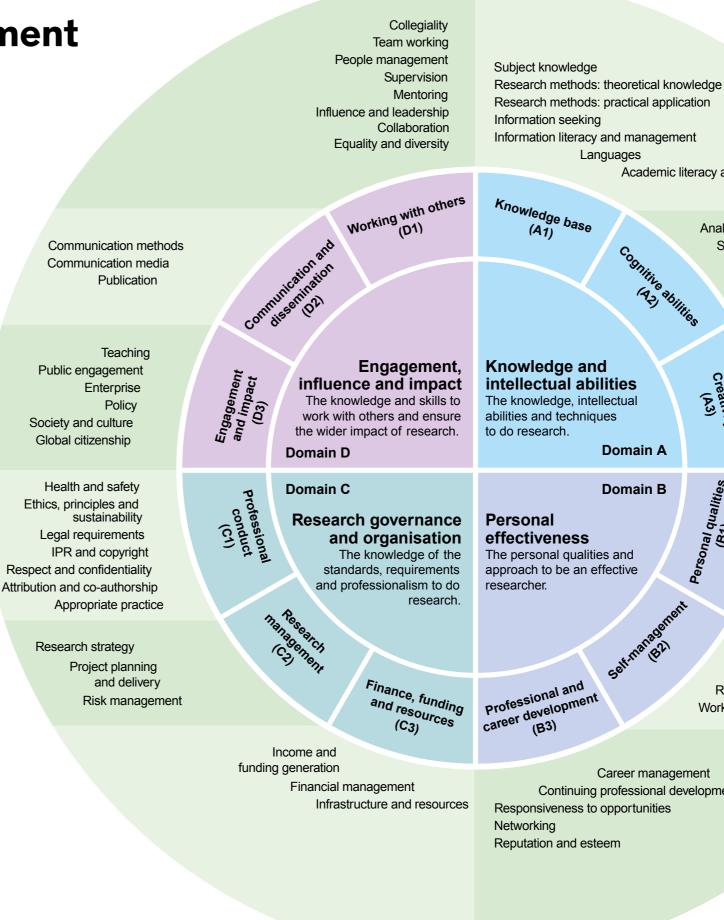# The Vitae Researcher Development Framework (RDF)

The RDF is a professional development framework for planning, promoting, and supporting the personal, professional and career development of researchers in higher education. It articulates the knowledge, behaviours and attributes of successful researchers and encourages them to realise their potential.

The Framework comprises four domains:

- Knowledge and Intellectual Abilities
- Personal Effectiveness
- Research Governance and Organisation
- Engagement, Influence, and Impact.

The RDF supports the implementation of the Concordat to Support the Career Development of Researchers – of which YSJU is a signatory - and the QAA Code of Practice for research degree programmes.

Collegiality
Team working
People management
Supervision
Mentoring
Influence and leadership
Collaboration
Equality and diversity

Subject knowledge
Research methods: theoretical knowledge
Research methods: practical application
Information seeking
Information literacy and management
Languages
Academic literacy and numeracy

Communication methods
Communication media
Publication

Analysing
Synthesising
Critical thinking
Evaluating
Problem solving

Working with others (D1)

Knowledge base (A1)

Communication and dissemination (D2)

Cognitive abilities (A2)

Teaching
Public engagement
Enterprise
Policy
Society and culture
Global citizenship

Engagement and impact (D3)

Engagement, influence and impact
The knowledge and skills to work with others and ensure the wider impact of research.

Domain D

Knowledge and intellectual abilities
The knowledge, intellectual abilities and techniques to do research.

Domain A

Creativity (A3)

Inquiring mind
Intellectual insight
Innovation
Argument construction
Intellectual risk

Health and safety
Ethics, principles and sustainability
Legal requirements
IPR and copyright
Respect and confidentiality
Attribution and co-authorship
Appropriate practice

Professional conduct (C1)

Domain C

Research governance and organisation
The knowledge of the standards, requirements and professionalism to do research.

Domain B

Personal effectiveness
The personal qualities and approach to be an effective researcher.

Personal qualities (B1)

Enthusiasm
Perseverance
Integrity
Self-confidence
Self-reflection
Responsibility

Research strategy
Project planning and delivery
Risk management

Research management (C2)

Finance, funding and resources (C3)

Professional and career development (B3)

Self-management (B2)

Preparation and prioritisation
Commitment to research
Time management
Responsiveness to change
Work-life balance

Income and funding generation
Financial management
Infrastructure and resources

Career management
Continuing professional development
Responsiveness to opportunities
Networking
Reputation and esteem

Meet the team

Research Office PGR Team

Emily Smith
PGR School Manager

Richard Bracknellin
PGR Officer - Training and
Development

Amy Langton
PGR Officer - Community
and Engagement

Victoria Lain
PGR Officer - Scholarships
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Session catalogue

Induction and essential Research Skills sessions

These sessions form the core of the Research Skills Programme. You are expected to attend the induction and 'Getting ready…' events for the middle and final stages of your degree, along with the other essential events and sessions for your current stage of study. If you are a part-time doctoral student, each stage covers two years: so, for example, the essential sessions categorised as 'Stage 1' can be completed in either your first or second year of part-time study. If you are studying for a Masters by Research, please attend the sessions that are most appropriate for you at each stage of your degree, consulting your supervisors if you are unsure.

Stage 1

Induction to your research degree

Facilitator(s): Research Office PGR Team; Head of Postgraduate Research; professional services teams

RDF indicator(s): A, B, C, D

At induction, all new PGRs are welcomed into the YSJU research community. You'll be introduced to teams and individuals from across the University and the support they can offer, and learn more about postgraduate life at York St John. Induction is also a great opportunity to meet some of your fellow PGRs, explore our beautiful campus, and ask any questions you might have about PGR study and university life.

PGR induction takes place three times a year, coinciding with each new intake of PGRs in October, February, and June. All PGRs are expected to attend; if you cannot attend induction when you commence your studies, you will need to attend the next time it takes place and contact the Research Office to ensure you have the essential information you need before starting your research degree.

Who is this session for?
All PGRs beginning their research degree are expected to attend induction.

Library and Learning Services for PGRs

Facilitator(s): Library and Learning Services team

RDF indicator(s): B2, C1

This session introduces you to the resources, services and support offered by YSJU's Library and Learning Services team. You'll find out how to access the physical and digital sources you will need to complete your research and learn about the ways in which the Library and Learning Services team supports research across the University.

Who is this session for?
This session is essential for all PGRs in the first stage of their research degree. Those at later stages are also welcome to attend.

GDPR for researchers

Facilitator(s): Liam Wilkinson (Information and Governance Assistant)

RDF indicator(s): C1

Discover how to remain legally compliant when collecting and using personal data as part of a research project. The session will provide an overview of the requirements of the current UK General Data Protection Regulation (UK GDPR) with specific emphasis on:

- processing personal data safely and securely
- preparing the necessary documentation
- benefiting from exemptions when processing data for research purposes.

Who is this session for?
This session is essential for all PGRs in the first stage of their research degree. Those at later stages are also welcome to attend.

Data management for researchers

Facilitator(s): Megan Kilvington (Copyright and Licensing Librarian, Library and Learning Services)

RDF indicator(s): B2, C1, D2

Session overview
This session is an introduction to research data management. We'll cover the basics of research data management, data management plans and the benefits of effective research data management. We'll also look at open data repositories and what you need to consider when sharing and making research data open.

By the end of the session, you will:
- Understand the basic of research data management, data management plans and open data repositories.

- Be aware of the Digital Curation Centre and additional sources of support when writing data management plans.

Who is this session for?
This session is essential for all PGRs in the first stage of their research degree. Those at later stages are also welcome to attend.

Using the Vitae Researcher Development Framework Planner for your career progression

Facilitator(s): Dr Charlotte Haines-Lyon (Senior Lecturer in Education Studies, School of Education, Language and Psychology)

RDF indicator(s): B3

This session will introduce the Vitae Researcher Development Framework (RDF) planner to participants and look at how researchers can use it to help aid their career progression.

By the end of the session, you will:
- Understand what the RDF planner is and how to access it

- Understand how to use the RDF planner and log evidence.

- Be able to export reports for different uses, e.g. PhD reviews, promotions and job applications

Who is this session for?
This session is essential for all PGRs in the first stage of their research degree. Those at other stages are also welcome to attend.

Ethical approval for postgraduate research: what is it and why does it matter?

Facilitator(s): Research Office; School Research Ethics Committee Chairs

RDF indicator(s): C1
York St John University is committed to supporting and delivering new and challenging research in a number of different fields. An important aspect of that support is ensuring all researchers can identify and mitigate any potential risks that carrying out their research might entail. PGRs and academic staff alike are therefore required to obtain ethical approval for the research they undertake at YSJU.

In this session, delivered jointly by the Research Office and School Research Ethics Committee chairs, you will have the chance to learn more about completing and submitting your research ethics application using our Ethics Monitor system, and ask any questions you might have about this process. You will also be invited to consider research ethics in a wider context and reflect on the impact they might have on your research throughout – and beyond – your PGR journey.

Who is this session for?
This session is essential for all PGRs in the first stage of their research degree. Those at other stages are also welcome to attend, particularly if they would like to refresh their knowledge of research ethics and approval processes.

Stage 2

Getting ready for the middle stage of your research degree

Facilitator(s): Research Office PGR Team; Head of Postgraduate Research

RDF indicator(s): A, B, C, D

The middle stage of your research degree (Year 2 for full-time doctoral-level students; Year 3 and 4 for part-time) can be an exciting time. For many PGRs, though, approaching the halfway mark can bring challenges too. As well as providing information and guidance on navigating this stage of your studies, this session gives you the chance to catch up with your fellow researchers, reacquaint yourself with the support available to you, and share any queries or concerns with the Research Office's PGR team and the School PGR Leads.

Who is this session for?
This session is essential for doctoral-level PGRs beginning the middle stage of their degree. Those undertaking a Masters by Research are welcome to attend but are not required to do so, and may not find all the information provided applicable.

Creating your thesis

Facilitator(s): Digital Training team

RDF indicator(s): B2

Right from the start of writing, the Digital Training team recommend you use the features of Word to enhance your work and save you time. Let Word handle all the tables of contents and cross-references. If you ever manually type a page number then you are missing a trick. Set up your document now so that when you have finished writing all is already set up for submission.

By the end of this session, you will know:
- How to ensure your thesis complies with the University's formatting guidelines
- How to use a range of features in Microsoft Word to make structuring and navigating your thesis easier
- How to use your institutional OneDrive access to ensure your work is secure and up to date

Who is this session for?
This session is essential for all PGRs in the middle stage of their research degree. Those at later stages are also welcome to attend, particularly those at the 'writing-up' stage.

Open Research practices for PGRs

Facilitator(s): Megan Kilvington (Copyright and Licensing Librarian, Library and Learning Services)

RDF indicator(s): B2, D2

This session is an introduction to Open Research, Open Access and Open Data. We'll cover what Open Research is and why it's important. We'll then look more closely at Open Access, Open Data and the benefits of Open Research. We'll look at the University's Open Access Policy and Research Data Management Policy. Finally, we'll look at RaY, the University's institutional repository for research outputs; RaYDaR, the University's open data repository; and ORCID iDs.

Through this session, you will:
- Develop an awareness of Open Research, Open Access and Open Data
- Learn about the University's institutional repositories, RaY and RaYDaR
- Learn about and create an ORCID iD

Who is this session for?
This session is essential for all PGRs in the middle stage of their research degree. Those at other stages are also welcome to attend, particularly if considering publishing their research.

Introduction to RaY – YSJ's research repository

Facilitator(s): Ruth Mardall (Repository Librarian, Library and Learning Services)

RDF indicator(s): B2, C2, D2

Research at York St John (RaY) is YSJU's institutional repository service which exists to store, showcase and share the University's research output. This session will provide an introduction to RaY for any PGRs who may be considering opportunities to publish their research.

By the end of the session, participants will:
- Know what RaY is
- Be able to upload outputs to RaY
- Know who to contact for further information and support

Who is this session for?
This session is essential for all PGRs in the middle stage of their research degree. Those at other stages are also welcome to attend, particularly if considering publishing their research.

Equality, Diversity and Inclusion (EDI): what does it mean for my research?

Facilitator(s): Professor Esther McIntosh (Professor of Feminist Theology and Ethics, School of Humanities)

RDF indicator(s): C1, C2, D1,

Equality, diversity and inclusion (EDI) is an often-heard umbrella term in Higher Education and occupies a prominent role in discourses surrounding academic policy and practice. But what does EDI really mean for us as researchers? In this session, Prof. Esther McIntosh will guide you through the basic protected characteristics as defined under the Equalities Act (2010) before drawing on her own research and professional experiences to reflect on how EDI issues impact on us as researchers and on the work we do.

Who is this session for?
This session is essential for all PGRs in the middle stage of their degree. Those at other stages are also welcome to attend.

Researcher self-care

Facilitator(s): Professor Lynne Gabriel (Professor of Counselling and Mental Health, School of Education, Language and Psychology)

RDF indicator(s): B2

Why should we address researcher self-care? This seminar considers self-care for researchers and invites participants to consider their own self-care and implications for research/researcher practice.

Who is this session for?
This session is essential for PGRs in the middle stage of their research degree. Those at other stages are also welcome to attend.

Stage 3

Getting ready for the final stage of your research degree

Facilitator(s): Research Office PGR Team; Head of Postgraduate Research; Registry Research Team

RDF indicator(s): A, B, C, D

In this session for doctoral students entering the final stage of their research degree (Year 3 for full-time students; Year 5 for part-time), colleagues from the Research Office and Registry will guide you through the processes and timescales involved in preparing for your thesis submission and examination. As well as thinking about assessment, you will be encouraged to reflect on your PGR journey so far and begin to consider what options are available to you after completing your studies. The Research Office PGR team will be on hand to provide a reminder of the support and opportunities available to you, including the other essential Research Skills sessions for Stage 3.

If you are undertaking a Masters by Research, you are still welcome to attend this session but are not required to do so, and you may not find all the information provided to be relevant to you.

Who is this session for?
This session is essential for doctoral-level PGRs beginning the final stage of their degree. Those undertaking a Masters by Research are welcome to attend but are not required to do so, and may not find all the information provided applicable.

Speaking and writing your thesis

Facilitator(s): Professor John Tribe (Professor in Tourism, York Business School)

RDF indicator(s): A2, A3, D2

PhD students devote a huge amount of time to their research methods, data collection and analysis. They are then often left to get on with the writing and sometimes completely overwhelmed by the task of compiling a thesis of 80,000 words. But writing requires just as much care as the research itself. This session will discuss the elements of good writing. In fact it will encourage you to take pride in beautiful writing which is a delight to the reader. And we'll also think about how to make your research presentations engaging too.

Who is this session for?
PGRs from all disciplines and stages of study are welcome to attend this session but it is aimed primarily at those who are currently (or about to begin) writing up a substantive portion of their research.

Preparing for your viva

Facilitator(s): Dr Paul Jeff (Lecturer in Photography, School of the Arts)

RDF indicator(s): B2, C1, C2, D2

This workshop is designed for those approaching the end of their PhD and getting ready for the viva voce: the spoken presentation in which you will defend your thesis in front of a panel of examiners.

The talk begins with a discussion of the origins of the viva voce process going back to explain the Socratic Method, a cooperative argument in which the defence of one point of view is questioned. We will discuss the constituency of the viva board, as we also consider the practicalities that lead up to it.

Now, what are the basic questions of a viva, and what is its practical purpose? We will talk about how to prepare for a viva, identifying your points of strength and weakness. This is in order to be ready for any question that may arise. The need to practice! - very important. At this point it is useful to try and work out what questions your examiners might ask, so there are certain elements that we should rehearse, the hypothesis, the original contribution and more. Beyond specifics, what kind of general questions do examiners sometimes fall back on during their own preparation? What else might they ask? - future directions, the justification for certain elements, or omissions etc. We will consider how to prepare for your particular examiners, they will have been chosen specifically, and finally some tips to remember to aid you through the inevitable nerves, remembering that you are the expert here and they are curious regarding your perspective on a subject they have an interest in.

Who is this session for?
This session is essential for all PGRs in the final stage of their research degree, particularly those who are preparing to submit (or have already submitted) their thesis.

Editing and proofreading your thesis

Facilitator(s): YSJU Study Development team

RDF indicator(s): A1, A2, A3

During this session, you will have the opportunity to develop the skills necessary to shape your writing as it approaches completion. We will consider some strategies for objectively evaluating and revising your drafts, enabling you to address both the fine detail of your writing and the overall form and structure of your thesis.

Through attending this session, you will:

- Learn how to methodically plan and work through the process of editing and proofreading

- Develop your understanding of the revision process as a means to hone your argument

- Gain confidence in checking your own work and that of your peers

Who is this session for?
This session is essential for all PGRs in the final stage of their research degree. Those at earlier stages are welcome to attend but should already be working on a substantive piece of writing in order to benefit from the session.

Copyright and intellectual property

Facilitator: Megan Kilvington (Copyright and Licensing Librarian, Library and Learning Services)

RDF indicator(s): B2, C1

This session is an introduction to copyright and intellectual property. We'll cover what intellectual property is and why it's important for researchers to have an awareness of it. We'll look more closely at copyright, what it is, and the different ways you as a researcher will need to consider copyright, both in regards to your own work, but also the work of others. We'll then cover the University's Intellectual Property Policy and publishing contracts.

Through this session, you will:
- Develop an understanding of intellectual property and copyright.

- Learn about the University's Intellectual Property Policy and recognise the impact it has on your own work.

- Develop an understanding of publishing contracts and what you need to consider.

Who is this session for?
This session is essential for all PGRs in the final stage of their research degree. Those at earlier stages with an interest in this subject are also welcome to attend.

Life, work and sustainable research practice

Facilitator(s): Professor Vanessa Corby (Professor in the Theory, History and Practice of Fine Art, School of the Arts)

RDF indicator(s): B2, B3

The aim of this session is to equip PGRs with a sustainable approach to their research projects. Historically, research has been billed as an isolating experience, legitimated by the romantic vision of the solitary (usually male) scholar immersed in dusty texts or poring over pestilent petri-dishes. The completion of any research project is not only dependent on academic excellence, however, but also health and emotional wellbeing. This session unpicks the unhealthy relationship between academic identity, time and solitude and asks PGRs to think differently about what it means to work effectively as 'an academic'.

This session also promotes the need for structure in the working day and the benefits of working incrementally to accommodate exercise and the needs of friends and family. Rather than viewing them as a guilty pleasure or impediment to 'research', the session foregrounds the positive impact of these non-academic activities for your thinking, thesis and wellbeing. As such, the session will not only promote a mindset that will enable PGRs to survive the PhD and see projects through to completion but also manage their expectations about work/life balance in their academic lives.

Who is this session for?
This session is essential for PGRs in the final stage of their research degree. Those at other stages are also welcome to attend but those very early in the research process may not find the session as useful as those whose projects are more developed.

Additional Research Skills sessions

The following sessions can be undertaken at any point during your studies but some are designed for PGRs undertaking particular kinds of research, or at a particular stage of their degree. If you're unsure if a particular session is right for you having read the description, please contact the Research Office (researchoffice@yorksj.ac.uk) or your supervisors.

Communicating your research

Conference skills 1: adapting, abstract-writing, applying

Facilitator(s): Dr Fraser Mann (Senior Lecturer in English Literature, School of Humanities) Study Development team

RDF indicator(s): A2, A3, D2

For most researchers, conferences are a fact of academic life and one of the key channels through which we share our research with a wider audience. But if you've never been to an academic conference before, where do you begin? In this session, we will discuss the initial steps involved in getting ready to present your work at a conference, including:

- Identifying the conferences that provide the most appropriate forum for your research
- Deciding which aspects of your research to adapt into a conference presentation
- Writing a concise and compelling abstract

Who is this session for?
PGRs from all disciplines and stages of study are welcome to attend this session, particularly those considering applying to present their work at a conference.

This is the first of two 'Conference skills' sessions; you are encouraged to attend both, particularly if you are new to presenting at conferences, but you can choose to attend one or the other if you prefer.

Conference skills 2: talking about your research

Facilitator(s): Dr Fraser Mann (Senior Lecturer in English Literature, School of Humanities); Study Development team

RDF indicator(s): A2, A3, D2

So, your application to present at a conference has been accepted. Now what? In this session, we'll look at what's involved in adapting your research into a conference-friendly format (whether the conventional 'conference paper', a poster, or a creative demonstration or performance) and talking about it in front of your fellow researchers. We will cover:

- Deciding on an appropriate format for your presentation
- Preparing and practising your presentation
- Talking about your research informally and networking with fellow researchers

Who is this session for?
PGRs from all disciplines and stages of study are welcome to attend this session, particularly those considering applying to present their work at a conference.

This is the second of two 'Conference skills' sessions; you are encouraged to attend both, particularly if you are new to presenting at conferences, but you can choose to attend one or the other if you prefer.

Q&A with journal editors

Facilitator(s): TBC

RDF indicator(s): B3, D2

This panel event gives attendees the opportunity to learn more about the process of publishing academic research from three experienced journal editors drawn from across York St John University. The panel will share their cumulative experience, which spans a wide range of disciplines, and answer your questions about publishing your work.

Who is this session for?
PGRs from all disciplines and stages of study are welcome to attend this session, but it is aimed primarily at those actively looking for opportunities to publish their research.

Publishing in arts and humanities journals

Facilitator(s): Professor Matthew Reason (Director of the Institute for Social Justice at YSJU)

RDF indicator(s): B3, D1, D2

In this session for PGRs undertaking research in the arts and humanities, Prof. Matthew Reason will guide you through the process for publishing your research in arts and humanities journals, drawing upon his extensive experience as an author, journal editor, and reviewer. Attendees will gain an insight into the peer review process and learn some strategies for dealing with rejection and requests for amendments.

Who is this session for?
This session is designed for PGRs in the School of the Arts and School of Humanities, or those undertaking interdisciplinary research that includes an arts or humanities element. PGRs at all stages of study are welcome to attend but it is designed primarily for those actively seeking to publish their research.

Creating academic posters

Facilitator(s): Digital Training in conjunction with academic staff [details TBC]

RDF indicator(s): A3, B3, D2

Poster presentations are an exciting alternative to the conventional conference paper, allowing you to share your research in an engaging and eye-catching format. In the first half of this workshop, you'll be introduced to some of the IT tools and techniques that will help you create informative, visually appealing academic posters. Academic colleagues will then discuss some of their own posters, demonstrating how this style of presentation can facilitate productive conversations and help you connect with your fellow conference delegates.

Who is this session for?
This session is open to PGRs at any stage of their studies and from any disciplinary area, particularly those preparing to present their work at a conference.

Writing with clarity, confidence, conviction in the arts and humanities

Facilitator(s): Professor Vanessa Corby (Professor in the Theory, History and Practice of Fine Art, School of the Arts); Dr Charlotte Haines-Lyon (Senior Lecturer in Education Studies, School of Education, Language and Psychology)

RDF indicator(s): A1, A2, A3

This session addresses the challenges of writing in the arts and humanities at Level 7 and 8. Writing is integral to research, whether you are completing a standard submission or a practice-based degree. Most researchers begin their studies because they are driven by passionate conviction to say something, to make a difference. But many researchers feel hindered by a lack confidence in their abilities as a writer.

This session will share strategies to build writing confidence at postgraduate level. Vanessa and Charlotte will draw on their experience as writers, PhD supervisors, and examiners to show PGRs the tricks to crafting compelling and rigorous prose that enables them to demonstrate the significance and originality of their research.

Who is this session for?
This session is designed for PGRs at any stage of a research degree in an arts or humanities discipline, particularly those who are struggling with academic writing.

Research Ethics and Integrity

Research ethics roundtable event

Facilitator(s): Chairs of School Research Ethics Committees

RDF indicator(s): C1, C2

This Q&A event gives participants the chance to discuss research ethics with a panel consisting of academic staff who chair their respective School Research Ethics Committees. You are invited to share any ethical queries or issues you have encountered so far during your research and receive feedback from your peers and the panellists. There will also be an opportunity to engage in a wider discussion of research ethics beyond the immediate context of your project.

Who is this session for?
This session is open to PGRs at any stage of their studies and from any disciplinary area but is particularly targeted at those whose research entails complex or challenging ethical considerations.

Research with children

Facilitator(s): Professor Tom Dobson (Professor of Education, School of Education, Language and Psychology)

RDF indicator(s): C1, C2

Set against the United Nations Convention on the Rights of the Child's (UNCRC) decree (2010) that children have the right to participate, Prof. Tom Dobson will explore his own research with children and critically evaluate the extent to which he has enabled children to fully participate as co-researchers. This session will focus on Prof. Dobson's use of traditional qualitative methods like focus groups and individual interviews whilst also considering the current movement towards cocreation and coproduction.

Who is this session for?
PGRs at any stage of their studies and from any disciplinary area who are intending to involve children in their research are encouraged to attend this session.

Research with vulnerable adults

Facilitator(s): Professor Divine Charura (Programme Director: Doctorate of Counselling Psychology, School of Education, Language and Psychology), Charlotte O'Brien (Graduate Research Assistant)

RDF indicator(s): C1, C2

In this session we will explore methodological considerations, addressing the role of the researcher, data representation, and the ethical considerations necessary when conducting research with vulnerable groups. Prof. Divine Charura and Charlie O'Brien will give examples from their own research and share some of the challenges and insights from their experience of conducting research within vulnerable group populations including refugees and asylum seekers, as well as people living with dementia.

By the end of the session, participants will:
- Be able to identify some theoretical perspectives on the benefits and challenges of conducting research with vulnerable groups.

- Have explored a range of relevant research methodologies, techniques and their appropriate application within their own research areas.

Who is this session for?
This session is open to PGRs at any stage of their studies and from any disciplinary area whose research entails working with vulnerable groups.

Informed consent, permissions, and briefings to research participants

Facilitator(s): Dr Sarah Mallinson-Howard (Associate Head of School: Sport, School of Science, Technology and Health)

RDF indicator(s): C1, D1

Protecting participants in research is extremely important and one means to achieve this is through obtaining informed consent from participants. This workshop will explore: 1) what participants' rights are when it comes to informed consent and participating in research, 2) what gaining informed consent involves for the researcher and where permissions and briefings fit in, 3) what happens if it is not possible to obtain informed consent.

By the end of the session, participants will be able to:
- Describe the necessary components of informed consent

- Use appropriate methods to obtain informed consent from research participants

- Recognise when participants are able to give informed consent or not

Who is this session for?
This session is designed for PGRs at any stage of their studies and from any disciplinary area whose research may require them to obtain consent from research participants.

Ethical considerations in people-centred research

Facilitator(s): Dr Sharon Jagger (Lecturer in Religion, School of Humanities)

RDF indicator(s): C1, C2, D1

Facilitated by Dr Sharon Jagger, Chair of the School of Humanities Research Ethics Committee, this session takes a deeper look at the role of ethics governance and the principles of ethics in research for PGRs undertaking people-centred research (such as interviews and focus groups). We will look at the guidance issued by the British Sociological Association and discuss how the ethics approval process can result in improved project planning and how ethical principles should inform our whole project after post-approval.

Who is this session for?
This session is designed for PGRs at any stage of their studies and from any disciplinary area whose project involves other people as research participants.

Challenges and strategies in participatory research

Facilitator(s): Professor Nick Rowe (Director of Converge, School of the Arts)

RDF indicator(s): A1, C1

In this session we will consider the challenges of, and strategies for, involving people in research who may not have had previous experience. We will look at the arguments for participatory research and its common pitfalls. Nick will share the experience of the Converge Evaluation and Research Team, a group of people with lived experience of mental ill health who undertake external research on issues related to mental health.

Through attending the session, you will:
- Develop an understanding of participatory research and how to address challenges.

- Gain an insight into conducting participatory research and strategies to employ.

Who is this session for?
This session is designed for PGRs at any stage of their studies and from any disciplinary area whose project involves other people as research participants.

Responsible research practices

Facilitator(s): Professor Garry Tew (Professor of Clinical Exercise Science, Institute of Health and Care Improvement)

RDF indicator(s): A1, C1, C2

In this session, we will discuss the importance of good research conduct and the responsibilities that are expected of the research community.

By the end of this session, participants will be able to:
- Distinguish between research integrity and research ethics

- Identify sources of guidance on professional responsibility

- Summarise the basic virtues that guide personal integrity.

Who is this session for?
This session is open to PGRs at any stage of their studies and from any disciplinary area.

Research 'with', not 'on', communities: engaging seldom-heard groups in the research process

Facilitator(s): Dr Maria Fernandes-Jesus (Lecturer in Psychology, School of Education, Languages and Psychology)

RDF indicator(s): A1, C1, D1

The engagement of systematically marginalised communities (e.g., based on race, immigrant status, income) in the research process requires conducting research 'with' rather than 'on' them. In this session, we will critically reflect on the barriers to engaging often excluded groups and explore practical and methodological approaches that promote inclusion, diversity and co-production in the research process.

By the end of the session, you will be able to:
- Describe what constitutes seldom-heard groups and why they are excluded from research.
- Identify strategies to promote inclusion in the research process.
- Demonstrate practical knowledge in terms of effective approaches and strategies to engage seldom-heard groups in the research process.

Who is this session for?
This session is designed for PGRs at any stage of their studies and from any disciplinary area whose research may include working with marginalised groups and communities.

Methods, Tools and Techniques

Autoethnographic research

Facilitator(s): Professor Tom Dobson (Professor of Education, School of Education, Language and Psychology)

RDF indicator(s): A1, C1, C2

In this session, Prof. Tom Dobson will illustrate the philosophical reasons for undertaking autoethnography by explaining how his own PhD project started out as ethnography and ended up as autoethnography. He will also explore the use of creative writing for retrospective autoethnography. In both instances, Prof. Dobson will identify the complex ethical issues involved with this methodology.

Who is this session for?
This session is designed for PGRs at any stage of their studies and from any disciplinary area who are using (or considering using) autoethnography as part of their project.

Ethnographic fieldwork

Facilitator(s): Professor Lee Higgins (Director of the International Centre for Community Music, School of the Arts)

RDF indicator(s): A1, C1, C2

In this session, we will discuss an ethnographic approach to research with particular attention to participant observation. We will locate the strategy as a form of qualitative research developing from anthropology. Examples will be predominantly taken from an ethnomusicological perspective and provide an opportunity to critically consider the approach.

Who is this session for?
This session is open to PGRs at any stage of their studies and from any disciplinary area who are conducting (or intending to conduct) ethnographic research as part of their project.

Using questionnaires for research

Facilitator(s): Professor Andrew Village (Professor in Practical and Empirical Theology, School of Humanities)

RDF indicator(s): A1, C1, C2

This is a session for anyone who wondering whether or not to use questionnaires in their research. It looks at the pros and cons of using questionnaires and explores the ways in which questionnaire data can be used to answer the sorts of research questions that interviews cannot. If you think questionnaires lead to oversimplification and 'thin' data, come along and be prepared to be surprised!

Who is this session for?
This session is open to PGRs at any stage of their studies and from any disciplinary area who are planning to use questionnaires as part of their project.

Introduction to systematic literature reviews

Facilitator(s): Dr. Philip Coombes (Senior Lecturer in Marketing, York Business School)

RDF indicator(s): A1, A2

Philip Coombes is a Senior Lecturer in Marketing. His research interests lie at the intersection of business-to-business marketing, strategic management, and entrepreneurship. He has a further interest in systematic literature review research of various types and approaches, including bibliometric and meta-analysis reviews. In the workshop, Philip will cover the two main approaches to literature reviews, the nomenclature, introduction to citation analyses, a step-by-step guide to how to conduct a systematic review, and the increasing need for rigour.

Who is this session for?
This session is intended for PGRs whose research will involve conducting a systematic literature review. Please speak to your supervisors if you are uncertain whether you require training in this area, or whether it is an appropriate analytic method for your research.

Introduction to comprehensive meta-analysis

Facilitator(s): Professor Daniel Madigan, Professor of Sport and Health Psychology

RDF indicator(s): A1, A2

This session will provide attendees with a summary of meta-analysis for those unfamiliar with this analytical approach. It will cover: (1) what meta-analysis is, (2) the types of questions that can be answered with meta-analysis, (3) how to conduct meta-analyses, and (4) what software is available to do so.

By the end of the session, participants will:
- Understand what meta-analysis is
- Understand the types of questions that can be answered with meta-analysis
- Understand the main steps in conducting a meta-analysis

Who is this session for?
This session is intended for PGRs whose research will involve conducting a meta-analysis. Please speak to your supervisors if you are uncertain whether you require training in this area, or whether it is an appropriate analytic method for your research.

Introduction to randomised controlled trials

Facilitator(s): Professor Garry Tew (Professor of Clinical Exercise Science, Institute of Health and Care Improvement)

RDF indicator(s): A1, A2

This session will discuss what a randomised controlled trial (RCT) is, why this type of study is important, and key steps in conducting an RCT. By the end of this session, participants will understand the key features of RCTs and where to find further related information and resources.

Who is this session for?
This session is intended for PGRs whose research will involve conducting an RCT (typically those working in the physical and social sciences). Please speak to your supervisors if you are uncertain whether you require training in this area.

Transforming creative practice into a creative research project

Facilitator(s): Professor Vanessa Corby (Professor in the Theory, History and Practice of Fine Art, School of the Arts)

RDF indicator(s): A1, C2

All processes of making, be they in the disciplines of creative writing, design, performance, fine art, film or music, can arguably be research driven. They engage with a field but find it wanting; there's a gap to be filled, an itch to scratch, something to be said, an experience to be shared or rearticulated. When that's not the case, there's a tendency to find the practice wanting, because it can lack conviction, integrity and, to parrot the REF, originality, significance, and rigour.

This workshop offers strategies to identify, articulate and pursue the research dimensions of practice. As such it will be useful for postgraduate researchers who need to meet the learning outcomes set for their programmes. Rather than present a toolkit of how to academicize your work to meet the needs of the academy, however, it offers practitioners the means to respond to the question 'how is my work research?' through making and the creative fields they already inhabit.

Who is this session for?
This session is intended for PGRs at any stage of a creative practice-based research degree in one of the disciplines listed in the description above.

Pluralistic research design

Facilitator(s): Professor Lynne Gabriel (Professor of Counselling and Mental Health, School of Education, Language and Psychology)

RDF indicator(s): A1, A2, A3

What is a pluralistic approach to research? It's a perspective that appreciates diverse methods and approaches to meaning-making and knowledge production. This seminar introduces pluralistic research concepts and practices and invites participants to consider how they might utilize a pluralistic perspective.

Who is this session for?
PGRs at any stage of their studies and from any disciplinary area are welcome to attend this session.

Qualitative research beyond the interview: creative and visual methods

Facilitator(s): Dr Dai O'Brien (Associate Professor in British Sign Language; School Research and Knowledge Transfer Lead, School of Education, Language and Psychology)

RDF indicator(s): A1, A2, A3

There are many qualitative data collection tools which can be exciting and creative to use, either as stand-alone methods or in combination with interviews. In this session, Dai will reflect on some of the creative and visual data collection tools he has used in his own research and give demonstrations of these methods.

At the end of this session, attendees will be able to:
- Choose a creative and visual qualitative research tool suited to their needs
- Recognize the strengths and weaknesses of different visual/creative qualitative data collection approaches
- Perform qualitative research using a range of visual and creative approaches

Who is this session for?
PGRs at any stage and from any disciplinary area who are interested in broadening their knowledge of qualitative research techniques are welcome to attend this session.

Practice-based research in the arts and humanities

Facilitator(s): Dr Robert Edgar (Associate Professor in Creative Writing and PGR Lead, School of Humanities)

RDF indicator(s): A1, A3

This session is intended to present theories associated with practice-based research (PBR) in the Humanities, with a focus on literature and creative writing. The aim of this session is for practice-based researchers to further contextualise their practice. This includes some notes on reflection, autoethnography and reflective practice.

Through attending this session, you will:
- Develop an understanding of theories of practice-based research
- Connect existing modes creative practice to practice-based research methodologies
- Understand the function of reflection and iteration as a core methodological approach

Who is this session for?
This session is intended for PGRs at any stage of a creative practice-based research degree in an arts or humanities discipline.

Field research: challenges and risk management

Facilitator(s): Dr Pauline Couper (Associate Head of School: Geography and Liberal Arts, School of Humanities)

RDF indicator(s): A1, C1, C2

Field research is a messy business. From planning logistics and negotiating access to places and people, through looking after your own safety, to coping with the complexities of constructing knowledge from the world-in-process; dealing with the unexpected is an inevitable part of fieldwork. This session provides insight into the range of challenges field researchers encounter. We draw on YSJU colleagues' own experiences of research, and Pauline's research interviews with geographers from around the world about their experiences of field research.

Through this session attendees will gain:
- An appreciation of the range of challenges associated with field research
- An awareness of the difference between risk assessment and ongoing risk management

Who is this session for?
PGRs at any stage of their studies and from any disciplinary area who are conducting (or intending to conduct) field research as part of their project are encouraged to attend this session.

Introduction to Mplus

Facilitator(s): Dr Robert Vaughan (Senior Lecturer in Sport and Exercise Psychology, School of Education, Language and Psychology)

RDF indicator(s): A1

A beginner's introduction into the popular structural equation modelling software Mplus. This session will introduce beginners to the basic commands and procedures needed to analyse quantitative data using a range of flexible yet powerful analytical techniques. No prior experience is needed and example results will be provided so that participants can refer back to this session with their own data.

By the end of the session, attendees will know:
- How to upload, save, and open data on Mplus.
- How to understand the fundamentals of the Mplus language.
- How to interpret basic Mplus output

Who is this session for?
This session is intended for PGRs undertaking quantitative research using structural equation modelling, typically those working in social and physical science disciplines. Please speak to your supervisors if you are unsure whether this applies to you before signing up for the session.

Feel the fear and do it anyway: innovation and intellectual risk-taking

Facilitator(s): Dr Sarah Lawson Welsh (Associate Professor: English Literature, School of Humanities)

RDF indicator(s): A2, A3

This session provides the chance to think about the nature of researcher fear and the benefits of intellectual risk-taking, using Sarah's own research in global food studies as a case study and drawing upon the theoretical writing on dis/comfort of feminist thinkers such as Sara Ahmed, Rachelle Chadwick and others. There will be opportunities to review your individual and collective 'comfort zones' as a researcher and you will be encouraged to think further – and reflexively – about the politics of dis/comfort in your own individual research praxis and the ways in which you can harness this to develop research strategies which challenge privileged positions of ignorance or 'comfortable truths' (Chadwick 2021).

By the end of the session, you will have a clearer sense of your individual and collective comfort zones as a researcher and better awareness of a range of strategies that you can put in place to harness intellectual risk-taking in your research in positive and productive ways.

Who is this session for?
PGRs at any stage of their studies and from any disciplinary area are welcome to attend this session.

Critical reflection in practice-led research: working with anecdotal evidence

Facilitator(s): Professor Claire Hind (Professor of Contemporary Theatre, School of the Arts)

RDF indicator(s): A2, A3

In this session, we will examine how to critically address practice-led research when writing up the memory of making and producing artistic works for audiences. Attendees will be encouraged to reflect on the relationship between creative experience, documentation and critical thinking, and consider the role of anecdotal evidence within artistic research.

Who is this session for?
This session is intended for PGRs at any stage of a creative practice-based research degree in an arts or humanities discipline.

Interview techniques for research

Facilitator(s): Dr Eeva Sointu (Associate Professor in Sociology, York Business School)

RDF indicator(s): A1
Interviews constitute a key qualitative method, and this session delves into what it means, and what it takes, to interview well. The challenges of interviews pertain to how human the method is. Anything and everything that is relevant to communication more broadly is present when interviewing people. Good interviews are mindful of identities and power dynamics shaping encounters with participants. As such, good questions are not just clear. They are reflective of how the social suffuses communication. Further, while some topics easily yield themselves to asking interview questions, other themes can be difficult to think and to talk about. In addition to thinking about identities in research encounters, I want to reflect on how we can ask questions on topics that are difficult to talk about. I also want to think about how to navigate challenges inhering in the role of the interviewer. I ask how to interview in a way that embodies care for not just the participant, but for the researcher also.

Through attending this session, you will learn:

- To navigate challenges of qualitative interviewing
- To think about the importance of identities in research encounters

Who is this session for?
This session is designed for PGRs at any stage of their studies and from any disciplinary area who will be conducting interviews as part of their research

Wellbeing for researchers

Staying motivated

Facilitator(s): Study Development team

RDF indicator(s): B2

Extended periods of research and writing can be exhausting, lonely, or demoralising. This session will encourage you to get back on track when you feel stuck. We will discuss ways to break down your work into manageable tasks, to set realistic goals, and to enjoy the process again.

In the session, you will have the chance to:
- Reflect on your experiences as a researcher and what motivates you
- Develop personalised strategies for effective working and time management
- Work towards building a community of supportive colleagues

Who is this session for?
PGRs at any stage of their studies and from any disciplinary area are welcome to attend this session.

Managing perfectionism as a postgraduate researcher

Facilitator(s): Professor Andrew Hill (Head of Postgraduate Research)

RDF indicator(s): B2, B3, D2, D3

Perfectionism is increasingly common and can have a destructive impact on the health and success of postgraduate researchers. This session will introduce perfectionism along with its costs and its benefits. Key research will be highlighted and evidence-based strategies identified to help manage perfectionism. The emphasis will be on safeguarding wellbeing and maintaining motivation and success.

Through attending this session, you will:
- Learn about what perfectionism is (and is not) and its effects
- Consider research evidence that points to its many costs and few benefits
- Identify and discuss evidence-based approaches to managing perfectionism

Who is this session for?
PGRs from all disciplines and stages of study are welcome to attend this session.

Cultivating gratefulness

Facilitator(s): Jeanette Senior (Counsellor, Wellbeing team)

RDF indicator(s): B1, B2

This workshop on gratefulness is a chance for you to reflect on what's good about your life and studies and feel the benefit of sharing it with others and learning from others' experiences. Showing gratitude to, and how best to receive it from, others is also covered in this session.

Who is this session for?
PGRs at any stage of their studies and from any disciplinary area are welcome to attend this session.

Career development

Pathways to success: navigating career decision making through self-awareness

Facilitator(s): YSJU Careers team

RDF indicator(s): B1, B3

Join us for this workshop where we will delve into the essential elements of self-reflection and how it can inform your career decision making. In this session, we will guide you through various self-assessment exercises to uncover your strengths, values, interests, and aspirations. By understanding yourself on a deeper level, you will gain clarity about your career path and make informed decisions aligned with your goals and values. Through interactive discussions and practical tools, you will learn how to leverage self-reflection to explore career options, make confident choices, and maximise your professional fulfilment. Don't miss out on this empowering workshop that will help you pave the way to a fulfilling career journey.

This is the first in a series of four workshops for PGRs delivered by the Careers team

Who is this session for?
PGRs at any stage of their studies and from any disciplinary area are welcome to attend this session. It is recommended, but not essential, that you attend all four of the workshops run by the Careers team as the workshops are built around an overarching approach to thinking about career development.

Recruitment success: strategies for PGRs

Facilitator(s): YSJU Careers team

RDF indicator(s): B1, B3, C1

In this workshop, we'll cover the essential elements of successfully applying for jobs. Led by experienced Careers advisers, this workshop will provide you with practical strategies to enhance your job application process. Learn how to tailor your application materials, including CVs and cover letters, to effectively showcase your research skills and achievements. Discover valuable job search techniques, such as leveraging networks and online resources. Gain insights into effective application and supporting statement writing. Through interactive discussions, this workshop will help you to acquire the tools and knowledge to navigate the job market confidently.

This is the second in a series of four workshops for PGRs delivered by the Careers team

Who is this session for?
PGRs at any stage in their studies and from any disciplinary area are welcome to attend this session. It is recommended, but not essential, that you attend all four of the workshops run by the Careers team as the workshops are built around an overarching approach to thinking about career development.

Growing connections: networking and relationship building for PGRs

Facilitator(s): YSJU Careers team

RDF indicator(s): B2, B3, D2

In this session, we will explore the essential elements of building strong professional networks. Learn effective communication techniques, strategies for initiating and maintaining connections, and how to leverage networking opportunities within your field. Through interactive activities and real life examples, you will gain practical insights and tips to help you navigate events such as conferences where opportunities for networking arise. Don't miss this opportunity to expand your network and unlock future career opportunities. Join us for this engaging workshop and take the first step towards building a successful professional network as a postgraduate researcher.

This is the third in a series of four workshops for PGRs delivered by the Careers team

Who is this session for?
PGRs at any stage of their studies and from any disciplinary area are welcome to attend this session. It is recommended, but not essential, that you attend all four of the workshops run by the Careers team as the workshops are built around an overarching approach to thinking about career development.

Applying for Higher Education Academy (HEA) Fellowship as a postgraduate researcher

Facilitator(s): Dr Mark Dransfield [Associate Professor, Teaching and Learning Enhancement Team]

RDF indicator(s): B3, D3

Are you considering a career that involves teaching in Higher Education? In this information session, you'll learn about the support available from YSJU's Teaching and Learning Enhancement Team to help you gain professional recognition via the Higher Education Academy (HEA) for any teaching you undertake during your research degree. Through a combination of one-to-one mentoring, group workshops, and independent work, YSJU's structured developmental process is designed to help academic colleagues and PGRs alike obtain this nationally recognised accreditation. Come along to find out more about what the scheme entails and how you can get involved.

Who is this session for?
This session is designed for PGRs from any disciplinary area who are involved in teaching or supporting learning in a Higher Education context alongside their studies.

Professional job interviews: essential tips for PGRs

Facilitator(s): YSJU Careers team

RDF indicator(s): B1, B3, C1

This workshop aims to help postgraduate researchers excel in job interviews, with a particular focus on job roles outside of academia. Learn effective techniques to showcase your transferable skills and research experience beyond an academic context. Discover strategies for confidently answering interview questions and conveying your suitability for the role. We will also cover professional demeanour, body language, and interview etiquette. Through interactive discussions and practical insights, this workshop will empower you to navigate the job market with confidence and increase your chances of securing your desired position.

This is the last in a series of four workshops for PGRs delivered by the Careers team

Who is this session for?
PGRs at any stage of their studies and from any disciplinary area are welcome to attend this session. It is recommended, but not essential, that you attend all four of the workshops run by the Careers team as the workshops are built around an overarching approach to thinking about career development.

From PGR to early career researcher: pathways into academia

Facilitator(s): TBC

RDF indicator(s): B2, B3

The progression from PGR study to employment as a university lecturer or research-focused academic is often presented as self-explanatory, leaving many PGRs who are interested in a career in academia wondering where to turn for advice. In this panel event, academic colleagues from YSJU share their experiences of this journey and consider some of the opportunities and challenges they have encountered along the way, as well as taking your questions. The session aims to provide a forum in which to freely discuss the different trajectories an academic career path can take, and to challenge some of the preconceptions associated with becoming 'an academic'.

Who is this session for?
PGRs at any stage of their studies and from any discipline are welcome to attend this session, particularly those who are curious about pursuing an academic career.

Applying for (and getting) academic jobs

Facilitator(s): Prof. Andrew Hill (Head of Postgraduate Research), Dr Graeme Law (Associate Head of School: Sport, School of Science, Technology and Health)
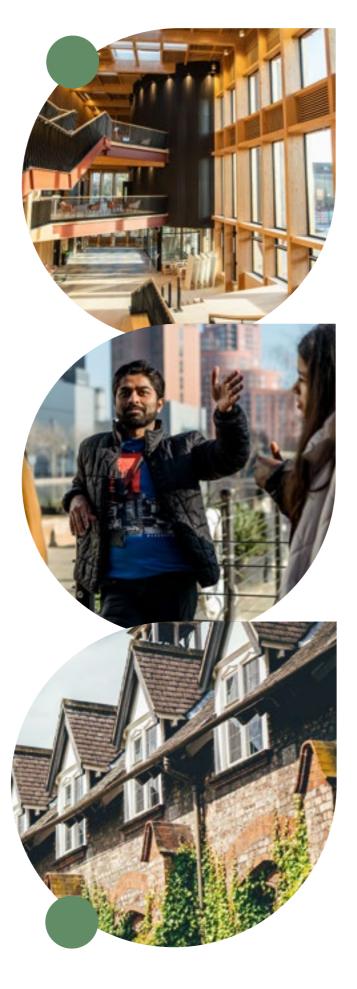
RDF indicator(s): B2, B3, D2, D3

Securing academic jobs is competitive and difficult, particularly if you are a postgraduate researcher and it is your first academic job. This session will provide an overview of the stages of the recruitment process and the sifting and sorting that takes place as universities shortlist and interview for academic jobs. The intention is to demystify this process and so forearm postgraduate students in a way to maximise their chances of success. Handy tips and hints will be provided.

Through attending this session, you will:
• Gain an understanding of the appointment process from a university/academic school perspective
• Learn the difference between successful and unsuccessful applications
• Identify and discuss approaches to maximise success at each phase of the process

Who is this session for?
PGRs from all disciplines and stages of study are welcome to attend this session, but it is aimed primarily at those nearing the end of their studies and considering applying for academic jobs.

Session Checklist

Stage 1: Induction and essential Research Skills sessions

Session/activity	RDF indicator(s)	Attended (tick)
Induction to your research degree	A, B, C, D	
Library and Learning Services for PGRs	B2, C1	
GDPR for researchers	C1	
Data management for researchers	B2, C1, D2	
Using the Vitae RDF Planner for your career progression	B3	
Ethical approval for postgraduate research: what is it and why does it matter?	C1	

Stage 2: essential Research Skills sessions

Session/activity	RDF indicator(s)	Attended (tick)
Getting ready for the middle stage of your research degree	A, B, C, D	
Creating your thesis	B2	
Open Research practices for PGRs	B2, D2	
Introduction to RaY	B2, C2, D2	
EDI: what does it mean for my research?	C1, C2, D1	
Researcher self-care	B2	

Stage 3: essential Research Skills sessions

Session/activity	RDF indicator(s)	Attended (tick)
Getting ready for the final stage of your research degree	A, B, C, D	
Speaking and writing your thesis	A2, A3, D2	
Preparing for your viva	B2, C1, C2, D2	
Editing and proofreading your thesis	A1, A2, A3	
Copyright and intellectual property	B2, C1	
Life, work and sustainable research practice	B2, B3	

Communicating your research

Session/activity	RDF indicator(s)	Attended (tick)
Conference skills 1: adapting, abstract-writing, applying	A2, A3, D2	
Conference skills 2: talking about your research	A2, A3, D2	
Q&A with journal editors	B3, D2	
Publishing in arts and humanities journals	B3, D1, D2	
Creating academic posters	A3, B3, D2	
Writing with clarity, confidence, conviction in the Arts and Humanities	A1, A2, A3	

Session Checklist

Research ethics and integrity

Session/activity	RDF indicator(s)	Attended (tick)
Research ethics roundtable event	C1, C2	
Research with children	C1, C2	
Research with vulnerable adults	C1, C2	
Informed consent, permissions, and briefings to research participants	C1, D1	
Ethical considerations in people-centred research	C1, C2, D1	
Challenges and strategies in participatory research	A1, C1	
Responsible research practices	A1, C1, C2	
Research 'with', not 'on', communities: engaging seldom-heard groups in the research process	A1, C1, D1	

Methods, tools and techniques

Session/activity	RDF indicator(s)	Attended (tick)
Autoethnographic research	A1, C1, C2	
Ethnographic fieldwork	A1, C1, C2	
Using questionnaires for research	A1, C1, C2	
Introduction to systematic literature reviews	A1, A2	
Introduction to comprehensive meta-analysis	A1, A2	
Introduction to randomised controlled trials	A1, A2	
Transforming creative practice into a creative research project	A1, C2	
Pluralistic research design	A1, A2, A3	
Qualitative research beyond the interview: creative and visual methods	A1, A2, A3	
Practice-based research in the arts and humanities	A1, A3	
Field research: challenges and risk management	A1, C1, C2	
Introduction to Mplus	A1	
Feel the fear and do it anyway: innovation and intellectual risk-taking	A2, A3	
Critical reflection in practice-led research: working with anecdotal evidence	A2, A3	
Interview techniques for research	A1	

Session Checklist

Wellbeing for Researchers

Session/activity	RDF indicator(s)	Attended (tick)
Staying motivated	B2	
Managing perfectionism as a postgraduate researcher	B2, B3, D2, D3	
Cultivating gratefulness	B1, B2	

Career Development

Session/activity	RDF indicator(s)	Attended (tick)
Pathways to success: navigating career decision making through selfawareness	B1, B3	
Recruitment success: strategies for PGRs	B1, B3, C1	
Growing connections: networking and relationship building for PGRs	B2, B3, D2	
Applying for Higher Education Academy (HEA) Fellowship as a postgraduate researcher	B3, D3	
Professional job interviews: essential tips for PGRs	B1, B3, C1	
From PGR to early career researcher: pathways into academia	B2, B3	
Applying for (and getting) academic jobs	B2, B3, D2, D3	

Further training and development opportunities

Guest speakers and special events

In addition to the workshops led by members of our own academic community, we offer an exciting series of events where researchers, practitioners and specialists from academia and beyond share their insights and expertise with you. Details of these events will be published here and publicised in our regular email communications.

University of East Anglia online training programme

YSJU subscribes to an online training series provided by the University of East Anglia (UEA) that offers research and professional skills training to all PGRs via a virtual classroom. The training is delivered by Dr Simon Watts, PGR Training Coordinator, and will be held on Tuesday and Wednesday evenings between 7pm – 9pm. The programme comprises five modules, each focused on a specific theme or topic. You are free to sign up for individual sessions (rather than entire modules) if you prefer. Below is a full list of the modules and individual sessions for 2023-24.

Module 1: Academic Writing

1. What Should a Literature Review Do?
2. Writing Effectively
3. Academic Publishing
4. Writing and Structuring an Effective Thesis

Module 2: Qualitative Research Skills

1. A Comparison of Qualitative Methods
2. Qualitative Interviewing
3. Analysing Qualitative Data
4. Using NVivo for Qualitative Research

Module 3: Finishing your PhD

1. Preparing for your Viva
2. Securing a First Academic Post
3. Preparing Impactful Research Proposals & Grant Applications

Module 4: Teaching Skills

1. Preparing and Delivering Seminars
2. Preparing and Delivering Lectures
3. Assessment, Feedback, and Module Design

Module 5: Quantitative Research Skills

1. A Beginner's Guide to Quantitative Research
2. An Introduction to Scale Development
3. An Introduction to Structural Equation Modelling

Sessions can be booked via the UEA Online Training Series webpage three weeks before they are due to run. If you have any queries or would like further information, please contact Simon at simon.d.watts@uea.ac.uk

Northern Advanced Research Training Initiative (NARTI)

Northern Advanced Research Training Initiative (NARTI) is a network of research-led universities in the north of England, providing specialist advanced training through the facilitation of events, retreats and conferences to establish networks to share cross-regional expertise. York St John University's membership of NARTI means you have access to a wide range of workshops, research symposia hosted variously online and in person. While many of these events focus on Business and Management research, they are open to PGRs from other disciplines and many are more general or interdisciplinary in scope.

Details of upcoming NARTI events are available via this webpage, which is updated continuously.

Teaching development and HEA Fellowship

For PGRs looking to gain teaching experience and recognition, the Teaching Enhancement Team at YSJU offers a range of training and support, including access to the Higher Education Academy (HEA) Fellowship scheme. YSJU's training programme for prospective HEA applicants gives PGRs a structured route to obtaining this nationally-recognised accreditation. Please see here for more information about working towards HEA Fellowship at YSJU. To learn more about how the Teaching Enhancement Team can support you, please click here.

Research events, conferences, and seminars

As a PGR at York St John University, you can take advantage of a wide range of events for researchers. This includes our institution-wide annual PGR conference, *Eat. Sleep. Research. Repeat.*, as well as research seminars, symposia and conferences within our academic Schools and departments.

Below are some of the highlights of each year's calendar of research events. This isn't an exhaustive list; for up-to-date information on what's going on, please check out our Research Events webpage which is updated continuously throughout the year.

Eat. Sleep. Research. Repeat

Our annual PGR conference, *Eat. Sleep. Research. Repeat.*, brings together researchers from across the University for two days of presentations, panel discussions, and networking opportunities in an interdisciplinary, collegiate and supportive environment. Whether you're just starting out or coming to the end of your research degree, come along and discuss all things research with your fellow PGRs and academic colleagues.

This year's conference takes place on 13th-14th November. For full details, including how to apply to present your work and book a place, please see here: yorksj.ac.uk/research/events/eat-sleep-research-repeat-conference

School PGR 'Flagship' Events and research seminars

Each of our five academic Schools organises an annual 'flagship' event to celebrate and promote PGRs' contribution to their School's research culture. These events are a great opportunity to discuss your research with like-minded peers and colleagues in an informal, friendly setting; however, they also offer you the chance to gain valuable experience of organising a research seminar, symposium or small conference. Please contact your School PGR Lead (see details on page 8 of this booklet) if you'd like to be involved in organising one of these events.

Below is a summary of the School PGR Flagship events that took place in the 2022-23 academic year. Details of each School's PGR Flagship event for 2023-24 will be available here once confirmed; **please bear in mind that these may differ from the information supplied below**.

Spring Test (School of the Arts)

This event showcased the diverse range of research taking place across the School of the Arts' PGR community. It combined an 'open-studios' approach, where attendees could watch and engage with practice-based researchers at work, with more traditional paper presentations, including a keynote address from sound studies practitioner and researcher, Ella Finer.

Humanities Research Chats (School of Humanities)

PGRs and academic colleagues from across the School came together for a relaxed evening of short presentations and informal conversation. As well as the opportunity to present their work in a friendly, the event also gave PGRs the chance to find out about the breadth of research activity in the School (including its wide range of research groups and centres) and get to know some of their fellow researchers. Dr Chloe Ashbridge (YSJ alumna and Lecturer in Modern and Contemporary Literature at Newcastle University) gave a keynote address on her own experience of PGR study and the transition into an academic career.

Research: then what? Forward thinking and future plans (School of Education, Language and Psychology)

With a focus on communicating research and building networks, this event invited PGRs to think about how to talk about and disseminate their work with a view to laying the foundations for a research career. The evening comprised a series of short, discussion-based activities culminating in a Q&A panel event and a cheese and wine reception.

York Business School PGR Flagship Event

For this event, PGRs in York Business School were invited to create a poster detailing one or more aspects of their project. The result was an exciting afternoon which saw the second floor of YSJU's Creative Centre transformed into an exhibition space where PGRs presented their posters. Prizes were awarded to presenters in a range of categories by a panel of judges, in addition to a 'people's choice' award voted for by attendees.

The Great PGR Debate (School of Science, Technology and Health)

Held as part of the Pint of Science festival (an international festival which seeks to broaden public engagement with scientific research), this event brought together current PGRs, alumni, and academic colleagues from both York St John University and the University of York. Presenters discussed their own career trajectories, which encompassed a diverse selection of roles both in academia and industry, against the backdrop of the Winning Post pub on York's Bishopthorpe Road.

Institute for Social Justice and Institute for Health and Care Improvement events

YSJU is very proud to host the Institute for Social Justice (ISJ) and Institute for Health and Care Improvement (IHCI), both of which organise a wide range of events for PGRs and academic colleagues, including the Making Waves PGR symposium hosted by ISJ. You can find out more about how to get involved here:

yorksj.ac.uk/research

School and subject research seminars

In addition to these annual events, there are a range of School and subject-level research seminar series that run throughout the year. These events, which often include contributions from visiting speakers alongside presentations by YSJU researchers, are the perfect way to get involved in your School's research community. Talk to your School PGR Lead or check out the YSJU Academic Development blog to find out more about what's happening in your School.

PGR voice, representation and community

PGR Representatives

PGR Representatives are postgraduate researchers who act as a liaison between the PGR community, the Research Office, and the wider University. As well as sitting on the University Research Committee (URC) and Research Degrees Committee (RDC), PGR Representatives help to organise a range of social events, activities and initiatives to help you feel at home as part of the YSJU research community.

You can find out more about your PGR Representatives here: https://blog.yorksj.ac.uk/ysjuro/2023/01/01/your-new-pgr-representatives/. To get in touch with your reps, you can email them at pgrrep@yorksj.ac.uk.

PGR Forum

All PGRs are invited to attend the PGR Forum, organised by the PGR Representatives with support from the Research Office. The Forum meets three times a year, giving you an opportunity to share feedback and discuss issues and ideas with your fellow researchers and the Research Office PGR team.

The PGR Forum dates for the 2023-24 academic year will be shared with you as soon as they are confirmed.

Support services at YSJ and beyond

Study Development

The Study Development team are available to support you with your academic development through one-to-one tutorials or small group bookings. The team can support you with your thesis and help you to improve your study skills, develop your academic writing, and reflect on your progress. You can contact them at studydevelopment@yorksj.ac.uk.

Academic Liaison Librarians

To assist you in accessing the resources necessary for your research, our Academic Liaison Librarians offer one-to-one appointments. The team can advise you on referencing (including reference management systems and software); help you to locate and access specialist resources; and provide support with accessibility software. You can use the webpage linked above to find out who the librarian is for your subject area; if you're still not sure of the right member of the team to contact, please email academicliaisionteam@yorksj.ac.uk.

Digital training and resources

The Digital Training team offer tutorial sessions to help you get to grips with a wide range of IT systems and software. As well as the group sessions they provide as part of the Research Skills Programme (see session catalogue), the team can provide one-to-one support either in person or via video chat. If you don't feel you need a tutorial, or can't find one at a suitable time, you can email the team at digitaltraining@yorksj.ac.uk and they will do their best to accommodate you. You can also access the team's self-help guidance and resources via their webpage.

The Wellbeing Thesis

This is a free, open access information site from Student Minds, the University of Derby and King's College London. The Wellbeing Thesis challenges the myths around postgraduate research degrees and helps you to feel in control of your PGR journey. The Wellbeing Thesis is easy to use and underpinned by current research, and includes top tips, videos, and downloadable resources to support you at each stage of your programme. To access it, please click here.

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