

Postgraduate Research
Development programme
2020-21

Faculty of Medical Sciences

Essential Sessions

	Essential for PhD, MD and MPhil students NEW to Newcastle University		Essential for 2nd year PhD students
	Essential for ALL PhD, MD and MPhil students		Essential for 3rd and final year PhD students
	Essential 1st year PhD, MD and MPhil students		Essential ALL laboratory based research students

<i>Session</i>	<i>Date & Time</i>	<i>Page</i>	✓
Research Ethics - Theory	07/10/2020, 10:00 - 11:30 or 14/10/2020, 13:00 - 14:30	7	
ePortfolio and Personal Development Planning	07/10/2020, 12:00 - 13:00	5	
Welcome to Newcastle University	08/10/2020, 10:00 - 11:00	5	
PGR Development Programme and Enterprise Services	08/10/2020, 11:00 - 11:30	5	
What support is there for Postgraduate Research students? (Wellbeing, Equality, Diversity and Inclusion)	08/10/2020, 12:00 - 13:00	5	
Managing your PhD/MRes/MD/MPhil	PhD/MRes/MPhil: 08/10/2020, 14:00 - 15:30 MD: 14/10/2020, 11:00 - 12:00	6	
Health and Safety Requirements for Research Students	09/10/2020, 13:00 - 14:30	7	
Chemical Safety	14/10/2020, 15:00 - 16:30	8	
Biological and GM Safety	16/10/2020, 14:00 - 16:00	8	
Recording your Research (Lab books, Research Diaries etc.)	20/10/2020, 15:00 - 16:00	7	
Academic Integrity and Plagiarism	14/11/2020, 11:00 - 12:30	8	
Thesis Writing	12/02/2021, 13:00 - 15:00	24	
Your Personal Development Plan (PDP) - Preparing for the Progress Review Panel	Lab and clinical researchers: 01/03/2021, 13:00 - 14:00 Health researchers: 15/03/2021, 13:00 - 14:00	15	
Second Year Annual Review: Your Research Outputs	08/03/2021, 13:00 - 14:00	15	
The Viva and Beyond	29/04/2021, 12:00 - 13:00	25	

Welcome to the Faculty of Medical Sciences and the Graduate School

The first 33 pages of this booklet are devoted to your Research Student Development Programme. The short sections which follow are intended to provide a summary of the key aspects of your first few months here and a glimpse at your first year here as a postgraduate research student here at Newcastle University.

As you will be aware we are all in challenging and unprecedented circumstances but the Graduate School and what's required of you as a postgraduate research student won't be changing so we wanted to be sure that you are clear of what's expected of you in your first few months and what you can expect from us.

The Graduate School has a commitment to the delivery of postgraduate training of the highest possible quality. We attach considerable importance to the academic training and pastoral care of our postgraduate students, and have an excellent record for timely PhD thesis submission and completion rates.

Postgraduate culture is thriving in the Faculty and we in the Graduate School are here to provide support for you through your studies alongside those within your own institute where you will be a registered student. We will be there for you throughout your time here, to help you when anything goes wrong and to celebrate all your successes.

I would like to take this opportunity to wish you all the best for your studies and hope that I very much get to meet you during the course of your studies, enjoy your time here with us.

Professor John Kirby
Postgraduate Dean
Faculty of Medical Sciences
Newcastle University

Research Student Development Programme 2020-21

The Research Student Development Programme supports and complements your research as well as providing activities that will build generic skills and confidence in your own abilities. We endeavour to take a holistic approach to training and development, so the scheduled events are only a part of how we envisage researchers developing their skills and gaining experience. Students are required to make an on-going assessment of their own development and training needs through personal development planning (PDP) in the ePortfolio system. The development opportunities advertised have been mapped against the Vitae Researcher Development Framework (RDF, see back cover) and skills marked on each session. This should help students identify how best to meet their training and development needs.

Recognising that research students have varying backgrounds, the discretion of project supervisors can guide students to what is essential for them. Our aim is to keep the programme evolving throughout the year so this booklet is only a guide to the year's activities.

With restricted access to campus due to Covid-19, sessions in the PGR development programme during Semester 1 will take place online (via Zoom) and digital resources will be made available. When face to face workshops resume, online materials will supplement or allow you to catch up on sessions you cannot attend, these are available on the Graduate School Website: ncl.ac.uk/fms/postgrad/skills/workshops

All students should attend the most relevant 'Managing your PhD/MD/MPhil' session along with the annual sessions preparing them for progression. Development sessions are provided through the online workshops booking site: workshops.ncl.ac.uk/public/fms/

You can also access and register for any other researcher development opportunities offered across the entire University at workshops.ncl.ac.uk/. Use of the booking system means that a record of your training is automatically made in your ePortfolio.

Graduate Training Suite

The Graduate Training Suite (Cookson Building MED.MG.2.07) is a flexible training space for research students. The suite comprises three small study rooms which are used for one-to-one sessions but can also be booked by students for private study, a large training room and a lounge/kitchen area with a hot water boiler. The main training room has seven fixed PCs and a printer. There are moveable chairs and tables along with display equipment. When not in use for training sessions (indicated on a noticeboard in the lounge area) all postgraduates are welcome to use these facilities. If you wish to book any of the study rooms contact medpg-dev@ncl.ac.uk

Workshop Feedback

We endeavour to keep our programme relevant to the changing researcher climate and we invite you to give feedback to help us do this. Following each session electronic evaluation forms are sent to you to complete. The forms mirror the Vitae Research Design Framework (RDF) and are pre-populated to help you reflect on whether the session provided the guidance or development you needed.

The forms also include an overall rating and a comments box. We use this information to continually improve the programme so please tell us what worked well and what could be improved. Evaluation data is collected anonymously but we are always happy to hear from you directly. The contact for the Development Programme is Dr Richy Hetherington at medpg-dev@ncl.ac.uk.

In this booklet you will see workshops have been given an overall rating out of 10 by previous participants. We are very proud that 88% of our sessions are rated very good or good and we rely on your feedback to maintain these high standards and keep improving year on year.

Professionalism

Please attend punctually to avoid disruption. If you are no longer able to make a session, please cancel your booking online. If you fail to attend a session and do not cancel your booking please email medpg-dev@ncl.ac.uk to explain the circumstances. If no email is received your supervisor may be contacted. Research students should maintain an attendance record of 70% of the sessions booked and any student who has not maintained this will not be eligible for the post faculty travel grant.

Induction

The Graduate School recognises that our Research Students are individuals. We aim to offer an induction package that fits with your experience. All students should attend a *Managing Your...* PhD, MD or MPhil session providing vital training for students without research experience.

Welcome to Newcastle University

The Dean of Postgraduate Studies welcomes all new PhD, MD and MPhil students to the Faculty of Medical Sciences. The session provides an opportunity to ask any questions that you may have about living and studying in the North East of England.

Target group: New PhD, MD & MPhil Students

Skills: B1, B2, B3, C3, D1

Book at: workshops.ncl.ac.uk/fms/welcome

Thu 8 October 2020	10:00 - 11:00
Tue 19 January 2021	10:00 - 11:00

Feedback Score: 8.8

Research Student Development Programme and Enterprise services

The broad range of development opportunities available to all research students are presented, including information on the faculty travel grant and scholarship schemes with input from the Careers Service and the Faculty Research and Enterprise Services.

Target group: New PhD, MD & MPhil Students

Skills: A3, B1, B2, B3, C2, C3

Book at: workshops/ncl.ac.uk/fms/InductionResDev

Thu 8 October 2020	11:00 - 11:30
Tue 19 January 2021	12:30 - 13:00

Feedback Score: 8.4

What support is available for Postgraduate Research Students? (Wellbeing, Equality, Diversity and Inclusion etc.)

The University takes issues of research student wellbeing, equality, diversity and inclusion of all their students and staff very seriously. This session will provide guidance on the range of support that is available from Wellbeing service, Careers service, Student Union and Student initiatives.

Target group: New PhD, MD & MPhil Students

Skills: B1, B2, C1, D1

Book at: workshops/ncl.ac.uk/fms/wellbeingedi

Thu 8 October 2020	12:00 - 13:30
Tue 19 January 2021	14:00 - 15:00

Feedback Score: 8.2

ePortfolio and Personal Development Planning

Engaging with your ePortfolio is an essential element of your research degree. This session will provide the rationale for its importance and give practical guidance to get you started with reflective practice in your research.

Target group: New PhD, MD & MPhil Students

Skills: B1, B2, B3, C2, D1, D3

Book at: workshops.ncl.ac.uk/fms/eportfolio

Wed 7 October 2020	12:00 - 13:00
Tue 19 January 2021	11:00 - 12:00

Feedback Score: 8.2

Induction

Managing Your PhD/MPhil/MD: An Essential Guide

These introductory workshops will help you to manage your studies successfully. You will have the chance to ask questions and address any areas of concern. Attendance is compulsory for all PhD, MD and MPhil students. If you cannot attend the most appropriate session you may attend any of the others.

Target group: New PhD, MD & MPhil Students

Skills: B1, B2, B3, C1, C2, D1, D2, D3

Book at: workshops.ncl.ac.uk/fms/managing

Managing your PhD/MPhil for students NEW to Newcastle University

Thu 8 October 2020 14:00 - 15:30

Managing your PhD/MPhil for FORMER Newcastle University students

Thu 8 October 2020 14:00 - 15:30

Managing your PhD/MPhil for Part-time and Staff candidates

Thu 8 October 2020 14:00 - 15:30

Managing your PhD/MPhil for Health Sciences students

Thu 8 October 2020 14:00 - 15:30

Managing your MD

Wed 14 October 2020 11:00 - 12:00

Managing your PhD/MPhil for January starters

Tue 19 January 2021 15:00 - 16:30

Induction catch-up for April starters

Wed 12 May 2021 15:00 - 17:00

Feedback Score: 8.8

Introduction to Library Facilities

The library provides a range of vital resources for researchers including access to journals, advice on comprehensive literature searching and guidance on referencing. The session is very useful for students who are new to Newcastle.

Target group: New PhD, MD & MPhil Students

Skills: A1, C2, D3

Book at: workshops.ncl.ac.uk/fms/library

Fri 9 October 2020 10:30 - 11:00

Feedback Score: 8.6

Research Ethics

A theoretical backdrop for the consideration of ethics in bioscience research is presented. There will be an opportunity to discuss the concept of bioethics and what the implications are for the individual, society and for professionals working in bioscience, medicine and health sciences.

Target group: New PhD, MD & MPhil Students

Skills: A3, B1, B2, C1, C2, D1, D3

Book at: workshops.ncl.ac.uk/fms/ethicstheory/

Wed 7 October 2020 10:00 - 11:30

Wed 14 October 2020 13:00 - 14:30

Tue 16 February 2021 13:00 - 14:30

Feedback Score: 8.6

Recording Your Research (Lab books, Research Diaries, etc.)

Considering three aspects of recording research methods and data: the conventional lab book, recording in a clinical setting and the recording of electronic data, this session covers each and the interplay between these methods.

Target group: New PhD, MD & MPhil Students

Skills: A1, A2, A3, B2, C1, C2, D1

Book at: workshops.ncl.ac.uk/fms/recording

Tue 20 October 2020 15:00 - 16:00

Thu 21 January 2021 15:00 - 16:00

Feedback Score: 8.0

Health and Safety Requirements for Research Students

This is a mandatory session for all students who have not received University safety training previously. A general overview of safety procedures, including roles and responsibilities across the University is provided. NB. Previous MRes students starting a PhD need not attend.

Target group: New PhD, MD & MPhil Students

Skills: C1, C2, D1

Book at: workshops.ncl.ac.uk/fms/safety

Fri 9 October 2020 13:00 - 14:00

Wed 3 February 2021 13:00 - 15:00

Feedback Score: 8.6

Induction

Biological and Genetic Modification Safety

This session is mandatory for researchers working with biological agents and will cover safely handling genetically modified organisms (GMO). Essential advice on minimising risks will be provided.

Target group: Lab based Research Students

Skills: C1, C2, D1

Book at: workshops.ncl.ac.uk/fms/biosafety

Fri 16 October 2020	14:00 - 16:00
Thu 03 February 2021	13:00 - 15:00

Feedback Score: 8.6

Academic Integrity and Plagiarism

In this interactive session aspects of academic integrity including data manipulation and reproducibility will be covered. A member of the Library team advises on the issues surrounding plagiarism and the methods used to detect it.

Target group: First Year Research Students

Skills: B1, B2, C1, C2, D1, D2

Book at: workshops.ncl.ac.uk/fms/integrity

Thu 12 November 2020	11:00 - 12:30
Thu 28 January 2021	11:00 - 12:30

Feedback Score: 8.4

Chemical Safety

All researchers working with chemicals are required to attend this training session. Information on COSHH regulations, assessing and controlling risk will be provided. The session provides advice on emergency procedures and first aid measures for fluorides, phenol and cyanide.

Target group: All Research Students

Skills: C1, C2, D1

Book at: workshops.ncl.ac.uk/fms/chemsafety

Wed 14 October 2020	15:00 - 16:30
Tue 17 November 2020	15:00 - 16:30
Fri 15 January 2021	10:00 - 11:30
Wed 10 February 2021	10:00 - 11:30

Feedback Score: 8.6

NHS Research Ethics Committee (REC) Application Training

Research students working with clinical samples or patients are likely to need NHS ethical approval. This session will explain the processes of getting this approval and operating appropriately in these circumstances.

Target group: Clinical PhD, MD & MPhil Students

Skills: C1, C2, D2

Book at: workshops.ncl.ac.uk/fms/nhs-rec-training/

Fri 5 March 2021	13:00 - 14:00
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Feedback Score: 10

Statistics and Analysis

Numerous methods of data analysis are employed by researchers looking to support their hypotheses. We aim to support you with guidance tailored to your research questions. Experienced supervisory teams provide the bulk of this advice but it is often advisable to have an experienced statistician to confirm that experiments are set up appropriately and that you are using the best approach. We offer one-to-one statistical support sessions throughout the year in addition to workshops on Basic Statistics, SPSS and SAS and Applied Statistics using SPSS (which takes the biologist's perspective) to give you practical skills to process your data.

Statistical Support: One-to-One Advice

One-to-one statistical support sessions are provided throughout the year. These sessions are intended to help you with specific issues in the design and analysis of your quantitative research. Participants are required to provide details of their query on application.

Booking a one-to-one session requires you to complete an online form describing your research and once this is completed you will be allocated a time for your meeting.

Target group: Students requiring specific advice

Skills: A1, A2, C2

Book at: workshops.ncl.ac.uk/fms/stats121

Feedback Score: 9.6

SPSS Beginners

An introduction to the statistical package SPSS and the variety of statistical methods for which it can be used. A basic knowledge of statistics is required to participate successfully in this session. This workshop is supported by the NIHR Newcastle Training Network.

Target group: Research Students using Stats

Skills: A2, A2, C2

Book at: workshops.ncl.ac.uk/fms/spss

Mon 7 and Tue 8 September 2020	10:00 - 13:00
Thu 26 and Fri 27 November 2020	10:00 - 13:00

Feedback Score: 10

Basic Statistics

A succinct tour of contemporary statistical tools and techniques commonly used in medical and bioscience research. Topics include summary statistics, confidence intervals, hypothesis testing, ANOVA (Analysis of Variance), correlation and regression.

Target group: New PhD, MD & MPhil Students

Skills: A1, A2, C2

Book at: workshops.ncl.ac.uk/fms/basicstats

Thu 19 November 2020	11:00 - 12:00
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Feedback Score: 9.6

SPSS Advanced

A workshop exploring features of SPSS including: simple and multiple regressions; repeated measure analysis, cross tabulation, survival analysis, binary logistic regression and a brief introduction to 2-way and n-way ANOVAs. This workshop is supported by the NIHR Newcastle Training Network.

Target group: Research Students using Stats

Skills: A1, A2, C2

Book at: workshops.ncl.ac.uk/fms/spssplus

Tue 10 - Wed 11 November 2020	10:00 - 13:00
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Feedback Score: 8.8

Statistics and Analysis

MatLab

Matlab is an interactive computing system designed to handle practically every kind of engineering and scientific computation, especially matrix calculations (MATrixLABoratory). This workshop will give participants hands-on practice using some of the most useful features of Matlab, including vectors and matrices, functions, scripts, programming, linear algebra and basic plots.

Target group: Researchers using modelling

Skills: A2, A2, A3

Book at: workshops.ncl.ac.uk/fms/matlab

Mon 7 - Tue 8 December 2020	11:00 - 13:00
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Feedback Score: 8.0

Data Handling and Spreadsheet Skills

Topics covered include analysis, formatting and manipulation of data, production and formatting of charts and graphs, basic statistical analysis using MS Excel, and using Excel as a database with pivot tables. This workshop is supported by the NIHR Newcastle Training Network.

Target group: First Year Research Students

Skills: A1, A2, C2

Book at: workshops.ncl.ac.uk/fms/excel

Mon 30 November 2020	14:00 - 16:00
Wed 3 March 2021	14:00 - 16:00

Feedback Score: 8.8

Data Analysis and Visualisation Using R

R is a powerful, free, widely-used programming language for statistical analysis of quantitative data. This course will introduce you to programming in R; analysing datasets using general and generalized linear models; making publication-quality figures; simulations; and advanced analysis techniques such as model selection and meta-analysis. It is best if you can commit to all six sessions.

Target group: Researchers using modelling

Skills: A1, A3

Book at: workshops.ncl.ac.uk/fms/rprogramming/

Wed 11 November 2020	13:00 - 14:00
Wed 18 November 2020	13:00 - 14:00
Wed 25 November 2020	13:00 - 14:00
Wed 2 December 2020	13:00 - 14:00
Wed 9 December 2020	13:00 - 14:00
Wed 16 December 2020	13:00 - 14:00

Feedback Score: 9.4

Statistics and Analysis

Finding the Right Help with Statistics and Planning Experiments

This session will consider a number of quantitative analysis tools available for researchers and help to identify where support is available. The Development programme offers Basic Stats training, SPSS, SAS, R, Matlab and one to one support, guidance on getting the best help at the right time will be provided.

Target group: First Year Research Students

Skills: A1, A2, C1, C2

Book at: workshops.ncl.ac.uk/fms/expts

Fri 16 October 2020	10:00 - 12:00
Tue 2 February 2021	11:00 - 13:00

Feedback Score: 9.4

Getting Started with SAS System

SAS is a powerful statistical package which can be used for predictive modelling. This workshop provides a quick overview of the essentials of SAS including SAS Base and SAS Enterprise Guide.

Target group: Researchers Using Modelling

Skills: A1, A2, A3, C2

Book at: workshops.ncl.ac.uk/fms/sas

Wed 17 and Thu 18 February 2021	10:00 - 13:00
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Feedback Score: 9.6

Applied Statistics with SPSS

A Biologist's perspective on statistics using SPSS, including: managing data; calculating means and standard deviations; running tests of normality. After discussing how to choose the correct statistical test, there will be the chance to run t-tests and analysis of variance. We will also use SPSS to create select graphs and charts for publication.

Target group: New PhD, MD & MPhil Students

Skills: A1, C2

Book at: workshops.ncl.ac.uk/fms/appliedstats

Wed 14 July 2021	15:00 - 17:00
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Feedback Score: 9.0

Referencing and Document Control

Creating well laid out documents with appropriate referencing is essential and training to do this can save many hours of frustration. As well as organised training, the digital skills team offer one-on-one sessions on an appointment basis, see www.digitalskills.ncl.ac.uk or get in touch at itskills.support@ncl.ac.uk

Document Management – Content and Layout

A supervised, self-directed study workshop on how to get the most out of MS Word using styles and style sets, table of contents, page layout and numbering, headers and footers, spelling and grammar, and equations.

Target group: First Year Research Students

Skills: A1, C2, D2

Book at: workshops.ncl.ac.uk/fms/docman1

Thu 22 October 2020	10:00 - 12:00
Mon 7 June 2021	10:00 - 12:00

Feedback Score: 8.4

Advanced Document Management – Using Word and EndNote

This session covers new and advanced techniques in Word and EndNote such as templates, page layout and section breaks, using and manipulating Endnote citations and references, as well as reviewing skills covered previously.

Target group: First Year Research Students

Skills: A1, A2, C2, D3

Book at: workshops.ncl.ac.uk/fms/adm

Thu 10 December 2020	10:00 - 12:00
Tue 22 June 2021	13:00 - 15:00

Feedback Score: 9.0

Document Management – Images and Tables

A supervised, self-directed workshop which covers creating and managing images, formatting and manipulating tables and referencing these objects within the document efficiently.

Target group: First Year Research Students

Skills: A1, C2, D2

Book at: workshops.ncl.ac.uk/fms/docman2

Tue 27 October 2020	10:00 - 12:00
Thu 10 June 2021	10:00 - 12:00

Feedback Score: 9.2

Managing Long Documents

Building on previous document management and library skills sessions, this workshop develops your advanced MS Office and Endnote knowledge, allowing you to focus on research work in your later stages without IT distractions.

Target group: Second Year Research Students

Skills: A1, A2, C2, D2

Book at: workshops.ncl.ac.uk/fms/mld

Thu 14 January 2021	13:00 - 16:00
Thu 18 March 2021	13:00 - 16:00
Thu 24 June 2021	13:00 - 16:00

Feedback Score: 6.0

Referencing and Document Control

Medline

This session will help you understand the structure of Medline, how to sign into the database, use subject headings and limits, use combined and limited searches, check reference availability in the catalogue and select, save and print articles and references.

Target group: First Year Research Students

Skills: A1, A3, C2

Book at: workshops.ncl.ac.uk/fms/medline

Thu 30 October 2020	10:00 - 11:30
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Feedback Score: 8.4

Building Robust Search Strategies

Advice on choosing the appropriate databases and framing a search query including: defining your topic, tips for narrowing and broadening your search and using controlled vocabulary.

Target group: First Year Research Students

Skills: A1, A3, C2

Book at: workshops.ncl.ac.uk/fms/searching

Fri 23 October 2020	14:00 - 15:30
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Feedback Score: 8.6

Non-Medline Library Databases

Covering Scopus, Web of Knowledge, CINAHL and touching on Embase and PsycInfo, this session offers advice on: citation searches; combined and limited searches; checking reference availability in the catalogue and electronic journals; and selecting, saving and printing articles and references.

Target group: First Year Research Students

Skills: A1, A2, C2, D2

Book at: workshops.ncl.ac.uk/fms/nonmedline

Thu 14 October 2020	10:00 - 11:00
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Feedback Score: 8.6

Endnote

All researchers wishing to use EndNote should attend this workshop which includes: searching for and importing references, adding citations to a document and formatting your bibliography, linking to full text, amending citations and annotating and organising references.

Target group: All Research Students

Skills: A1, A2, B2, C2

Book at: workshops.ncl.ac.uk/fms/endnote

Tue 20 October 2020	10:00 - 11:00
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Feedback Score: 9.2

Health Research Methods

Systematic Review and Advanced Systematic Review

These sessions aim to support researchers as they work towards a comprehensive literature review. Of particular interest to those working in public and applied health sciences, but useful for all researchers to attend. This workshop is supported by the NIHR Newcastle Training Network.

Target group: First Year Research Students, Applied Health students

Skills: A1, A2, A3, C2

Book at: workshops.ncl.ac.uk/fms/systematicreview

Wed 13 January 2021	11:00 - 13:00
Tue 2 March 2021	11:00 - 13:00
Tue 24 March 2021	09:00 - 17:00

Feedback Score: 8.6

FMS Health Research Authority (HRA) Application training

This session will provide an overview of HRA-HCRW Approval (Health Research Authority - Health and Care Research Wales) that is required for the majority of studies which involves NHS sites, staff and patients. This involves REC review and a legal compliance assessment of the research. It will review the main requirements of a submission signposting to relevant systems.

Target group: All Research Students, Applied Health students

Skills: B1, C1, C2, C3

Book at: workshops.ncl.ac.uk/fms/fmshra

19 February 2021	13:00 - 14:00
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Feedback Score: 8.4

NVivo Training

An introduction to NVivo for qualitative data management and analysis, including how to set up a project, upload data, begin coding, run reports and techniques to aid data analysis. This session will assume basic knowledge of qualitative methods but no prior knowledge of NVivo and example data will be provided during several hands-on exercises.

Target group: Applied Health Students

Skills: A1, A2, A3, C2, D1, D3

Book at: workshops.ncl.ac.uk/fms/nvivo

Wed 7 April 2020	10:00 - 15:00
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Feedback Score: 8.6

Project Risk Management

PhDs, like any project, need to be actively managed. One key aspect of project management is the consideration of how the project is open to risk. A framework for appraisal of the risks is presented and discussed.

Target group: First Year Research Students, Applied Health students

Skills: B1, C1, C2, C3, D1

Book at: workshops.ncl.ac.uk/fms/risk/

Mon 7 December 2020	14:00 - 16:00
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Feedback Score: 10

Annual Review and Reporting

Writing a Literature Review

Run by the Writing Development Centre, this workshop will discuss the process of mapping out the field and structuring the literature review, as well as strategies for writing so that you retain control over the material without losing your own critical contribution.

Target group: First Year Research Students

Skills: A3, C2, D2

Book at: workshops.ncl.ac.uk/fms/litreview

TBC	TBC
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Feedback Score: 8.2

Writing Your First Year Report

This session offers strategic and technical advice on writing a suitable literature review for your first year report, covering what should be included and the amount of time that should be spent completing it. It is strongly recommended that students approaching their first year report write-up attend.

Target group: First Year Research Students

Skills: B2, C2, D1, D2

Book at: workshops.ncl.ac.uk/fms/1streport

Wed 3 March 2021	12:00 - 13:00
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Feedback Score: 9.2

Your Personal Development Plan (PDP) – Preparing for the Progress Review Panel

The annual review process is an opportunity for PhD and MD students to take stock of the progress in their research and their own professional development. This compulsory workshop helps students prepare for their annual review and encourages a broader view of personal development planning.

Target group: First Year Research Students

Skills: B1, B2, B3, C1, C2, D1, D2

Book at: workshops.ncl.ac.uk/fms/pdpreview

For Laboratory and Clinical Researchers

Mon 1 March 2021	12:00 - 13:00
Wed 30 June 2021	13:00 - 14:00

For Public Health and Health Service Researchers

Mon 15 March 2021	12:00 - 13:00
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Feedback Score: 9.0

Second Year Annual Review: Your Research Outputs

An advice session for all second year students due to complete their second year review. The session also considers career routes for doctoral students, highlighting how outputs and activities at this stage can be career defining and formative.

Target group: Second Year Research Students

Skills: A1, A3, B2, C2, D2, D3

Book at: workshops.ncl.ac.uk/fms/2ndreview

Mon 8 March 2021	13:00 - 14:00
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Feedback Score: 7.6

Engagement and Communicating Research - Public and Patient

Support for Researchers Working with Public and Patient Groups

The facilitators of this session take you through their experience of involving the public in the design and delivery of research and give you the opportunity to discuss ways you can increase the impact of your work by developing effective partnerships with patients and the wider public.

Target group: Applied Health Students

Skills: D1, D2, D3

Book at: workshops.ncl.ac.uk/fms/PPI

Wed 26 May 2021	10:00 - 12:00
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Feedback Score: 8.0

Clinical Research With Older People

This interactive workshop explores the challenges, opportunities and advantages associated with involving older people in clinical research. This will include ethical and legal considerations as well as discussion on how to make contact with difficult to reach groups. This workshop is supported by the NIHR Newcastle Training Network.

Skills: C1, C2, D2, D3

Book at: workshops.ncl.ac.uk/fms/olderpeople

Tue 27 October 2020	10:30 - 12:30
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Feedback Score: 10

Three Minute Thesis (3MT)

The Three Minute Thesis (3MT) competition asks doctoral students to explain their research in just three minutes using only one slide. The explanation should be easily understood by a non-specialist. Winners of the University competition will go forwards to a prestigious national competition. More info at www.vitae.ac.uk/events/three-minute-thesis-competition

3MT Launch

Thu 2 March 2021	14:00 - 15:00
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3MT Training

Wed 12 May 2021	12:00 - 14:00
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3MT University Final

Wed 19 May 2021	14:00 - 17:00
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Feedback Score: 8.4

Engagement and Communicating Research - Teaching

Teaching Opportunities for Research Students

Paid teaching opportunities are available to full time PhD, MD and MPhil students who have the appropriate knowledge base and time available. This session will clarify how much time can be devoted to teaching, applicable payments and what training is required.

Skills: B3, D1, D2, D3

Book at: workshops.ncl.ac.uk/fms/teachingopportunities

Tue 13 October 2020	12:00 - 13:00
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Feedback Score: 8.6

Teaching and Supervising Project Students

This session provides support and guidance for researchers who are involved in the teaching or informal supervision of undergraduate or masters project students. This session aims to help you understand what is expected of you and how to manage students' expectations.

Target group: All research students

Skills: B1, B3, C1, D1, D2

Book at: workshops.ncl.ac.uk/fms/projectteaching

Thu 17 December 2020	12:00 - 14:00
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Mon 25 January 2021	12:00 - 14:00
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Feedback Score: 9.0

Demonstrating Opportunities within the School of Biomedical Sciences

This short training session is essential for those wishing to demonstrate in the School of Biomedical Sciences. This session will highlight the range of demonstrating opportunities, once the training is completed you will be notified of up-coming opportunities to teach.

Target group: All research students

Book at: workshops.ncl.ac.uk/fms/biomeddem

Thu 15 October 2020	10:00 - 11:00
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Thu 3 December 2020	10:00 - 11:00
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Feedback Score: 9.6

Engagement - Peers and Policy

STEM for Britain (House of Commons) Poster Event – Application Support

The STEM for Britain poster competition is a great opportunity for researchers to display the relevance of their work at the Houses of Parliament. There will be guidance on the abstract and poster.

Target group: Second and Final Year Research Students

Skills: A3, B3, D2, D3

Book at: workshops.ncl.ac.uk/fms/Stem4britain

Mon 16 November 2020 16:00 - 17:00

Feedback Score: 9.2

Poster Presentations: Practical Advice

Individual guidance on how to improve your own poster designs. This is a particularly valuable session for students with a partly designed poster or who have a poster they would like to improve.

Target group: All Research Students

Skills: A3, D2, D3

Book at: workshops.ncl.ac.uk/fms/posterpractical

MRes only

Mon 5 July 2021 10:00 - 12:00

PhD, MD, MPhil only

Tue 22 June 2020 14:00 - 17:00

Feedback Score: 9.0

Communication and Presentation Skills

Dr Daniel Erskine, former winner of the INSIGHTS public lecture prize offers advice based on his own experience of presenting his research to a variety of audiences. This session will provide guidance on how to express your science in a clear and interesting fashion.

Target group: First Year Research Students

Skills: A3, B3, D1, D2, D3

Book at: workshops.ncl.ac.uk/fms/communication

Tue 16 March 2021 14:00 - 15:00

Feedback Score: 8.6

Presentation Skills using PowerPoint

This session takes you through the stages of creating a good presentation, from researching and knowing your audience to rehearsing and delivering. It includes information on how to improve the visual impact of your presentation whilst avoiding the pitfalls of PowerPoint's advanced features.

Target group: First Year Research Students

Skills: A1, A2, D1, D2, D3

Book at: workshops.ncl.ac.uk/fms/PPTplus

Thu 27 May 2021 10:00 - 12:00

Feedback Score: 8.6

NEPG and Conferencing

The largest annual postgraduate conference in the UK the **North East Postgraduate Conference (NEPG)** features the latest biomedical science and health research carried out by postgraduates throughout the UK. Attend insightful talks by renowned speakers, participate in workshops and develop vital relationships with fellow researchers and sponsors. This year's conference takes place on Friday 22nd November 2019. **Register at: www.ne-pg.co.uk**

Chairing at a Scientific Meeting

An experienced conference Chair will share their experience of numerous scientific meetings, including how to make a speaker feel at ease, encourage positive and non-confrontational questions and ensure everything runs to schedule.

Target group: All Research Students

Skills: C1, D1, D2, D3

Book at: workshops.ncl.ac.uk/fms/chairing

Wed 5 May 2021 12:00 - 13:00

Feedback Score: 10

Public Speaking (NEPG support)

There is a general acceptance that presentation skills between academics may be limited by the complex nature of the work being presented. However, good presenters do exist and they can generate great interest in their research. Experts in science communication will help make you one of those good presenters.

Target group: All Research Students

Skills: A3, D2, D3

Book at: workshops.ncl.ac.uk/fms/publicspeaking

Wed 19 October 2020 10:00 - 12:00

Fri 21 October 2020 10:00 - 12:00

Feedback Score: 9.6

NEPG Postgraduate Conference Organisers Meeting

The NEPG is a great opportunity for you to present your work but this conference is also organised by research students. This meeting provides a commitment free chance to find out about getting involved in the planning and delivery of the 2020 conference.

Target group: All Research Students

Skills: A3, B1, B3, C2, D1, D3

Book at: workshops.ncl.ac.uk/fms/nepgorganisers

Wed 16 December 2020 13:00 - 14:00

Feedback Score: 7.6

Academic Writing: Accessible Abstracts

This session provides support for researchers submitting abstracts to the NEPG conference. Advice and guidance on how to write clear and engaging abstracts that are accessible to readers without advanced knowledge of your particular field.

Target group: All Research Students

Skills: A1, A2, B3, D1, D3

Book at: workshops.ncl.ac.uk/fms/accessibleabstracts

Wed 7 July 2021 11:00 - 13:00

Feedback Score: 9.0

Enterprise and Impact

Whether you are looking to stay in academia, move onto a career in industrial science or use a broader application of your skills, there is an ever increasing demand for you to have an awareness of impact and the commercial outcomes that may emerge from research. The sessions in this section offer perspectives from academics involved in enterprises that have developed from their research findings, companies that are active in their exploitation of scientific results, and the infrastructure that supports commercial outcomes.

Please note the Translational Tales and Insights from Industry sessions form part of the MRes Bioscience Research Development and Enterprise Module.

The Young Entrepreneurs Scheme (YES)

The Young Entrepreneurs Scheme (YES competitions) is a fantastic and immersive opportunity for researchers to find out about the commercialisation of research. The Faculty will support one team's involvement in this three day residential competition. Find out more at this information session.

Target group: All Research Students

Skills: A1, A3, B3, C3, D2, D3

Book at: workshops.ncl.ac.uk/fms/yes

Thu 29 April 2021 13:00 - 14:00

Feedback Score: 10

Translational Tales: Biofilms

Dr Nick Jakubovics heads a research group investigating the disruption of microbial biofilms. Initially focused on the commercial applications of this in dentistry, the group have expanded to consider potential impacts in a range of areas.

Target group: All Research Students

Skills: A1, B2, C3, D3

Book at: workshops.ncl.ac.uk/fms/biofilms

Wed 28 October 2020 14:00 - 15:00

Feedback Score: 10

Translational Tales

Translational Tales: The Artificial Gut

Dr Peter Chater explains the development of a model gut system that can be used to test the absorption and uptake of drugs and nutrients. This technology has led to the spin-out company Aelius Biotech. The commercial considerations for this fledgling company will be assessed.

Target group: All Research Students

Skills: A1, B3, C3, D3

Book at: workshops.ncl.ac.uk/fms/gut

Wed 21 October 2020 15:30 - 16:30

Feedback Score: 8.0

Translational Tales: ASTEROID

Professor Jenny Read explains the development of ASTEROID, a computer game that can help assess the stereovision of children for use in the diagnosis and treatment of Squint and Lazy Eye. This presentation will explain how the research group hope to have ASTEROID adopted for use.

Target group: All Research Students

Skills: A1, B2, C3, D3

Book at: workshops.ncl.ac.uk/fms/asteroid

Wed 4 November 2020 14:00 - 15:00

Feedback Score: 10

Enterprise and Impact

Translational Tales: Heart Disease Treatment

The research work conducted by Dr Richardson has led to new potential treatments for heart disease. The research is quite a long way from a commercial end but the possibility is greatly increased by the pharmaceutical product involved already being in use for other conditions.

Target group: All Research Students

Skills: A1, B2, C3, D3

Book at: workshops.ncl.ac.uk/fms/heart

Wed 28 October 2020 15:30 - 16:30

Feedback Score: New workshop

Insights from Industry

Insights from Industry: Intellectual Property

Patent Attorneys Elliot Stevens and David Marshall of Murgitroyd & Co. aim to highlight the importance of Intellectual Property Rights when attempting to generate an impact from research findings. Covering the patent process including costs and timings and the significance of disclosure. Other forms of IPR will also be discussed.

Target group: All Research Students

Skills: A1, B2, B3, C1, C2, C3, D1, D2, D3

Book at: workshops.ncl.ac.uk/fms/ipr

Wed 25 November 2020 14:00 - 15:00

Feedback Score: 10

Translational Tales: Tumor Boundary

Dr Manning is developing a novel sensor that can assist with the detection of a tumor boundary. This has the potential to be a significant aid in surgery for treatment of tumors and reduce rates of recurrence in cancers.

Target group: MRes Students

Skills: A1, B2, C3, D3

Book at: workshops.ncl.ac.uk/fms/tumor

Wd 11 November 2020 15:30 - 16:30

Feedback Score: New workshop

Insights from Industry: Getting Investment

Mr Alex Buchan, Investment Director of Northstar Ventures presents a clear and honest picture of what investors are looking for and the sort of returns they require when investing in a business idea.

Target group: All Research Students

Skills: A1, B2, B3, C1, C2, C3, D1, D2, D3

Book at: workshops.ncl.ac.uk/fms/investment

Wed 16 December 2020 14:00 - 15:00

Feedback Score: 10

Enterprise and Impact

Insights from Industry: Pharma Contract Manufacture

Fuji Diosynth Biotechnologies are a world leader in the development of drug manufacturing procedures and offer a full service from R&D through to production. In this presentation staff from the company will explain what researchers in drug discovery should know about production processes and careers in the sector.

Target group: All Research Students

Skills: A1, B3, C3, D3

Book at: workshops.ncl.ac.uk/fms/fuji

Wed 9 December 2020 16:00 - 17:00

Feedback Score: 8.0

Insights from Industry: Project Management

Mr John Patterson has many years' experience heading up numerous projects for one of the most successful companies in the North East. This session will consider a variety of project management techniques and put into context the use of different approaches in research and commercial projects.

Target group: All research students

Skills: A2, B1, B2, C1, C2, D1

Book at: workshops.ncl.ac.uk/fms/project

Wed 6 January 2021 15:30 - 17:00

Feedback Score: 8.0

Insights from Industry: Costs and Finance

Business consultant with RMT, Stephen Slater explains the financial operations of a small company, including consideration of the costs, what the position is around tax and how to make the most of any opportunities small businesses can use.

Target group: All Research Students

Skills: A2, B1, B2, C1, C2, D1

Book at: workshops.ncl.ac.uk/fms/accounts

Wed 9 December 2020 14:00 - 15:30

Feedback Score: No records

Faculty and Technical Support

Research Facilities: Workshops and Events

The FMS core scientific facilities underpin research across the faculty. Combining specialist equipment with experienced staff, the facilities provide services and support for researchers, including regular workshops and training opportunities. Details of forthcoming events will be posted throughout the year at www.ncl.ac.uk/medicallsciences/research/facilities.

Microscopy and Image Analysis Workshop

Run by the BioImaging Unit, this course includes an overview of microscope basics, fluorescence imaging, as well as more advanced imaging techniques such as Confocal microscopy. There will be one add-on course to cover image processing using ImageJ.

BioImaging Unit website: www.ncl.ac.uk/bioimaging

Target group: Researchers using Imaging

Skills: A1, C3, D1

To book please contact: bioimaging@ncl.ac.uk

TBC

Feedback Score: No records

Storing Research Data During and After a Project

With new or existing data it is important to consider: how the data will be stored during a project; who will access the data (and how); and where to archive the data at project end. This session provides an overview of data storage and suggests tools and software to use.

Target group: All Research Students

Skills: B2, C1, C2

Book at: workshops.ncl.ac.uk/fms/storing

Fri 23 October 2020 13:00 - 13:30

Mon 16 November 2020 13:00 - 13:30

Feedback Score: 9.4

Alt-Metrics, ORCID and Modern Research Tools

There is a growing realisations that the measures to recognise researchers' outputs and productivity are complex. Being recognised is vital for research success and ORCID registration is important for that. Understanding Alt-metrics and how modern research tools can interplay with that is important.

Target group: All Research Students

Skills: A1, A3, C2, D1, D2, D3

Book at: workshops.ncl.ac.uk/fms/researchtools

Wed 19 May 2021 13:00 - 14:00

Feedback Score: 10

Creating a Data Management Plan

The production of data management plans (DMPs) is mandated by an increasing number of research funders worldwide. This session will run through areas to address within a DMP and suggest some useful data management tips along the way.

Target group: First Year Research Students

Skills: C1, C2, C3, D1, D2

Book at: workshops.ncl.ac.uk/fms/dmp

Fri 5 February 2021 12:00 - 13:00

Feedback Score: 9.6

The Basics in Mass Spectrometry and Proteomics

Prof Matthias Trost covers in a seven-hour lecture series the absolute basics in mass spectrometry and proteomics, including the newest methods developed in recent years and their application. This basic knowledge will help you design better experiments and understand the opportunities as well as limitations of proteomics.

Target group: All Interested Researchers

Skills: A1, A3

Book at: workshops.ncl.ac.uk/fms/proteomics

Mon 18 January 2021	15:00 - 16:00
Mon 25 January 2021	15:00 - 16:00
Mon 27 January 2021	15:00 - 16:00
Mon 1 February 2021	15:00 - 16:00
Mon 8 February 2021	15:00 - 16:00
Mon 15 February 2021	15:00 - 16:00
Mon 22 February 2021	15:00 - 16:00
Mon 1 March 2021	15:00 - 16:00

Feedback Score: 8.2

Thesis Writing

An overview of the regulations on thesis preparation and submission. Using the experiences of successfully supervised research students, this session offers tips on how to structure a thesis and the writing-up process.

Target group: Final Year Research Students

Skills: A1, A2, C2, D2

Book at: workshops.ncl.ac.uk/fms/thesiswriting

Fri 12 February 2021	13:00 - 14:00
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Feedback Score: 9

Academic Writing

An interactive workshop to help you to identify the conventional features of scholarly writing, explore ways to make your writing clearer and more self-assured, and discuss strategies to develop your own style. Workshop delivered by the Writing Development Centre.

Target group: First Year Research Students

Skills: A1, A2, C2, D2

Book at: workshops.ncl.ac.uk/fms/acadwriting

TBC	TBC
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Feedback Score: 9.2

The Viva and Beyond

This presentation covers what you should expect from your viva (research degree oral presentation), how you should prepare for it and explains typical viva scenarios. It forms a vital requirement for final year PhD students.

Target group: Final Year Students

Skills: A1, B1, B2, B3, D2, D3

Book at: workshops.ncl.ac.uk/fms/viva

Thu 29 April 2021	12:00 - 13:00
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Feedback Score: 9.4

Scientific Writing

Dr Alison Tyson-Capper offers guidance on scientific writing, particularly for academic publication. She will draw on her extensive experience in this area, suggesting strategies for successful writing and tips on how to avoid errors.

Target group: First Year Research Students

Skills: A1, A2, C1, D1, D3

Book at: workshops.ncl.ac.uk/fms/sciwriting

Tue 18 May 2021	12:00 - 13:00
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Feedback Score: 10

Writing for Publication and the Publication Process

As you approach publishing your work you need to understand the process, make key decisions and manage your writing. This workshop discusses how to handle communication with editors, peer reviewers and co-authors and explores differences in writing styles.

Target group: Second and Third Year Research Students

Skills: A1, C1, C2, D1, D2

Book at: workshops.ncl.ac.uk/fms/publication

TBC	TBC
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Feedback Score: No records

Writing Development Centre

All students are encouraged to access the Writing Development Centre, located on Level 2 of the Robinson Library. They run a programme of lectures, workshops and group sessions covering core skills to help you become a confident and successful independent learner. They offer one-to-one tutorials and maintain a range of online resources. Further details can be found at www.ncl.ac.uk/students/wdc or contact wdc@newcastle.ac.uk.

MRes Support

For the most part, MRes and PhD students are treated identical in terms of development opportunities and MRes students are encouraged to attend any training sessions they see as relevant to their broader development. A few sessions are specifically aimed at MRes students to support the needs of their coursework.

Writing Examination Essays

This workshop will help you prepare for essay-based exams, how to structure your essay and write clearly and concisely. To illustrate these points, we will analyse and evaluate sample essay questions and answers. Delivered by the Writing Development Centre.

Target group: MRes Students

Skills: A1, A3, D2

Book at: workshops.ncl.ac.uk/fms/examessays

TBC	TBC
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Feedback Score: 9.2

PhD Interviews

Masters students who are applying for PhD positions might be wondering what to expect in the interview and what they should emphasise to impress. A careers service adviser and Dr Jeremy Brown will provide guidance on what to expect and how best to prepare.

Target group: MRes Students

Skills: B1, B2, B3, C3

Book at: workshops.ncl.ac.uk/fms/phdinterviews

Tue 1 December 2020	12:00 - 13:00
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Feedback Score: 10

Dissertation Writing for MRes Students

From planning to proofreading, this workshop explores process and content, including areas of difficulty such as the introduction and literature review, presenting and discussing results, and writing a conclusion. NB. This year's session has been adapted to have greater input from the MRes team.

Target group: MRes Students

Skills: A1, D2

Book at: workshops.ncl.ac.uk/fms/mresdiss

TBC	TBC
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Feedback Score: 7.6

Career and Personal Development

Research students in the faculty benefit from a dedicated member of the Careers Service team to support their professional development along with an enterprise adviser.

Also an integral part of researchers' personal development is their wellbeing. In addition to scheduled sessions, the wellbeing service offers one to one consultation sessions on topics: **Sleep, Assertiveness** and **Covid-19 Frontline Support** - please email sws.therapyappointments@newcastle.ac.uk to book an appointment.

Making a Successful Career Move

In this interactive session run by the faculty's postgraduate Careers Adviser, we will help you to explore some of the many career options for scientists outside of academic research.

Target group: All Research Students

Skills: B1, B2, B3

Book at: workshops.ncl.ac.uk/fms/careermove

Fri 11 September 2020	14:00 - 16:00
Tue 6 April 2021	14:00 - 16:00

Feedback Score: 8.4

How to Write an Effective CV and Covering Letter

Whatever your career intentions, this session aims to improve your ability to market your research experience effectively on paper. The session will focus on how to convey the relevance and maximise the value of your experience to specific opportunities.

Target group: All research students

Skills: B1, B2, B3, C1

Book at: workshops.ncl.ac.uk/fms/CVs

Tue 20 October 2020	11:00 - 12:00
Tue 8 December 2020	10:00 - 12:00
Wed 13 January 2021	10:00 - 11:00
Thu 15 April 2021	13:30 - 14:30

Feedback Score: No records

Getting 'that' postdoc

A researcher's first postdoc position can often be career defining. It is important to make a careful and informed choice about the postdocs on offer. Advice on possible routes into an academic role and the perspective of an academic involved in recruiting researchers is offered.

Target group: Final Year Students

Skills: B1, B2, B3, C3

Book at: workshops.ncl.ac.uk/fms/postdoc

Wed 20 January 2021	13:00 - 14:00
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Feedback Score: 9.2

How to Succeed at Interview

This session will look at all aspects of the interview process including preparation, interview styles and formats and typical questions and how to answer them. You will get an opportunity to work in small groups, to practice handling different types of questions, experience the role of interviewer and interviewee.

Target group: Final year students

Skills: A1, B1, B2, B3, C1

Book at: workshops.ncl.ac.uk/fms/interviews

Thu 26 November 2020	13:30 - 14:30
Tue 23 February 2021	13:30 - 14:30
Wed 19 May 2021	10:00 - 11:00

Feedback Score: No records

Career and Personal Development

Applying for Fellowships

This session is for PhD students and postdoctoral researchers thinking of applying for a non-clinical Fellowship from a Research Council or medical charity.

Target group: Final Year Research Students

Skills: B1, B2, B3, C3

Book at: workshops.ncl.ac.uk/fms/fellowships

Wed 21 April 2021 11:00 - 13:00

Recognising and Building Your Resilience to the Rigours of Research

This session investigates how researchers deal with the challenges they face and reflect positively on their experience. Participants will be encouraged to consider the potential benefits of coping strategies such as the use of mindfulness and meditation.

Target group: All Research Students

Skills: B1, B2, D1

Book at: workshops.ncl.ac.uk/fms/resilience

Thu 11 March 2021 14:00 - 16:00

How to Sleep

Good enough sleep, not too much and not too little, is a cornerstone of our physical and mental health. Unfortunately, a healthy amount of sleep is not always easy to achieve. This workshop will tell you all you need to know about getting the right amount of sleep.

Target group: All Research Students

Skills: B1, B2

Book at: workshops.ncl.ac.uk/wellbeing/How-ToSleep/

TBC TBC

An Introduction to the Myers-Briggs Personality Type Indicator (MBTI)

The Myers-Briggs Type Indicator (MBTI) is a personality questionnaire designed to give you a better understanding of yourself and others in order to work more productively and develop effective relationships with others, helping you achieve personal and career satisfaction.

Target group: All Research Students

Skills: B1, B2, B3, C1, D1

Book at: workshops.ncl.ac.uk/fms/mbti

Wed 17 March 2021 TBC

Thu 10 June 2021 TBC

Writing a successful research proposal - How the Research Design Service can help you?

The Research Design Service (RDS) supports research teams to develop and submit high quality applied health and social care grant applications. This session will cover designing research to improve health and wellbeing and how the RDS can help.

Target group: Applied Health Researchers

Skills: A1, A3, C2, C3

Book at: workshops.ncl.ac.uk/nih/rds

Tue 9 March 2021 11:00 - 13:00

Feedback Score: 8.6

Career and Personal Development

Lunchtime Mindfulness

These sessions introduce participants to mindfulness practices they may find helpful in their everyday lives, at work and at home; practices that may help them reduce stress and develop a better sense of well-being. Sessions take place at lunchtime in the Graduate Training Suite.

Target group: All Research Students

Skills: A2, B1, B2

Book at: workshops.ncl.ac.uk/fms/mindfulness

Fri 25 September 2020 12:00 - 12:45

Fri 2 October 2020 12:00 - 12:45

Fri 9 October 2020 12:00 - 12:45

Fri 16 October 2020 12:00 - 12:45

Fri 23 October 2020 12:00 - 12:45

Fri 6 November 2020 12:00 - 12:45

Fri 13 November 2020 12:00 - 12:45

Fri 20 November 2020 12:00 - 12:45

Fri 27 November 2020 12:00 - 12:45

Fri 4 December 2020 12:00 - 12:45

Fri 11 December 2020 12:00 - 12:45

Fri 18 December 2020 12:00 - 12:45

Feedback Score: 9.4

Procrastination

Most of us are familiar with the struggle to complete a task as we can find ourselves procrastinating. This workshop aims to develop practical strategies to help you break any procrastination habits you may have. #PGRWellbeing4all

Target group: All Research Students

Skills: B1, B2, C2

Book at: workshops.ncl.ac.uk/wellbeing/procrastination/

TBC TBC

Food and Mood

This workshop will provide you with information on how the food we eat can effect our mood and how our relationship with food can often be negatively influenced by 'ideal' body images perpetuated in social media and advertising. Finding ways of developing Positive Body Consciousness will be explored.

Target group: All Research Students

Skills: B1, B2

Book at: workshops.ncl.ac.uk/wellbeing/67f19df0-29b8-45/

Wed 4 November 2020 13:00 - 14:00

Feedback Score: New workshop

Building confidence in social situations - Parts 1 and 2

Would you like to overcome shyness and gain confidence in interpersonal interactions? Do you worry about meeting new people? Does anxiety interfere with socialising? Try this workshop to develop tips for feeling good about yourself. We will explore self-acceptance and change your critical self-talk.

Target group: All Research Students

Skills: B1, B2

Book at: workshops.ncl.ac.uk/wellbeing/f325ab74-b5ef-42/ and workshops.ncl.ac.uk/wellbeing/3f0f2b9b-df56-4a/

Part 1

Wed 4 November 2020 12:00 - 13:00

Part 2

Wed 11 November 2020 12:00 - 13:00

Feedback Score: New workshop

Career and Personal Development

Resilience for PGR's

A workshop to help understand the factors which contribute to the increased symptoms of stress in our lives and how these are maintained. An opportunity to understand the difference between stress and distress and discuss coping strategies to help build our resilience. #PGRWellbeing4all

Target group: All Research Students

Skills: A2, B1, B2

Book at: workshops.ncl.ac.uk/wellbeing/ResilienceForPGR/ForPGR

TBC

TBC

Bereavement and Loss - Parts 1 and 2

This workshop aims to provide you with information on the grieving process and what you and others can do to support you through this process, as well as insights you may not have considered. The workshop may be particularly helpful to those who have recently encountered bereavement associated with Covid-19 but is not limited to these circumstances. #PGRWellbeing4all

Target group: All Research Students

Skills: B1, B2, C2

Book at: <https://workshops.ncl.ac.uk/wellbeing/1ec4bb42-2b7c-4f/> and workshops.ncl.ac.uk/wellbeing/1ca344aa-c488-40/

Part 1

Wed 30 September 2020 13:00 - 14:00

Wed 11 November 2020 13:00 - 14:00

Part 2

Wed 7 October 2020 13:00 - 14:00

Wed 18 November 2020 13:00 - 14:00

How to Manage Anxiety and Stress, Parts 1 and 2

"Why is my heart pounding? Why are my hands sweating? Why can't I concentrate? Why do I feel so keyed up and anxious? Is it just me that feels like this?"... These are just some of the questions that will be answered in this workshop. #PGRWellbeing4all

Target group: All Research Students

Skills: A2, B1, B2

Book at: workshops.ncl.ac.uk/wellbeing/Anxiety/ and workshops.ncl.ac.uk/wellbeing/anxiety2/

TBC

TBC

Assertion – How to Communicate Well and Improve Relationships

Do you find it hard to say "no" or find yourself getting angry or festering silently rather than being able to clearly say how you think and feel? If you've answered "yes" to any of above, then come along for this stimulating workshop, that will leave you empowered to communicate well. #PGRWellbeing4all

Target group: All Research Students

Skills: B1, B2

Book at: workshops.ncl.ac.uk/fms/mindfulness

TBC

TBC

Additional Resources Available

Research Seminars

You should attend a minimum of 10 research seminars per year. A list of research seminars can be found on the Graduate School events calendar page: ncl.ac.uk/fms/postgrad/calendar. Each Institute will also have a seminar timetable on their own webpage.

Taught Programme Modules

With agreement of the Module Leader and Degree Programme Director, we are very happy for research students to attend any lecture courses delivered within the faculty. Attendance would be on a non-credit bearing basis and examinations would not be included. Practical classes are only available where there is a significant benefit for the student's research.

The following is a non-exhaustive list of taught modules: Medical Genetics; Neuropharmacology; Pharmacogenetics; Biochemistry; Carcinogenesis and Anticancer Drugs; Cell Biology; Clinical Pharmacology; Clinical Skills; Cytogenetics and Human Evolution; Experimental Design and the Process of Research; Genetics; Human Anatomy; Immune Recognition; Pharmacology; Physiology; RNA, Genetic Disease & Development; Systems Pharmacology; The Molecular Basis of Cancer; The Nervous and Immune Systems; Toxicology; Xenobiotic Metabolism.

The complete list of taught programme modules is at www.ncl.ac.uk/module-catalogue

If you wish to attend a taught module you should contact the Module Leader and Degree Programme Director well in advance of the module starting, and be prepared to be notified of acceptance of a place at short notice.

University English Language Assessment (UELA)

All new students whose native language is not English will receive a free University English Language Assessment (UELA), unless they are specifically exempted by INTO Centre staff. The assessment is a way for the university to work out the sort of help is most appropriate for you. The results will determine who is in most need of the in-session 'English for Academic Purposes' classes. The UELA schedule can be found at www.ncl.ac.uk/students/insessional/ucla/

English Courses for Students in the Faculty of Medical Sciences:

- English for PhD/MD/MPhil Students in Medical Sciences (INU9074)
- English for MRes students in Medical Sciences (INU6114)

These courses are for research students in the Faculty of Medical Sciences only, and will help you to write research papers and develop written academic English. You will look at introductions, literature reviews, methods, results, discussion and oral presentations from your area of research. These classes include homework tasks which you may complete and send to the teacher by e-mail in order to receive individual feedback. Registration note: Please note that you do not need to register in person for this class. This class will be registered in the same way as the Academic Language Skills (ALS) classes.

Other Faculty Graduate Schools

The Faculty of Medical Sciences attempts to deliver a Development Programme that is most suitable for postgraduates in Medical Science, however, we recognise that our researchers work in a wide variety of fields and may well have aspirations outside of their current field of study. The Graduate Schools of the University's other two faculties, Humanities and Social Sciences (HaSS) and Science, Agriculture and Engineering (SAGe) also offer training and development programmes. Postgraduate students are free to attend any of the sessions that are delivered by any faculty, subject to availability and with priority going to the students of that faculty. See workshops.ncl.ac.uk for all programmes.

Organisational Development

The University's Organisational Development team run a variety of training sessions. Research students who are members of staff are encouraged to take advantage of the events on offer. Research students who are not members of staff cannot attend these workshops. If there is something offered by Organisational Development that you are interested in please contact Dr Richy Hetherington to see if any equivalent courses are available for research students. See newcastle.sharepoint.com/hub/orgdev

Language Resource Centre

To improve your English or learn a foreign language, register with the Language Resource Centre and you will have access to materials for 150 different languages and multimedia resources to aid English language learning. The Centre also has 80 PCs with language learning software, satellite TV, audio equipment and video. The Open Access Centre is located on Level 2 of the Old Library Building. For more information go to www.ncl.ac.uk/language-resource-centre/

Additional Opportunities

Introduction to Learning and Teaching in Higher Education (ILTHE)

ILTHE is the minimum required training for part-time and postgraduate teachers at Newcastle University. ILTHE comprises of an online course and two online workshops. ILTHE is not formally assessed and carries no credit itself but participants receive a certificate for full attendance and completion of the online materials.

The interactive workshops provide an opportunity for those with no or very limited teaching experience to explore some of the main ideas and issues relating to learning and teaching in Higher Education in a supportive environment. It aims to provide participants with the necessary practical skills and knowledge to enable them to begin teaching and supporting learning at Newcastle University with confidence and enthusiasm.

Online material should be worked through first. There are also two online workshops that both need to be attended in sequential order to complete ILTHE:

1. Introduction to learning and teaching
2. Marking and Feedback

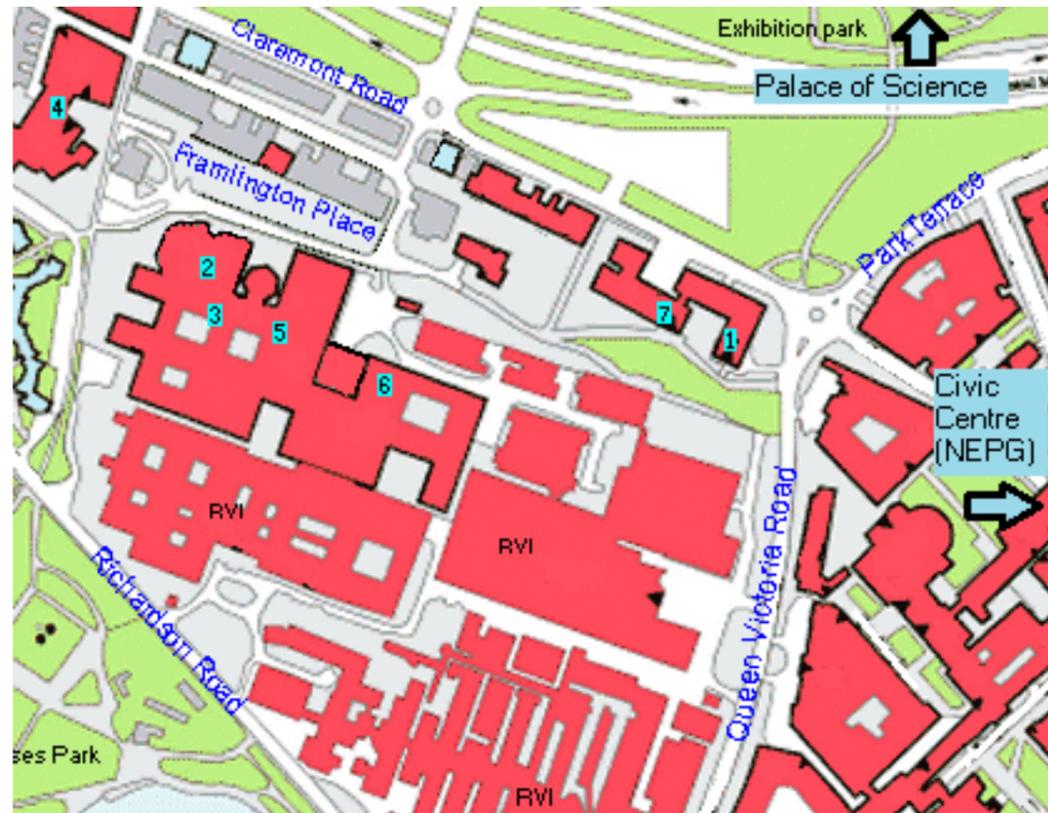
Once completed, ILTHE will make participants eligible to lead small group teaching or demonstrating at Newcastle University.

Book via Canvas (the university's online training hub): <https://ncl.instructure.com/enroll/76D8XC>

For more information: apt.lts@newcastle.ac.uk

Key

1. Ridley Building 1
Graduate School
2.04
2. Dent LTC, E, D, F
3. Walton Library
Dene, Glen, Linn
4. Baddiley Clark
5. Graduate
Training Suite
6. Leech Building
L2.2 - L2.8
7. Ridley Building 2
1.38 - 1.65



Additional Opportunities - External

Soapbox Science

Soapbox Science is a novel public outreach platform for promoting women scientists and the science they do. They place inspirational speakers on soapboxes in public areas and encourage them to engage in and start conversations with the public about their work. Visit soapboxscience.org to find out more about the project.

Pint of Science

Pint of Science is an international engagement festival. The basic idea is simple... talks in pubs.

Visit www.pintofscience.co.uk for more information.

Bright Club

Is there a light-hearted tale to tell about your research? Would you like to improve your communication skills and reach a new audience with your work? Bright Club Newcastle offers researchers the opportunity to take to the stage in the stand-up comedy style and tell the stories of their work. See www.life.org.uk/events/bright-club for more information.

Look out for future workshops at: workshops.ncl.ac.uk/fms/brightclub

Palace of Science Exhibition

This local organisation is run by volunteers and celebrates the cutting edge research being done in the region and making it accessible to non-scientists at a range of events outside of the university. In March it runs a celebratory event with a night of fun interactive demonstrations with exhibitors from around the North East. There is also a regular talk series - SciBars and SciQuizes throughout the year. If you are interested in giving a talk or organising an event then get in touch.

Email: scientist@palaceofscience.co.uk or see the website www.palaceofscience.co.uk

The Brilliant Club – Meaningful Teaching Experience

The Brilliant Club is an award winning charity that recruits, trains and places doctoral researchers into state schools to deliver programmes of university-style tutorials to small groups of high performing pupils. Placements offer researchers the chance to complete meaningful and well-paid work, whilst communicating their research and gaining teaching experience.

Skills: B1, B3, C1, D1, D2

More information at: <https://thebrilliantclub.org/>

Apply by completing their online application.

It is recommended you apply by end of October 2020 for the first round of teaching.

FameLab

FameLab is a competition where contestants have just three minutes to convey a science concept in an exciting way, but without the focus on your own research project. This international competition allows props but no slides at all. For more information see www.famelab.org

Annual Progression

An Annual Progress report is required for each postgraduate research student. These annual progress reviews will allow you to gauge your progress and to identify any potential problems which might affect the successful completion of the research degree for which you are registered, for fulltime PhD students this will take place around 8 months after you start your studies.

This is an important academic exercise and the report must provide your panel members with clear evidence that you have developed a good understanding of the background to and the aims of your work. It should also demonstrate some evidence of progress with data acquisition, analysis and discussion.

We recommend the following structure for your report:

1. Table of contents
2. A literature review
3. A clear statement of the aims of your project
4. A summary of the methods developed and results obtained to date
5. A discussion of the strengths and weaknesses of your work to date
6. An outline of your future work.

We are aware that research is hard to do and anticipate that some students will have relatively few results after a period as short as 8 months. For this reason, we believe that the literature review is likely to be a particularly important part of this report and should be up-to-date, comprehensive and fully referenced. Naturally all figures or material which are not your own should be fully acknowledged.

One possibility you might like to consider is that after your progress review the literature review in your report could be submitted to a learned journal for formal publication. There are many examples where this has already happened in the Faculty. Clearly this will almost certainly require further work and discussion with your supervisor(s). In order to stop students from submitting over-long mini-theses, the Graduate School suggests a maximum word limit for this report (excluding references and figures) of 7500 words. Reports should be uploaded via the e-progression online process (see www.ncl.ac.uk/students/progress/staffresources/pg-research/progression.htm for further information).

In addition to your written report, the panel will expect you to give a PowerPoint presentation.

Support and Advice

Evidence suggests that one of the greatest challenges in completing your postgraduate research studies can be maintaining your own wellbeing. Here in the Faculty we hope that you will not be affected by anything that impacts on your wellbeing, physical or mental, but we recognise that this, along with life's ups and downs, can happen and can come out of the blue and impact on your studies and we want to reassure you that we are here to help. We would also like to ensure that you feel entirely supported during your studies in the guidance given to you by your supervisory team, if for any reason this relationship isn't what you're expecting we are also here to listen and help, as appropriate. Essentially, we want to let you know that there are a range of mechanisms and options to support you through your studies and we would encourage your engagement with your local Institute team and the Graduate School whenever you feel we may be able to help – that is what we are here for!

Professor Alison Tyson-Capper
Deputy Postgraduate Dean
Faculty of Medical Sciences, Newcastle University

What to do if you have any problems?

It is expected that every attempt will be made to resolve any problems within your institute in the first instance and that your academic supervisor will liaise with the Faculty Postgraduate Tutor, and/or the Graduate School if appropriate.

If you are ill for a few days

All students who are absent through illness should inform their supervisor as soon as possible and you should make sure that you complete a 'student notice of absence form' (SNAF) via S3P for any period of illness between 3 and 7 days. Periods of absence of more than 7 days also require a medical certificate (sick/fit note) from your GP.

What if I need to take longer away from my studies?

We sincerely hope you will not experience any personal misfortune during the course of your studies but recognise that significant life events can affect all of us at some time in our lives. If you become seriously ill or are prevented from working due to illness, bereavement or some other major life event, we recommend that you seek an interruption of studies for an appropriate length of time until you are able to resume work. Depending on the circumstances, a medical note may be required.

How to request an interruption

To request an interruption of studies please complete the form which is available through eportfolio. The request will be considered by the Graduate School and then once approved you will receive formal notification by email that it has been approved, and it's at this time, the point at which you are notified, that 'the clock' governing the months you have to complete your studies stops and it will not start again until the interruption ends and you resume your studies. This ensures that you are not disadvantaged by taking an interruption to your studies and the time you have available to complete them.

Things to take into consideration with an interruption: If you are an international student seeking an interruption of studies you will be required to return home to comply with the terms of your visa. Advice on any visa issues is available from the Student Visa Team – you can make an appointment to meet with them by going to the Student Services Reception in Level 2 of King's Gate. If you are a funded student and receiving a stipend payment from the University you should note that payments during a period of interruption will normally be discontinued, and will resume when you resume your studies – some funders do vary so if you are unsure please check with the Graduate School.

Annual leave

The University's policy on holiday entitlement for postgraduate research students can be found at <http://www.ncl.ac.uk/students/progress/staff-resources/pg-research/>

Parental leave

The University policy on maternity/paternity leave can be found at <http://www.ncl.ac.uk/students/progress/staff-resources/pg-research/>

Extending your studies

It may also be possible that you get towards the end of your studies when you should be ready to hand in and you feel that you are not ready, perhaps you had an illness or life event that you hadn't shared with anyone at the time and really you should have taken an interruption or perhaps you feel that your health may suffer if you are burning the candle at both ends and tiring yourself trying to get your thesis submitted on time. It may be possible to seek an extension to your studies, if you feel this is the case you must discuss with your Postgraduate Student Co-ordinator as soon as possible and in advance of your submission deadline – once you realise that you may have an issue. You can also look to apply for a short extension if you have an annual progression review (APR) due and have had some circumstances which may have impacted on your progress or readiness for review.

Maintaining your mental wellbeing

Evidence suggests that one of the greatest challenges in completing your postgraduate research studies can be maintaining good mental wellbeing. The Faculty of Medical Sciences hopes that you will not be affected by any poor mental wellbeing during your studies but takes this very seriously and recognises that you might be, and it could be possible that some of your friends and colleagues might be. It is therefore really important to be aware of the issues, and to know where to turn for help, whether for yourself or a friend, again the Graduate School and your institute will try and help so please do talk to us.

Be prepared

Where possible it is important to have a plan for how to deal with poor mental health if you do find it does occur. There are also many steps you can take to proactively reduce your likelihood of poor mental wellbeing. Building a supportive network of friends and colleagues is really important. Eating well and getting exercise, cutting down on any alcohol, taking time for outside interests and keeping a sensible perspective about your research are also important. The University's Student Wellbeing Service has full guidance on Counselling and Mental Health services that are available, either visit them at King's Gate or take a look at what's available on-line through their webpages: www.ncl.ac.uk/wellbeing.

What to do if you are experiencing mental health problems

If you find you are having problems then do your best to get help. All mental health issues can be improved by appropriate support. Key sources of support include the Student Wellbeing team: www.ncl.ac.uk/wellbeing or friends and family. People across the UK are sympathetic to mental wellbeing, it has and continues to be much highlighted and increasingly recognised and acknowledged in recent years and most are likely to be very supportive. Friends and family can also help you keep your research and studies in perspective as can your colleagues. Many academics and other postgraduate researchers may have themselves struggled with their own mental wellbeing at times. There is widespread understanding and acknowledgement of these areas across the academic community.

Other sources of support

Student counselling service, King's Gate
www.ncl.ac.uk/students/wellbeing/support/counselling.htm
A free and confidential service for students.

Student advice centre, Student's Union Building
www.nusu.co.uk/welfare/sac/
A source of information, advice and assistance on practical problems encountered by students.

Provision for Disabled Students, King's Gate
www.ncl.ac.uk/students/wellbeing/disability-support
The University has a Disability Unit which is a centre offering advice, guidance and support for students and staff.

The Careers Service, King's Gate
www.ncl.ac.uk/careers
The Careers Service provides the support you need to gain skills and experience, to make informed decisions about careers and to find jobs or further research opportunities.

Writing Development Centre, Robinson Library
www.ncl.ac.uk/students/wdc
The Writing Development Centre offers guidance and tuition for students who wish to improve their writing skills for study or employment purposes.

English Language Materials Online (ELMO)
www.ncl.ac.uk/langcen/facilities/elmo.htm
ELMO is a website of multimedia, self-study English language activities to help you improve your English for Academic Purposes (EAP). It is free for Newcastle University students and staff.

Visa Support, King's Gate
<http://www.ncl.ac.uk/students/progress/staff-resources/Visa/>
A range of assistance from student visa renewal to advice on the immigration implications of changes of study plans.

Accommodation, King's Gate
<http://www.ncl.ac.uk/accommodation/current/>
Information on a range of accommodation issues

Finance, King's Gate
<http://www.ncl.ac.uk/internal/finance/>
Information on a range of finance issues

Key contacts

POSTGRADUATE DEAN & DEPUTY DEAN

Postgraduate Dean, Professor John Kirby: john.kirby@newcastle.ac.uk
Postgraduate Deputy Dean, Professor Alison Tyson-Capper: alison.tyson-capper@newcastle.ac.uk

GRADUATE SCHOOL PROFESSIONAL SUPPORT TEAM

PGR Team Leader Adam Hiles: adam.hiles@newcastle.ac.uk
PGR Support team: Louise Campbell, Janice Fuller, Lin James, Beckie Hedley, Kim Walker, Karolien Jordens and Charlotte Skelton)

SKILLS DEVELOPMENT PROGRAMME

Programme Co-ordinator, Richy Hetherington: richy.hetherington@ncl.ac.uk
Programme Assistant, Holly Argent: medpg-dev@ncl.ac.uk / holly.argent@newcastle.ac.uk

POSTGRADUATE STUDENT CO-ORDINATORS

Biosciences Institute: NUBipgenquiries@newcastle.ac.uk
Student Co-ordinator, Dr Tim Cheek
Supported by Louise Campbell, Charlotte Skelton, Lin James and Kim Walker

Population Health Sciences Institute: PHSipgenquiries@newcastle.ac.uk
Student Co-ordinator, Professor Elaine McColl
Supported by Janice Fuller, Charlotte Skelton, Lin James and Kim Walker

Translational and Clinical Research Institute: TCRIpgenquiries@newcastle.ac.uk
Student Co-ordinator, Dr Peter Gallagher
Supported by Beckie Hedley, Karolien Jordens, Lin James and Kim Walker

School of Dental Sciences
Student Co-ordinator, Dr Ralf Kist: ralf.kist@newcastle.ac.uk

School of Pharmacy
Student Co-ordinator, Dr Ilona Obara: ilona.obara@newcastle.ac.uk

School of Medical Education
Student Co-ordinator: Dr Iain Keenan: iain.keenan@newcastle.ac.uk

Researcher Development Framework

The Researcher Development Framework (RDF) is a major new approach to researcher development, to enhance our capacity to build the UK workforce, develop world-class researchers and build our research base. 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 RDF summaries the knowledge, behaviours and attributes of effective and highly skilled researcher in a useful format for policymakers and research organisations who are planning the support and development of researchers in higher education. The RDF is structured in four domains, which encompass what researchers need to know to do research, how to be effective in their approach to research, when working with others and in contributing to the wider environment. Within each of the domains are three sub-domains and associated descriptors, which describe difference aspects of being a researcher.

For further details see:

www.vitae.ac.uk/researchers-professional-development/about-the-vitae-researcher-development-framework

