Creating Connections: Boosting your part-time PhD

Wednesday 19 June 2019
Welcome to Creating Connections: boosting your part-time PhD. Now in its second year, Creating Connections is a collaborative developmental conference bringing together researchers from Imperial College London, King’s College London, and University College London.

The programme has been co-created with current part-time doctoral researchers, recent doctoral alumni and researcher developers at each institution.

We have put together a programme with you in mind as a part-time researcher balancing multiple roles and responsibilities. Our aim is to provide a forum for sharing experiences, building your network of peers and mentors, and enhancing your professional development. The activities of the conference are focused on helping you to create new connections and boost your part-time PhD survival toolkit.

In this booklet you will find a guide to sessions, speaker information, development opportunities and support available at your institution.
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# Morning Timetable

## Morning session - Creating Connections

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<tr>
<td>09:30 - 10:00</td>
<td>Registration</td>
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<td>10:00 - 10:10</td>
<td>Welcome</td>
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<td>10:10 - 10:55</td>
<td>Taking the fright out of networking</td>
<td>Jeremy Bentham Room, Wilkins Building</td>
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<td>11:00 - 12:00</td>
<td>Plenary panel: getting it right Supervision for part-time researchers</td>
<td>Jeremy Bentham Room, Wilkins Building</td>
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<td>12:00 - 12:15</td>
<td>Refreshment break</td>
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<td><strong>Morning breakouts:</strong></td>
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<td>12:15 - 13:15</td>
<td>Findings in music: improvising wellbeing, listening for research insights</td>
<td>G02, Main Quad Pop-up</td>
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<td>Increasing your impact: engaging with audiences outside the academy</td>
<td>G01, Main Quad Pop-up</td>
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<td>Negotiating research and practice: achieving work-study-life balance</td>
<td>101, Main Quad Pop-up</td>
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<td>Assertive communication</td>
<td>102, Main Quad Pop-up</td>
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<td>13:15 - 14:00</td>
<td>Lunch and networking</td>
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<td>13:15 - 14:00</td>
<td>Afternoon registration during lunch</td>
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<td>14:00 - 14:10</td>
<td>Welcome</td>
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<td>14:15 - 15:15</td>
<td>Afternoon breakouts:</td>
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<td>Promoting your work in the media</td>
<td>G02, Main Quad Pop-up</td>
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<td>Rethinking your CV</td>
<td>102, Main Quad Pop-up</td>
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<td>Mapping your PhD</td>
<td>101, Main Quad Pop-up</td>
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<td>Mentoring: how to maintain your momentum</td>
<td>G01, Main Quad Pop-up</td>
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<td>15:15 - 15:30</td>
<td>Refreshment break</td>
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<td>15:30 - 16:30</td>
<td>Afternoon breakouts (repeated):</td>
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<td></td>
<td>Promoting your work in the media</td>
<td>G02, Main Quad Pop-up</td>
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<td>Mentoring: how to maintain your momentum</td>
<td>G01, Main Quad Pop-up</td>
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<tr>
<td>16:30 - 17:00</td>
<td>Thoughts, feelings actions!</td>
<td>Jeremy Bentham Room, Wilkins Building</td>
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<td>17:00 - 19:00</td>
<td>Networking &amp; wine reception</td>
<td>G01, Main Quad Pop-up</td>
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Networking has always been a controversial topic for the academic community. Many researchers think that you have to be extroverted to network well.

This session will dispel this myth and others to enable participants to network with authenticity and integrity.

Participants will learn how to prepare for networking, what to do at an event or conference and how to turn one-off conversations into a lasting professional relationship.

Facilitator: Colby Benari, Head of the Academic Careers Office, UCL
Plenary panel: supervision

The panel will discuss the key themes that arise in the supervisory relationship. They will explore the challenges and rewards of the supervisory experience of part-time research students. The session will include a lively Q&A.

The panel consists of:

1. Mahmoud Mahfouz
   Doctoral Researcher - Chair (Imperial College London)

2. Dr Tom Woodin
   Reader in Education (UCL)

3. Dr Alex Standen
   Principal Teaching Fellow & Associate Director, UCL Arena

4. Sophie Smart
   Research Worker & Doctoral Researcher (King’s College London)

5. Gemma Stanford
   Specialist Physiotherapist in adult cystic fibrosis (Imperial College London)

6. Dr Yvette Twumasi-Ankrah MBE
   Transformational Coach, Business Mentor and Consultant (UCL)
1. Findings in music:

improvising wellbeing, listening for research insights

Please join this participatory music-making session led by an experienced music therapist and music researcher. Active listening is participating too, and the ‘findings’ will emerge from our musical collaboration and reflection. No prior experience of music-making is necessary; you won’t be asked to make music unless you choose to, and all instruments are provided!

Facilitator: Jessica Atkinson, Music Therapist and Doctoral Researcher, King’s College London

2. Increasing your impact:

ingaging with audiences outside of the academy

Are you interested in sharing your research with wider audiences? Would you like to inspire students in schools and colleges with your work? Do you think policy makers should be better informed about your research?

This interactive session will be an enjoyable, accessible introduction to increasing your research impact with audiences outside of academia, from school pupils to policy makers.

Facilitator: Dr Arcadia Woods, Teaching Fellow, School of Cancer and Pharmaceutical Sciences, King’s College London
Negotiating research and practice:
achieving work-study-life balance

Achieving a good work-life-study balance is critical to the part-time PhD experience. In this session we will discuss how to use transferable work skills in the context of research, particularly project and people management and relationship building. We will share practical lessons about managing time, moving between research, work and life, and navigating different identities with colleagues and supervisors. Finally, we will consider dynamics of power in part-time study.

Facilitator: Dr Victoria Hoyle, Research Associate, UCL

Assertive communication

Do you catch yourself saying “yes”, when you mean “no”? Are you often left wishing you had the confidence to stand up for yourself? Do you feel you could have better, more productive conversations with your supervisor?

Join us for this fast-paced taster session on assertive communication and get some useful tips and tricks for everyday challenges in your personal and professional life.

Facilitator: Kasia Bronk, Academic Development Consultant, UCL
Promoting your work in the media

UCL’s media relations team will give you an insight into how to promote your work in the media and raise your profile. We will discuss what makes a story and how to create a narrative based on your research that will be of interest to the media.

Facilitators: Rowan Walker, Media Relations Manager and Kirsty Walker, Director of Media Relations, UCL

Rethinking your CV

This interactive workshop will focus on practical activities to help you sell yourself effectively on paper. In this workshop you will:

• Identify the skills you’re currently developing, especially as a part-time researcher, that can be showcased in a CV
• Step into the recruiter’s shoes, and understand the core principles that make a CV stand out
• Work together to improve a CV, and take home tips for marketing yourself

Facilitators: Dr Sophia Donaldson, Careers Consultant, UCL Careers and Dr Rochelle Rowe-Wiseman, Academic Development Lead, UCL OD
Mapping your PhD

Juggling conflicting demands can be a source of stress and anxiety. This session will use a project management perspective to analyse the life cycle of a part-time research programme. It will also look at ways of increasing your resilience and building support networks. Join us to learn useful project management tools, share good practice and experience with your peers, and start planning your next step.

Facilitators: Kasia Bronk, Academic Development Consultant, UCL and Colin Seymour, Fellow of the Institute of Consulting and Doctoral Researcher, UCL

Mentoring

how to maintain your momentum

Studying part-time at PhD level can be an extremely insular process. Yet it doesn’t have to be! The power of human connections is second to none.

Join our mentoring session to find out about how becoming involved in this type of experiential learning can enhance your research experience.

Facilitator: Thalia Anagnostopoulou, Learning Innovation Manager, UCL
Speakers

Dr Rochelle Rowe-Wiseman
Academic Development Lead, UCL

Rochelle is Academic Development Lead in the Organisational Development team at University College London, helping to shape and drive the strategic direction of researcher development practice, from postgraduate research students to senior research leaders. Rochelle has over 6 years of experience in developing researchers, is a trustee of the UK Council for Graduate Education and a Senior Fellow of the Higher Education Academy.

Colby Benari
Head of the Academic Careers Office, UCL

Colby Benari has over a decade of experience supporting biomedical researchers to find mentors, win funding and develop their careers. As Head of the Academic Careers Office, UCL, Colby is responsible for developing the careers of over 5,000 SLMS graduate students and many more postdoctoral biomedical researchers through innovative and impactful programmes. Colby has previously managed research funding schemes and mentoring schemes for Cancer Research UK and the UK Academy of Medical Sciences.

Mahmoud Mahfouz
Doctoral Researcher, Imperial College London

Mahmoud is a researcher in J.P Morgan AI Research and a part-time PhD student in Machine Learning under the supervision of Prof. Danilo Mandic in Imperial College London.

Mahmoud is interested in the applications of signal processing and machine learning in financial applications.

Dr Tom Woodin
Reader in Education, UCL IoE

Tom Woodin is a reader in the social history of education at the UCL Institute of Education. He is currently a departmental graduate tutor and programme leader for the MPhil/PhD. His main research interests are in the history of education, working class social history and co-operative movements. He is a co-editor of the History of Education Journal.
Speakers

Dr Alex Standen
Principal Teaching Fellow & Associate Director of UCL Arena

Dr Alex Standen is Associate Director in UCL’s Arena Centre for Research-Based Education, where she has oversight of all of the Centre’s activity around the professional development of early career academic and research supervisors working closely with the UCL Doctoral School. Alex also works with the UCL Office of the Vice-Provost Education and Student Affairs. Before joining UCL in 2013, she taught at the Universities of Birmingham and Auckland.

Sophie Smart
Research Worker and Doctoral Researcher, King’s College London

Sophie Smart is a full-time research worker and part-time PhD student in the Department of Psychosis Studies at the IoPPN. After completing her MSc in Psychiatric Research in 2015, she began working on a study investigating predictors of treatment resistance in schizophrenia. Six months later she enrolled as a self-funded PhD student. She is aiming to submit her PhD thesis later this year.

Gemma Stanford
Specialist Physiotherapist in Adult Cystic Fibrosis, Imperial College London

Gemma Stanford is a Specialist Physiotherapist in Adult Cystic Fibrosis and has worked at the Royal Brompton Hospital since 2005. She was awarded an HEE/NHLI Clinical Doctoral Research Fellowship in 2015, which is funding her part-time PhD training based at Imperial College. Gemma’s current research focus is an investigation into outcome measures for airway clearance in adults with cystic fibrosis.

Dr Yvette Twumasi-Ankrah
Transformational Coach, Business Mentor and Consultant, UCL

Dr Yvette Ankrah MBE is a transformational coach, business mentor and consultant. She was awarded an MBE in 2017 for her work with women in business. She is also a sociologist who specialises in the areas of race, identity, class and education.
Jessica Atkinson
Music Therapist and Doctoral Researcher, UCL

Jessica studied violin in Vienna and Manchester, languages at Cambridge and music therapy in London. She has combined performing, music therapy and teaching throughout her working life and is passionate about engaging people in music making who might otherwise find it difficult to access. She is a practitioner and manager for a national social-interest music therapy organisation and is researching music therapy involving carers.

Dr Arcadia Woods
Teaching Fellow, King’s College London

Arcadia is a Teaching Fellow in the School of Cancer and Pharmaceutical Sciences at KCL, where she also completed her PhD in inhaled medicines. Arcadia has been a passionate advocate for Outreach, Widening Participation and Public Engagement since her PhD studies and is keen to empower students to share their research with the wider community.

Dr Victoria Hoyle
Postdoctoral Researcher, UCL

Dr Victoria Hoyle is a postdoctoral researcher in Information Studies at UCL, working on an AHRC-funded project with adults who were in care as children. She completed her PhD in History at the University of York in late 2018. She studied part-time while working in a senior management position in archival practice and submitted her thesis in five years.

Kasia Bronk
Academic Development Consultant, UCL

Kasia joined UCL in 2005 as Marie Curie Fellow at the Institute of Archaeology. During her fellowship, an accidental meeting led to the discovery of a new passion: researcher development. After a difficult decision to leave archaeology, Kasia got a job as a skills trainer, and later research programme coordinator and development advisor. She now works as Academic Development Consultant at UCL.
Speakers

Dr Sophia Donaldson
Careers Consultant, UCL Careers

Dr Sophia Donaldson is a careers consultant for UCL research students and staff. After her bioscience PhD she worked as a post-doctoral researcher, then as a science communicator for charities and think tanks. Before working at UCL she provided careers support for postgraduate students at King’s College London and The London School of Hygiene and Tropical Medicine.

Dr Janet De Wilde
Head of Postgraduate Professional Development, Imperial College London

Dr Janet De Wilde is Head of Postgraduate Professional Development at Imperial College London. She has 5 years industrial and 30 years academic experience. She completed her PhD part-time and has recently undertaken a part-time M.Ed. in University Learning and Teaching. She specialises in supporting doctoral students in thesis writing and having research impact.

Kirsty Walker
Director of Media Relations, UCL

Kirsty recently joined UCL as Director of Media Relations having spent the first 17 years of her career as a journalist for the Daily Express and Mail. She covered many world-changing events reporting from places such as Iraq, Afghanistan and the White House. She appeared as a political commentator on BBC, BB2, ITV, Sky and LBC. After leaving journalism, Kirsty worked for Westminster-based communications agency before joining the civil service as Head of Strategy and Communications and then Secretariat Director.

Rowan Walker
Media Relations Manager, UCL

Rowan is a trained journalist and worked at the Observer for six years before she moved into PR and Communications roles at WWF-UK and the Associated Board of the Royal Schools of Music. She joined UCL in 2006 and is currently the Media Relations Manager for the faculties of Population Health and the UCL Institute of Education. She is also co-author of the book: Day of the Match - A History of Football in 365 days.
Speakers

Colin Seymour  
Fellow of the Institute of Consulting,  
Doctoral Researcher, UCL

Colin Seymour is a Fellow of the Institute of Consulting and CMI Chartered Manager, project manages a £4.5m project at UCL Institute of Education. He holds Practitioner Certifications in Risk Management (MoR®), Project (PRINCE2®) and Programme Management (MSP®). Studying part-time for a PhD in Sustainable Heritage at the UCL Bartlett Institute for Sustainable Heritage, he’s currently researching sustainable heritage business models.

Thalia Anagnostopoulou  
Learning Innovation Manager,  
UCL

Thalia is a national multi award-winning mentoring practitioner, team leader/manager, mentoring consultant, event professional and trainer. She has worked in the field of community outreach with experience of research and teaching at an HE level as well as consulting. Thalia joined the Organisational Development team at UCL in January 2019 as Learning Innovation Manager and is drawn to work that engages, enables, empowers and continuously develops people.
Resources for you

professional development courses & opportunities offered to researchers at your university

UCL

The following provides an overview of the developmental areas covered by UCL Doc Skills and the opportunities available for doctoral researchers.

Doctoral Skills Development Programme

The purpose of the programme is to give researchers the opportunity to expand their research and transferable skills, in order to support their research, professional development and employability. Additional resources include: UCL Careers, UCL Arena and more. [https://doctoral-skills.ucl.ac.uk/index.pht](https://doctoral-skills.ucl.ac.uk/index.pht)

UCL GRADschool

UCL GRADschool is a 3 day programme that gives students a rare chance to focus on their personal learning and development in the context of their PhD, their choices and future as a researcher. [https://doctoral-skills.ucl.ac.uk/course-details.pht?course_ID=2454](https://doctoral-skills.ucl.ac.uk/course-details.pht?course_ID=2454)

Researcher-led Initiative Awards (RLIs)

The awards support short-term, well defined initiatives that develop and deliver transferable skills training experiences and/ or resources to the applicants’ peers across departments. [https://tiny.cc/ucl-rlis](https://tiny.cc/ucl-rlis)

The Brilliant Club

The Brilliant Club is an award-winning education charity with a proven track-record in supporting pupils from under-represented groups to progress to highly selective universities. [https://thebrilliantclub.org/](https://thebrilliantclub.org/)

BioNews

An opportunity for UCL postgraduate research students to develop their skills in science communication and the legal and ethical issues arising from scientific developments in order to enrich their academic experience and professional development. [https://www.bionews.org.uk](https://www.bionews.org.uk)

Leadership in Action

This three-day experiential leadership programme is designed to prepare researchers for leadership in their chosen field. [http://tiny.cc/leadershipinaction](http://tiny.cc/leadershipinaction)
## Resources for you

### Research communication

Workshops in this programme will support participants with strategies and tips to become more efficient in communicating their research to their audience.

http://tiny.cc/imperialresearchcomms

### Research impact & Societal Engagement

Doctoral researchers learn all about maximising the impact from their research & communicating with different audiences with these workshops and webinars.

http://tiny.cc/imperialresearchimpact

### Research Computing Skills

The Research Computing Skills Programme consists of a range of courses in research design, programming and statistics, all of which aim to enable doctoral students to complete their research successfully and effectively.

http://tiny.cc/imperialresearchcompskill

### Industry & Enterprise

Consisting of Industry xChange, Innovation Placements and Industry and Enterprise courses. Industry & Enterprise gives doctoral researchers the opportunity to connect to businesses and learn about entrepreneurship and enterprise.

http://tiny.cc/iclindustryenterprise

### Professional Effectiveness

Professional Effectiveness Programme allows doctorates to understand their working preferences and strengths, whilst improving their ability to deal with research challenges and managing the research process.

http://tiny.cc/imperialprofeffectiveness

### Digital literacies & Research Integrity

Key skills for managing your research with digital tools, whilst ensuring your research integrity. http://tiny.cc/iclindustryenterprise
**Resources for you**

professional development courses & opportunities offered to researchers at your university

**King’s College London**

The Centre for Doctoral Studies promotes and engages with many development opportunities which are based around King's, or externally.

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### The Modern Language Centre

The Modern Language Centre (MLC) offers an exciting range of assessed language modules, as well as an expanding programme of evening language classes. [www.kcl.ac.uk/modern-language-centre/](http://www.kcl.ac.uk/modern-language-centre/)

### Information Services & Systems

Our extensive training and development portfolio comprises a wide range of IT and iSkills short courses, complemented by a collection of quality online self-paced learning guides. Book at [https://training.kcl.ac.uk/kcl/#common/main/welcome](https://training.kcl.ac.uk/kcl/#common/main/welcome);

### Study skills & English Language Centre

The English Language Centre (ELC) offers academic language and skills training for all King’s students. [https://www.kcl.ac.uk/study/preparation-courses/index.aspx](https://www.kcl.ac.uk/study/preparation-courses/index.aspx)

### King’s Academy

For graduate teaching assistants and postgraduate researchers who teach, King’s Academy offers dedicated training and support in various forms. [www.kcl.ac.uk/modern-language-centre/](http://www.kcl.ac.uk/modern-language-centre/)
Wellbeing

support offered to part-time researchers at your university

Imperial College London

1. ICU Advice Centre
   www.imperialcollegeunion.org/advice
   Advice@imperial.ac.uk

2. Student Hub
   ‘The Student Hub brings together many of Imperial’s key support services in one easily accessible place.’
   www.imperial.ac.uk/student-hub/

3. Student Space
   University is not just for studying – equip yourself to live life well at Student Space.
   www.imperial.ac.uk/student-space/

4. Doctoral Student Coaching Programme
   Providing you with an opportunity to talk, independently from your academic department, about challenges you may be experiencing as you study for your doctorate.
   http://tiny.cc/icldocstudentcoaching

King’s College London

1. The Counselling and Mental Health Support Team
   ‘Running a number of workshops and groups, which cover a range of topics’
   www.kcl.ac.uk/campuslife/services/counselling/creditsupportandworkshops.aspx

2. The KCLSU Positive Peers
   ‘Providing peer-led, wellbeing-enhancing workshops’
   www.kclsu.org/getinvolved/wellbeing/positivepeers/

3. KCL Peer Supporters
   ‘Offering an easily accessible and relatively informal opportunity to talk through issues which may be concerning students.’
   www.peersupportkcl.com/

4. Big White Wall
   ‘A safe and anonymous online space you can go to if you’re feeling down, struggling to cope or just want to talk to people who understand.’
Wellbeing support offered to part-time researchers at your university

University College London (UCL)

1. **Student support and wellbeing**
   ‘Providing advice and support on a wide range of issues including mental health to make sure you get the most out of student life.’
   www.ucl.ac.uk/students/support-and-wellbeing/wellbeing
   student.wellbeing@ucl.ac.uk

2. **Occupational health and wellbeing**
   ‘A comprehensive occupational health service for UCL staff and professionally regulated students’
   www.ucl.ac.uk/human-resources/health-wellbeing/occupational-health
   uclstudentoh@ucl.ac.uk

3. **Disability support**
   ‘Allowing students to study as independently as possible during their time at UCL.’
   http://tiny.cc/ucldisabilitysupport

4. **Here to support you guide**
   A guide to UCL Student Support and Wellbeing services.
   www.ucl.ac.uk/students/sites/students/files/here_to_support_you_2018-19.pdf
What should you get from being a postdoc?

‘You are coming towards the end of your PhD – so what next? There are many options open to you....’

http://blogs.nature.com/naturejobs/2018/06/25/what-should-you-get-from-being-a-postdoc/

The Thesis Whisperer

‘Just like the horse whisperer – but with more pages’

https://thesiswhisperer.com/

PhD Life

‘Starting a PhD comes with certain hopes and expectations, but the journey itself can bring some completely unexpected ups and downs’.

https://phdlife.warwick.ac.uk/

The Dutch PhD Coach

‘How to be persistent during challenging and aversive activities’

http://www.thedutchphdcoach.com/blog/

The Grad Cafe

‘Where something is always brewing’

https://forum.thegradcafe.com/blogs/

Gradhacker

‘A Blog from GradHacker and MATRIX: The Center for Humane Arts, Letters and Social Sciences Online’

https://www.insidehighered.com/blogs/gradhacker

Patter

‘Research education, academic writing, public engagement, funding, other eccentricities’

https://patthomson.net/
Feedback

Creating Connections was designed with part-time doctoral researchers in mind, drawing on the knowledge and experiences of current part-time doctoral researchers and recent doctoral alumni. We’d like to keep developing this conference to ensure it is valuable for you.

Please do approach one of the team if you’d like to be involved in co-designing next year’s conference on:

**UCL:** docskills@ucl.ac.uk
**King’s College London:** doctoralstudies@kcl.ac.uk
**Imperial College London:** graduate.school@imperial.ac.uk