Research Intensive Skills Event (RISE)

15 and 16 January 2019

John Henry Brookes Building, Gipsy Lane site

Programme:

Day 1: Tuesday 15 January 2019

• 9:30am – 10:00am Arrival & refreshments

• 10:00am – 10:15am Welcome & introduction to aims & objectives of RISE – Professor Susan Brooks (Director of Researcher Development)

• 10:15am – 10:45am Networking ice-breaker: Introduce yourself & your research – Michael Esvelt (EiE Operations Director)

Networking in academia is key to future collaborative research, co-authored academic papers and funded joint research projects. If you were giving an elevator pitch, how do you make your research memorable? How can you best communicate key points about yourself and your research in a snappy way to leave a lasting first impression?

• 10:45am – 12:45pm Collaborative challenge: Interdisciplinary team working – Dr Jo Moyle (Careers Consultant) & Jennie Cripps (Researcher Development Co-ordinator)

UK Research Innovate (formally RCUK), the home of the UK’s major research funding bodies states that ”Novel, multidisciplinary and interdisciplinary approaches are needed to solve many, if not all, of the big research challenges over the next 10-20 years”.

In this session you will work in small groups to design a collaborative research project using expertise of all team members and present it in a 3-minute pitch. This session draws on skills of innovation, enterprise, identifying a new contribution to knowledge, clear communication and team-working, problem-solving, time management and develops an understanding of the impact of your research.

• 12:45pm – 1:15pm Lunch

• 1:15pm - 2:15pm Publishing for a Change - Dan Croft (Scholarly Communications)

In this session participants will consider how the academic, economic, and societal changes - or impacts - their research is trying to achieve should influence how and where their research is published. This will include discussions about: the different forms and audiences of scholarly intellectual property; the move towards Open Access (Green and Gold models); predatory
publishers; research metrics (Impact Factors, altmetric.com, and Responsible Metrics); and the significance of unique identifiers for researchers and their publications (ORCID’s and DOI’s).

Participants will leave the session having considered how these options and issues in scholarly publishing affect their own project, and with a plan for publishing their research so that it has the best chance of achieving the intended impacts.

- 2:15 pm – 2:30 pm Refreshments break
- 2:30 pm – 3:30 pm Using social media to raise your professional profile and promote your research – Dr Anne Osterrieder (Senior Lecturer & Public Engagement Network Lead)

Social media sites can be very effective tools to raise your professional profile, to promote and advance your research, and to network with other professionals. In this interactive session, we will discuss what makes a good online profile, what to publish and not to publish, and how to connect with new people in your field.

- 3:30 pm – 4:00 pm Reflection on learning from the day’s events, identifying skills and training needs, setting personal objectives – with tutors (Professor Susan Brooks, Jennie Cripps, Dr Tudor Georgescu and Dr Jo Moyle)

Day 2: Wednesday 16 January 2019

- 9:30 am – 10:00 am Arrival & refreshments
- 10:00 am – 10:15 am Objectives of day 2 of RISE - Professor Susan Brooks (Director of Researcher Development)
- 10:15 am – 11:15 am Critical thinking - Dr Steve Barker (Senior Lecturer) & Professor Khaled Hayatleh (Postgraduate Research Tutor)

This session is multidisciplinary, so is suitable whatever you are researching. Sometimes, researchers are so busy looking for some small detail that they can miss something very obvious and very important. Come along and find out how to avoid this. This is an interactive session, and we think you will learn something very interesting about your own perceptions. We will also look at what critical thinking is and why it is important. It covers ontology, epistemology and methodology and asks what kind of researcher are you: positivist, constructivist, or pragmatist?

11:15 am – 12:45 pm Writing concisely and precisely e.g. an effective abstract – Dr Steve Barker (Senior Lecturer) & Professor Khaled Hayatleh (Postgraduate Research Tutor)

An abstract isn’t just for the front of your PhD. A good researcher keeps abstracts of everything they use (or think might be useful generally) in their research. This session explores what makes a good abstract, and how to write a good abstract. This will be an interactive session with some practical exercises. We will focus on getting across key points and reaching your target audience with a clear written message. What is an abstract? What is an abstract for? Who are you trying to convince? Is it really that important? Why is it important? What should it contain? How can it be improved?

- 12:45 pm – 1:15 pm Lunch
• **1:15pm – 2:15pm** Time management strategies – Dr Steve Barker (Senior Lecturer) & Professor Khaled Hayatleh (Postgraduate Research Tutor)

This focuses on ways to get more productive, energised and engaged. This is an interactive session, with lots of examples and exercises. For instance; how long is a minute? You think you know? Come and find out! This session uses an interactive approach to effective time management, to maximise your time and be more productive, energised and engaged. It will ask researchers to prioritise according to urgency and importance, when to say yes and when to say no. It will provide top tips with discussion for effective time management strategies.

• **2:15pm – 2:30pm** Refreshments break

• **2:30pm – 3:30pm** Stress management, mindfulness & wellbeing – Stephen Davies (Qualified meditation teacher)

This is an experiential taster session of mindfulness meditation. Stephen Davies is a qualified meditation teacher with many years of experience. Mindfulness is a simple and effective technique for dealing with stress and anxiety. It can also encourage clear and creative thinking.

• **3:30pm – 4:00pm** Reflection on learning & planning next steps - with tutors (Professor Susan Brooks, Jennie Cripps, Dr Tudor Georgescu & Dr Jo Moyle)