

York Graduate Research School newsletter - June 2021

Update from the Dean



This month the YGRS team were really pleased to have been nominated for a YUSU Excellence Award for Supporting Student Voice Activities & Partnership.

It is great for our work to have been acknowledged and we thank those who nominated us. We have lots more engagement with our PGR community planned in the near future.

Communicating your value

This might resonate with some of you, but I always find it easier to celebrate the successes of others. Even now, I have a reluctance to be seen as 'showing-off'. Writing job applications, for example, can be excruciating. I know (in my head) that in the case of sharing an award nomination - this is a valid opportunity to celebrate the successes of my team with our wider community. And in a job application, I need to honestly and compellingly demonstrate my strengths and abilities if I want to be successful in my career.

Learning those lessons and acquiring the skill set did not come easily to me. There wasn't any support available when I completed my PhD. I only became more comfortable with 'self promotion' after I developed greater professional confidence. Some of that has come with training and experience. Working with coaches and mentors has also been a massive help. They challenged me to dissect and dispel the unhelpful associations with social conditioning around 'knowing my place' and thoughts like 'Nice girls/people of any gender don't show off'.

It is great that York offers PGRs many opportunities to develop the suite of skills you need for ethically and effectively communicating your value to the people around you. Our excellent peer-led ['Thrive and Survive in your PhD'](#) network never shies away from tackling such challenging issues. In Autumn Term, RETT will continue to deliver [professional development training](#) online, which will mean that wherever you are in the world you can be part of York's PGR community. Recently, I also rediscovered the [Vitae website](#) which has lots of valuable tools and resources for PGRs. Finally, as an experienced PGR, you could [buddy a new PGR](#) arriving in September and further develop your own professional confidence and experience.

Finally, the 10 finalists for the 3 Minute Thesis competition certainly demonstrated their skills at communication, as well as doing cutting edge research. If you want to feel inspired by your peers then please [watch the 3MT final](#). And start planning your entry for next year!

Enjoy your summer and remember to take a break.

Warm regards, Kate

Congratulation to our Three Minute Thesis winners

The York Three Minute Thesis Final 2021 took place on Thursday 10 June as part of the York Festival of Ideas. Pitching themselves against the clock to communicate the impact of their research, ten PhD students delivered captivating and inspiring research presentations, showcasing the strengths of postgraduate research at York.



Congratulations to all who took part and to our 2021 winners!

- [Watch all 3MT presentations](#)

Tackling sexual violence

At the University of York, sexual misconduct – including sexual violence and harassment of any form – is never, ever acceptable. Our new Sexual Violence Steering Group is developing a University Sexual Violence Action Plan, based on insight from our Report and Support tool and student and staff feedback. [Read our update for our most recent progress.](#)

Apply for assistance funding

The next round of the [Emergency Student Support Fund](#) has opened. The Fund provides support to students who may be facing immediate issues resulting from the coronavirus pandemic. Application deadline: **Tuesday 6 July.**

How to apply and get the most from a POST Fellowship

Hear from researchers from across York who have applied and undertaken a Parliamentary Office of Science and Technology (POST) Fellowship. POST Fellowships offer a once in a lifetime opportunity to view the epicentre of policy-making from the inside, some of which can be done through a secondment to a Select Committee, the House of Lords, House of Commons or Lords Libraries.

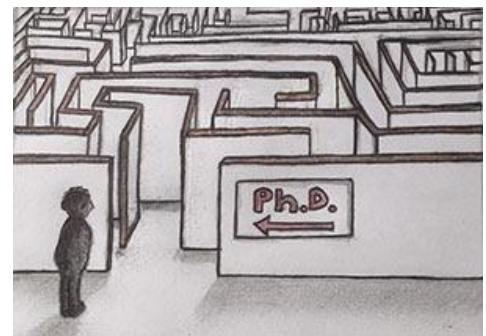
- [Sign up for the Monday 19 July event](#)

How to thrive and survive in your PhD

Our new PhD Thrive and Survive Coordinator, Estelia Bórquez Sánchez, has posted a series of articles on our blog discussing the highs and lows of doing a PhD.

- [How to Thrive & Survive in Your PhD](#)
- [The PhD journey: A great but challenging experience](#)
- [The PhD journey: Am I making enough progress?](#)

[Sign up for the next How to Thrive and Survive in your PhD session](#) on Tuesday 27 July, entitled 'Almost there! Preparing your online Viva'.



Could you help welcome a new PGR in the autumn?



We need your help to extend a huge welcome to all our new PGR students this autumn through our Buddy scheme! In addition to positively impacting your wellbeing, involvement in such peer-support activity will help you demonstrate a range of transferable skills, including leadership, citizenship and collaboration.

- [Find out how to be a buddy](#)

Teaching opportunities

If you want to teach as a Graduate Teaching Assistant, then you need to have completed the Introduction to Teaching and Learning course. [Sign up for Introduction to Teaching and Learning training](#).

Current opportunities are being advertised for Management, Law and TFTI.

- [See current teaching opportunities](#)

Digital tools for research

Our Digital Tools for Research practical guide gives guidance on using Nvivo, formatting your thesis in Word, literature searching and a whole range of other digital tools.

- [Digital tools for research](#)

Nominate yourself and others for a GSA Award

The GSA Awards are your chance to celebrate some of the most amazing people you know and how they've contributed to the postgraduate student community. Nomination deadline: Monday 12 July.

- [Find out more about the GSA awards](#)

Recent opportunities on the blog:

- [PhD opportunities: a new campus in Europe](#)
- [York Postgraduate Interdisciplinary Forum](#)
- [York Open Research Awards – the winners](#)
- [GSA Events, Marketing and Design internship](#)
- [Arts and Humanities summer research celebration](#)

All these news items and more can be found on the [Research Student Community blog](#)

www.york.ac.uk/YGRS

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