

## York Graduate Research School newsletter - June 2022

### Update from the Dean



This month, I want to start with a big thank you to everyone across the University who has been involved in the PGR mentoring and buddying schemes, as well as the PGR-led 'Thrive and Survive in your PhD' programme. Such activities could not happen without the input of our PGR and post-doc community. We know from PGR feedback how much participants have valued the support and reassurance that they have received from being connected with others across the University - particularly during the darkest days of the pandemic when we pivoted everything online.

In addition to this internal feedback, we have now received external recognition: York Graduate Research School (YGRS) - aka you the PGR community - has been recognised for its work at the forefront of PGR wellbeing, winning the FindAPhD Outstanding Contribution to Postgraduate Student Wellbeing award. So well done to everyone involved!

And if you haven't already taken part in these wellbeing activities - then fear not - see below for links to how you can sign up to be a buddy for a new PGR. We are looking for people from different disciplines and with different cultural backgrounds and life stories - so we can match new PGRs with experienced PGRs who understand their lived experience.

And there is also a 'Thrive and Survive' session planned for 11 July which aims to bust myths about the PhD process. So if you are feeling isolated or are looking to get some questions answered by your peers - then sign up for the session. I regularly meet up with people who are in similar jobs at other universities for what we semi-jokingly call our 'therapy sessions'. Realising that you are not alone in having to deal with a particular issue is tremendously comforting.

Finally, if there are PGR-related issues that you think the University needs to know about then please let your PGR reps know - I am now meeting them regularly at the new [PGR Forum](#). Or email [ygrs@york.ac.uk](mailto:ygrs@york.ac.uk). I can't promise to solve every issue but I will listen and advocate on behalf of the PGR community.

Best wishes,  
Kate

### YGRS and University news

#### YGRS wins outstanding contribution to postgraduate student wellbeing award

We are delighted to announce that YGRS has been recognised for our work at the forefront of PGR wellbeing, winning the FindAPhD Outstanding Contribution to Postgraduate Student Wellbeing award for our suite of [PGR support and wellbeing](#) activities. These include the buddy and mentor schemes as well as the peer-led How to thrive and survive in your PhD programme. Find out more about the [YGRS FindAPhD outstanding contribution to postgraduate student wellbeing award](#).

## YGRS's ongoing work

PGR Policies and Programmes Committee has been undertaking its annual review and update of the [Policy on Research Degrees](#), which is the policy that underpins all PGR provision at York. We'll provide an update on changes in the next newsletter.

YGRS leads on a multi-university consortium project called [YCEDE](#) which aims to widen access to PG research to black, Asian and minority ethnic applicants. Currently we are advertising [research internships](#) for taught students and people from outside the university - please pass on the details to anyone who might benefit.

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## Support and wellbeing

### Could you be a buddy to a new PGR?

Think back to when you started your research programme and how good it would have been to meet up with someone who knows what you're going through. Could you be a buddy and help support new PGRs? Our buddy scheme is part of a package of support for new PGRs just starting out and who might never have been to York (or the UK) before. [Sign up to be a buddy now](#).

### How to Thrive & Survive your PhD: PhD myth-busting

We're happy to announce the return of our popular [How to Thrive and Survive in Your PhD](#) series of workshops! Run by PhDs for PhDs, Thrive and Survive sessions tackle a variety of themes, with panel and peer-to-peer discussions. The next session on Monday 11 July aims to set the record straight about some myths surrounding the PhD process - book your place now!

### Collaborative summer writing retreats

It can be hard to schedule devoted time in which to sit, think, and write. Our online writing retreats give you time, peace, and space to fend off procrastination and beat writer's block. Each session provides a friendly and constructive environment in which to meet like-minded peers, discuss challenges and work in a focused way using the established Pomodoro technique. Put our [online summer writing retreats](#) in your calendar now!

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## Researcher development

### Support with statistics

The Maths Skills Centre can help [develop your statistics skills](#) this summer with the online Statistics Practical Guide and the Which statistical test? Guide. You can also book on-campus and online one-to-one appointments.

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## Careers

### Career decisions and transitions workshop

Learn how to improve your employability at our online [Career decisions and transitions workshop](#) on Wednesday 6 July. Assess your skills and interests and identify areas for personal development. We'll also examine the employment market and learn a variety of job seeking strategies.

### Take the fear out of career

In this online [Take the fear out of career workshop](#) on Wednesday 20 July, explore the sources of career fear, understand when and why anxiety can be useful (even good), and learn tactics for managing emotions in our career constructively, and for our benefit.

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## PGR public engagement activities

### 3 Minute Thesis - the winners

A massive congratulations to all that took part in the York Three Minute Thesis (3MT). This thrilling event, where PGRs are challenged to outline their research in just three minutes, took place on Wednesday 15 June as part of the York Festival of Ideas. Find out who won and explore the range of research taking place at York, from rehabilitating stroke patients with augmented reality to how tiny houses are saving women's lives, on the [Three Minute Thesis \(3MT\)](#) pages.

## Teaching

### GTAs and student wellbeing support: focus group invitation

Graduate Teaching Assistants (GTAs) may be being approached for support by students in need or in distress in the routine course of teaching, which often carries a psychological burden. In response, the Open Door and Academic Practice teams are [inviting participants to join a focus group](#) to discuss the issue in order to consider revising guidance and resources on supporting students and inform GTA training. Expression of interest deadline: **Monday 1 August**.

## News from the Graduate Students' Association

### GSA election results are in

After 26 days of nominations, 10 days of campaigning, and 10 days of voting, the GSA has announced who your new GSA Sabbatical Officer team for 2022/23 is. Find out who the new GSA President, VP for Wellbeing and Community, and VP Academic are on the [GSA elections](#) pages.



### Recent opportunities on the blog:

- [Secondment opportunities at Department for Environment, Food and Rural Affairs](#)
- [York Open Research Awards recipients announced](#)
- [Launch Event: Postgraduate Pedagogies Journal \(Volume 2\)](#)

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

[www.york.ac.uk/YGRS](http://www.york.ac.uk/YGRS)

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