# YOUR CAREER JOURNEY

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2020/21 click the coloured links to find out more



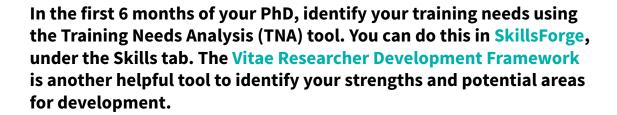
## **POSTGRADUATE RESEARCH**

Make the most of support and resources available to plan your next steps and make good quality applications



### **STARTING YOUR PHD...**





Create a Professional Development Plan to keep as an evolving document and to share with your supervisors and Thesis Advisory Panel (TAP).

Incorporate career planning discussions into TAP panel and Progression meetings. Before these meetings, think about what skills and training you need, and whether you could gain additional experience with a placement or study visit.

Get to know your values and motivators. You can find these out by coming along to a PGR Career Planning training session or by using online resources.





Stay supported and connect with others – use Togetherall and Graduate Research School wellbeing resources.

Familiarise yourself with the work, volunteering and career opportunities available to you via Careers and Placements and career planning tools and activities from Vitae (use your University email address to register for Vitae).

Make a PhD plan and incorporate some of our suggested career planning milestones below. You might find it useful to use the Vitae PGR Wall Planner.

Consider volunteering opportunities through the Graduate Student Association, there are also many ways you can get involved and gain experience with the Council.

### FOLLOWING YOUR FIRST PROGRESSION MEETING...

Research your options - a great place to start is 'What do researchers do?' from Vitae. You can also come along to a RETT employability session to explore PhD-graduate career journeys in academia and other sectors.

Find out more about possible career options by attending sector based and employer-led events or recruitment fairs - great opportunities for networking. Look out for other central careers events and those organised by your department/faculty.

Review and update your career plans and training needs (using the TNA tool) in discussion with your supervisor and TAP.

Book a PGR careers advice appointment to explore and discuss any aspect of career management, including generating career ideas, building skills and experience, and decision making.



Get inspiration from other graduates using York Profiles & Mentors, you can browse profiles and discover career choices of alumni from different departments. Ask a question to find out more and connect with alumni from across the globe.

An informational interview is a great way to find out more about a specific profession, industry or organisation. Browse professional networking sites, such as LinkedIn and York Profiles & Mentors to identify someone you might be able to approach for an informal chat. Prepare some questions about your chosen company or industry, career paths to get there and workplace culture.

Listen to the podcast, What Do You Actually Do?!, to find out what different careers are actually like.

### **APPROACHING YOUR FINAL YEAR...**

Raise your profile using social media such as LinkedIn, Twitter, ResearchGate and Academia. Attend a dedicated training session to help with this.

Use what you've learned during your PhD to help others by becoming a mentor or buddy. These roles demonstrate academic citizenship. Volunteering shows you are a team player with emotional intelligence, empathy and a creative approach to problem solving. All of these skills and qualities are highly prized by employers.

In the final 18 months before your thesis submission, you can apply for a mentor. Mentoring provides an opportunity for you to discuss and develop your professional development and career plans (among other things) with a more experienced postdoctoral researcher.

Attend recruitment fairs and events on campus to discuss opportunities and career paths beyond academia.

Research vacancy sources and understand how to tailor your CV and applications to different sectors and prepare for recruitment success.





Review your CV online then get feedback on your CV or application via a careers advice appointment. Attend PGR Applications and Interview workshops to receive advice and feedback. Once you're ready, start applying for jobs!

Once you make the shortlist, practice your interview skills in preparation for the big day. Take advantage of online practice interviews tailored for specific employers, or book a mock interview.

Check out some online resources to help you prepare for other recruitment activities such as presentations, psychometric tests and assessment centres.

Interested in working outside the UK? Explore global career options, including academic careers outside the UK. See also, information relevant for international students interested in working within the UK, including information about obtaining work visas.

Use online resources and skills you have gained over the past few years to stay up to date on career opportunities.

# Have identified an ideal Career Path for yourself (and a contingency plan). How to do it: york.ac.uk/research/graduate-school/careers/explore Have updated your CV and tailored it to your chosen field. How to do it: york.ac.uk/research/graduate-school/careers/apply Be able to articulate what skills, experience and knowledge you have gained through your postgraduate research degree. How to do it: vitae.ac.uk/researchers-professional-development/about-the-vitae-researcher-development-framework and vitae.ac.uk/researcher-careers Have an understanding of recruitment processes and how to succeed in applications, interviews and assessment centres. How to do it: york.ac.uk/research/graduate-school/careers/apply Know where to find 1-to-1 support if you need help to develop or progress your career plans. How to do it: york.ac.uk/students/work-volunteering-careers/events/types