

Your Career Journey 2022/23

Your Future, York Futures

Postgraduate Research

Make the most of [support and resources](#) available to plan your next steps and make good quality applications.

Starting your PhD

- Connect with your [PGR Buddy](#) - have a chat about making career plans and share tips on making time for professional development.
- In the first 6 months of your PhD, identify your training needs using the Training Needs Analysis (TNA) tool. You can do this in [SkillsForge](#), under the Skills tab. The [Vitae Researcher Development Framework](#) is another helpful tool to identify your strengths and potential areas for development.
- Create a [Professional Development Plan](#) to keep as an evolving document and to share with your supervisors and Thesis Advisory Panel (TAP). You should review your Plan and discuss your training needs with your supervisors regularly (ideally every six months).
- 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 [TalkCampus](#) 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. Great starting points are the [Graduate School Careers pages](#), and [What do researchers do?](#) from Vitae. You can also come along to a [BRIC employability session](#) to explore PhD-graduate career journeys in a range of sectors, including academia.
- 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 or DTP.
- Review and update your career plans and training needs (using the TNA tool) in discussion with your supervisor and TAP.
- Book a [PGR careers 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 and 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 and 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.
- Second, third and final year postgraduate researchers 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.

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.
- 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](#). Attend [PGR Applications and Interview workshops](#) to receive information and advice. Once you're ready, start applying for jobs!
- Once you make the shortlist, practise your interview skills in advance so that you are well prepared. 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.
- After graduation participate in [York Global Alumni Association](#) activities and events to further expand your network – check here for [groups](#) in the UK and around the world.

By the end of your degree you'll...

- Have identified an ideal career path for yourself (and a contingency plan). How to do it: [Explore your options](#)

- Have updated your CV and tailored it to your chosen field. How to do it: [Applications and interviews](#)
- Be able to articulate what skills, experience and knowledge you have gained through your postgraduate research degree. How to do it: Vitae [Researcher Development Framework](#) and [Researcher Careers](#)
- Have an understanding of recruitment processes and how to succeed in applications, interviews and assessment centres. How to do it: [Applications and interviews](#)
- Know where to find one to one support if you need help to develop or progress your career plans. How to do it: [Talk to us](#)