

## Researcher development workshop programme catalogue 25/26

We have created this catalogue of workshops to help you plan your development as a researcher. Our programme is mapped to the [Vitae Researcher Development Framework \(RDF\)](#), to help you as researchers plan, prioritise and track your own development. [Find out more about how we use the framework at Swansea.](#)

[Check out upcoming workshops and events and book on to relevant sessions.](#) If you can't find a booking link for one of the workshops in the catalogue, it means they are taking place in semester two. Booking details for these workshops are released in January each year.

| You as a Researcher  |   |
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| Workshop title   | Workshop description  |
| Kickstart Your Development: introduction to the Development Needs Analysis | Starting your research, or thinking about signing up for training, but not quite sure what's right for you? This interactive workshop offers an introduction to the Development Needs Analysis (DNA) process, which is designed to help you reflect on your individual skills and knowledge, identify goals for development, and make a plan to progress with these. We'll explore the structure of the DNA document, look at some examples, and you'll have time to work on your own reflections and start creating a plan, with support if you need it. This workshop is open to all research students – whether you are just starting out, or need some time to reflect on the next stage of your development.   |
| PGR 101: Getting Started with Research                                     | <p>This workshop is designed to support you in building the knowledge, confidence, and connections needed to thrive in your postgraduate research (PGR) studies. Whether you're just starting out or looking for a new perspective, this session will guide you through the key stages of the PGR journey—from initial milestones to long-term goals.</p> <p>We'll explore what to expect at different phases of your degree, how to make the most of the support available across the university, and how to foster a productive relationship with your supervisors. You'll also have the chance to connect with fellow PGR students from across disciplines, share experiences, ask questions, and reflect on your own path.</p> <p>While the session is primarily aimed at new PGR students, continuing students are also welcome to join and gain new insights into the research journey.</p> |
| Staying on track: time management, planning and motivation in research     | Completing a research project doesn't just require having the right knowledge and skills to do the research, but also being able to manage yourself, your time, and stay motivated. It's completely normal to have ebbs and flows over the course of your research degree, and in this workshop we'll explore different tips and tools to help you stay on track and make progress. There's no one size   |

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|   | <p>fits all approach, so we'll also take time to share experiences and reflect on what works for you.</p> <p>This workshop is ideal if you're at the start of your studies and thinking about how best to use your time, but can also be a good refresh or reset for those at later stages.</p>   |
| Finishing the thesis and preparing for your viva                  | <p>This workshop aims to support research students through the final stages of their degree. We begin by considering what is needed to satisfy examiners in both the Thesis and the Viva. Then we will explore the thesis itself: how to present and structure your work and the editing process. Then the Viva – what to expect, how to prepare and some practice in defending your work.</p> <p>It is open to research students at all stages of their candidature (but more appropriate for those with completion in mind) and is a dynamic, interactive course.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• An understanding of what is being examined in the thesis and viva</li> <li>• How to plan for completion</li> <li>• How to structure and present your completed thesis</li> <li>• How to prepare for the viva, including discussing your research and answering questions.</li> </ul> <p>Please note, the session will be split into 2 parts. Most students attend both parts, although you are welcome to join for either session. There will be a break between 11.30 and 12.00.</p> <p>1. Completing your Research Degree: Part 1. The Thesis 10.00 - 11.30</p> <p>2. Completing your Research Degree: Part 2. The Viva 12.00 - 13.30</p> |
| Supervision matters: Making the most of supervisory relationships | <p>The relationship you have with your supervisor is one of the most important aspects of your research degree, and there are lots of things you can do to make this relationship as successful as possible. In this session, we'll explore supervisory meetings, what makes effective communication and how to deal with feedback. We'll also look at case studies and there will be an opportunity to seek advice on how to optimise your own working relationship with your supervisors.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• Understanding of what the role of supervisor involves, and what you can expect from your supervisors</li> <li>• Techniques to maximise the effectiveness of supervisory meetings, including receiving feedback.</li> <li>• How to increase your confidence to discuss and resolve issues with supervision.</li> </ul>   |

| <b>Your Research: Knowledge and Practice</b>       |   |
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| <b>Workshop title</b>                              | <b>Workshop description</b>   |
| Academic Journals: avoiding predatory publishers   | The pressure to publish is ever-present for researchers and academics, and accompanying this has been a rise in 'predatory journals'. These can exploit and target anyone from a first-time author to pay to publish, to seasoned academics to exploit their reputation. They can use small tricks like using similar names or almost identical branding to give an impression of legitimacy. This session will go through the practical ways you can tell the difference, and warning signs to look out for when choosing which journal to submit your hard work to.   |
| Academic Journals: getting started with publishing | This session takes you through how the process works, what you should do and when (e.g. publishing open access and needing funding for an APC)<br>Publishing in academic journals is a key element of academia, and increasingly researchers are starting to publish earlier in their careers including chapters or reworked elements of their PhD theses. However, the actual process of submitting can be confusing to the un-initiated. This session aims to walk you through the basic steps from submission to publication, and address some terms first-time authors may be unfamiliar and alarming with such as 'Article Processing Charges' |
| Academic Journals: measuring research impact       | This session explores the developing methods used in measuring research impact, including bibliometrics - which can include citation rates, publishing rates and institutional collaboration. There are lots of misconceptions and misunderstandings around the methods used to assess research especially quantitative methods like citation rates and the Journal Impact Factor. This session is an introduction and guide to these methods and their appropriate use, and would be useful for those working in a research support capacity, as well as those are engaged in research.  |
| Getting to know LaTeX                              | This workshop is a beginners guide to writing documents in LaTeX using Overleaf. No prior knowledge is needed for this workshop or any other computing language, it will cover the basics of LaTeX  |
| Getting to know Python                             | This workshop is a beginner's guide to python. We will cover basic concepts (variable, types, lists), and then move onto using functions, methods and packages to improve your code writing skills. At the end we will touch on NumPy a fundamental data science package in Python.   |
| Intermediate LaTeX                                 | This intermediate workshop builds on the getting to know Latex workshop by exploring the presentation package in Latex called beamer. We will also cover more complicated packages in latex and look at how to use them.  |
| Intermediate Python                                | This intermediate workshop builds on the getting to know Python workshop by exploring data visualisation through Matplotlib, understanding dictionaries and Pandas, using logic, control flow and filtering as well loops for executing repeated code.  |

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| Literature reviews: citation mapping tools                | This session will show you some tips & tricks to make sense of your search results and understand the literature of your research field. Learn how to use the best features of Google Scholar and academic databases for a comprehensive literature search.   |
| Literature reviews: effective search strategies           | A strong research project needs a comprehensive literature review. This session will help you develop an effective search strategy, choose relevant keywords, select appropriate academic databases, and use the 5 essential search tools to find high-quality information.   |
| Literature reviews: getting started with publishing       | <p>This session takes you through how the process works, what you should do and when (e.g. publishing open access and needing funding for an APC)</p> <p>Publishing in academic journals is a key element of academia, and increasingly researchers are starting to publish earlier in their careers including chapters or reworked elements of their PhD theses. However, the actual process of submitting can be confusing to the un-initiated. This session aims to walk you through the basic steps from submission to publication, and address some terms first-time authors may be unfamiliar and alarming with such as 'Article Processing Charges'</p>  |
| Literature reviews: keeping up to date                    | This session looks at tools for discovering new publications relevant to your research, potentially saving you time and effort: database alerts; journal notifications; preprint servers & academic social networks.  |
| Literature reviews: using AI tools                        | This session looks at some of the latest AI tools and how they can be used to supplement more traditional methods of literature searching.  |
| Qualitative Research Methods: Focus group facilitation    | <p>This session is intended as an introduction to using focus groups. It is designed for early stage researchers or researchers who are considering using this approach and want to find out more about how to plan and facilitate effective focus groups discussion either in-person or via zoom.</p> <p>The session will include a brief introduction and overview of focus group methodology including consideration of when and where to use them. The session will then cover the practical stages of planning a focus group or series of focus group discussions. Followed by a practical where attendees participate in or watch other attendees participate in a short example focus group. Recorded materials will be used to facilitate the session as well. The focus will be on key issues to address in practice. The session will conclude with a summary which highlights key considerations and tips for best practice.</p> |
| Qualitative Research Methods: Inductive thematic analysis | <p>This session is intended as an introduction to Inductive thematic analysis. It is designed for early stage researchers or researchers who are considering using this approach and want to find out more about how to conduct a thorough analysis and report their interpretation.</p> <p>The session will include a brief introduction to the approach including consideration of when and where to use the approach.</p>  |

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|  | <p>The session will then cover the practical stages of data analysis..</p> <p>The session will conclude with a summary which highlights the key considerations in data reporting for research purposes.</p>  |
| <p>Qualitative Research Methods: Collecting data via interviews and surveys</p>  | <p>This course gives an introduction to a number of qualitative data gathering techniques, such as individual (semi-) qualitative interviews, focus group discussions and participant observations. We will also explore the analysis of data so that it can be used in your research project.</p> <p>It is open to research students at all stages of candidature and is an interactive course, drawing upon examples across the sciences and the presenter's experiences in conducting qualitative interviews in war-affected areas in Africa and Asia.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• An understanding of various different qualitative data gathering and analysis techniques</li> <li>• The ability to plan the use of qualitative data gathering and analysis in your own research project</li> </ul> <p>The ability to reflect on your role as a researcher in the social world and how this influences the data gathered.</p> |
| <p>Qualitative Research Methods: Nvivo</p>                                       | <p>NVivo is a software package to facilitate the coding of qualitative data. It allows the researcher to classify, arrange and examine links in text-based data, e.g. transcripts of interviews or questionnaires, although it also supports audio and video files. This workshop will provide a basic introduction to Nvivo.</p> <p>The workshop will include:</p> <ol style="list-style-type: none"> <li>a. How to set up an Nvivo project.</li> <li>b. Introduction to the Nvivo environment.</li> <li>c. Different methods of coding data.</li> <li>d. Some simple ways to present the data.</li> </ol>  |
| <p>Quantitative research methods: Advanced statistics in R</p>                   | <p>This computer-based workshop introduces students to the more advanced statistics using the R Software Environment for Statistical Computing. The workshop will cover 3 key themes:</p> <ul style="list-style-type: none"> <li>• GLM – extending the liner model to include count, proportion, binary and categorical data</li> <li>• LMM/GLMM extending the liner model to include grouped/longitudinal data</li> <li>• GAM/GAMM extending the linear model to include nonlinear relationships.</li> </ul> <p>At the end of this workshop students will have been introduced to the approaches needed to deal with non-Gaussian and non-linear data, as well as deal with grouped/longitudinal data</p>   |
| <p>Quantitative Research Methods: Advanced statistics: regression techniques</p> | <p>Regression is a prediction technique which estimates the likelihood of an outcome, such as house ownership, using other predictors such as educational qualifications, income, gender etc. This session will provide an overview of how to conduct</p>  |

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|  | <p>linear, logistic, and multi-nominal regression on SPSS software. Students will learn:</p> <ul style="list-style-type: none"> <li>• When to use regression</li> <li>• What type of regression to use for different types of data</li> <li>• The assumptions of each type of regression</li> <li>• How to perform regression on SPSS</li> <li>• How to interpret regression</li> <li>• How to write up the results of the regression in the context of the sample used, paying attention to bias.</li> <li>• Introduction to missing data bias</li> </ul> <p>We will also touch on Poisson regression and issues of missing data and resources for handling this.</p>  |
| Quantitative Research Methods: Data Clinic                     | <p>Struggling with tricky numbers? Not sure how to write code, or interpret numerical output?</p> <p>The Clinic will be open on the first Monday of every month from November to June. Staff who have experience with statistical procedures and software (SPSS, Mplus, Stata, R, JASP etc.) will offer support with questions or problem you may have. This includes:</p> <ul style="list-style-type: none"> <li>• Advising you on the most appropriate model for your data</li> <li>• Checking statistical output to ensure interpretation and correctness</li> <li>• Suggesting software for statistical analysis</li> <li>• Supporting with data management, preparation or cleaning</li> <li>• Identifying helpful resources or people to support you with a trickier problem</li> </ul> <p>Please have the content you want support with ready and ensure that you are able to share this with a trusted member of staff who will keep these results confidential."</p> |
| Quantitative research methods: Introduction to data management | <p>Data management and preparation is one of the most important skills to learn when using quantitative data. Component use of data allows for accurate analysis and robust conclusions. Preparing data builds awareness of both the strengths and limitations of the data. Often, these skills are not taught and are assumed, despite often being reported as the most challenging part of data use.</p> <p>This session will support learners to develop their data preparation skills in terms of management and cleaning. This will largely be for cross-sectional data, but some helpful resources are provided for longitudinal data where time is involved.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• How to recode variables</li> <li>• How to label variables</li> </ul>  |

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|  | <ul style="list-style-type: none"> <li>• How to understand and work with missing data</li> <li>• How to manipulate data ensuring good practice and awareness</li> <li>• How to merge datasets</li> </ul> <p>This will be done on SPSS, but the learning can often transcend softwares and disciplines.</p>  |
| Quantitative Research Methods: Introduction to SPSS            | <p>The course will provide an overview of the primary data analysis steps for SPSS users covering:</p> <ol style="list-style-type: none"> <li>1. Software layout</li> <li>2. Data/Variable View</li> <li>3. Commands menu/using syntax codes in SPSS</li> <li>4. Opening/Importing and exporting datasets</li> <li>5. Conduct preliminary exploration on dataset: <ol style="list-style-type: none"> <li>a. Descriptive statistics</li> <li>b. Visualizing your variables</li> <li>c. Intro to statistical tests</li> </ol> </li> </ol> <p>At the end of the session students will be able to:</p> <ol style="list-style-type: none"> <li>1. Import and export datasets into SPSS</li> <li>2. Use the command menu and syntax</li> <li>3. Conduct initial investigation on a dataset</li> <li>4. Interpret outputs of descriptive statistics</li> <li>5. Create simple visualization for variables in the dataset</li> </ol> <p>Conduct and interpret simple statistical tests</p>  |
| Quantitative research methods: Introduction to statistics in R | <p>This computer-based workshop covers the basics of how to handle and analyse data using the R Software Environment for Statistical Computing. We will also look at how to communicate findings and store data and codes to allow for replicability.</p> <p>The workshop will cover:</p> <ul style="list-style-type: none"> <li>• Data analysis and statistics, reproducibility and the R Software Environment</li> <li>• Data management</li> <li>• Data visualization</li> <li>• Data analysis - The general linear model</li> <li>• Data analysis - Presentation of results.</li> </ul> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• How to import, visualise and analyse data</li> <li>• Critical interpretation of data and analyses, producing basic informative tables and graphs to report the results of different types of basic statistical models.</li> <li>• Storage of data and codes for replicability</li> <li>• Formatting results for scientific publication</li> <li>• How to learn new methods and packages in R independently</li> </ul> |
| Quantitative research methods: Survey design, a toolkit        | <p>This session will provide an overview of conducting research using surveys – it will cover online surveys more so, but these skills can be adopted for paper surveys. The session will begin with an</p>   |

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|   | <p>overview of survey design, distribution, and collection processes. It will then explore the advantages and the disadvantages of various collection methods (e.g., post, online, on the high-street) and the ethical considerations and how we adhere to data protection. Then we will get our hands dirty and explore using Qualtrics to make surveys and evaluating how we can design them to sustain engagement for our participants.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• The process of survey research</li> <li>• Advantages and disadvantages of approaches</li> <li>• Ethical considerations and adhering to data protection</li> <li>• Survey design</li> <li>• Using Qualtrics (survey software)</li> <li>• Methods of distribution</li> <li>• Considerations for analysis</li> </ul>                       |
| Reference Management using Endnote  | <p><b>Come to this if you...</b> If you want to save time and prevent errors in your citations and reference list, reference management software can make your academic work easier: it will keep all your references safely organized, store PDFs and format your referencing automatically when you write up. EndNote is the software available on campus - this session will introduce the pros and cons of the online/desktop versions and get you started.</p> <p><b>At the end of this session...</b><br/> You will understand the key features and benefits of EndNote Desktop and Online.<br/> You will be able to use EndNote to collect and organise your references.<br/> You will be able to use Endnote within Word to insert formatted references.</p>   |
| Simulating the Future: An Introduction to System Dynamics and Agent-Based Modelling | <p>Computer simulations provide powerful tools to understand complex systems and predict how they change over time. This interdisciplinary workshop introduces postgraduate students to the fundamentals of system dynamics through computational modelling.</p> <p>Using the flexible and accessible R programming language, you will learn to simulate processes ranging from disease spread to balancing conservation with human development. Through hands-on examples, we will explore both differential equation models and agent-based approaches to reveal insights into the structure, behaviour, and potential futures of dynamic systems.</p> <p>While some prior experience with R or modelling is helpful, we'll start from the ground up—making this workshop perfect for budding scientists eager to unlock the power of modelling.</p> |

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| Systematic reviews | Coming soon...   |
| Working Smarter    | <p>Would like recommendations of innovative online tools and apps that will help you work more efficiently</p> <p>Research workflows and communication are being revolutionised by innovative online tools and apps that can help with organization, collaboration and productivity (see the recent “<a href="#">Innovations in Scholarly Communications</a>” project, for example). This session will explore some of the tools available with personal recommendations and tips on their use.</p> <p>At the end of this session...</p> <p>You will have explored some of the tools and apps available to save you time and effort in your research:</p> <p>Organising notes and material, Developing ideas, Time management, Collaboration</p> <p>This training will be held via Zoom, you will be sent a Meeting Link prior to the event.</p> |

| Your Research: Research Management                                  |   |
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| Workshop title  | Workshop description  |
| Show me the money! An introduction to research funding applications | <p>Show me the money! An introduction to research funding applications</p> <p>It’s never too early to start thinking about research funding! In this session we will explore the UK research funding environment and what you need to know to submit competitive project proposals after your PhD. Bid-writing in industry can be a lucrative career, so this is a great transferable skill to learn!</p> <p>By the end of this session, you will be able to:</p> <ul style="list-style-type: none"> <li>• Identify funding opportunities available to you</li> <li>• Understand what projects funders want to support</li> <li>• Understand what information is required in a funding proposal and how you should present it</li> <li>• Communicate about your own research in an engaging way to non-experts</li> </ul> |

| <b>Your Research: Engagement and Impact</b>                         |   |
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| <b>Workshop title</b>   | <b>Workshop description</b>   |
| Academic Journals: avoiding predatory publishers                    | The pressure to publish is ever-present for researchers and academics, and accompanying this has been a rise in 'predatory journals'. These can exploit and target anyone from a first-time author to pay to publish, to seasoned academics to exploit their reputation. They can use small tricks like using similar names or almost identical branding to give an impression of legitimacy. This session will go through the practical ways you can tell the difference, and warning signs to look out for when choosing which journal to submit your hard work to.   |
| Academic Journals: getting started with publishing                  | This session takes you through how the process works, what you should do and when (e.g. publishing open access and needing funding for an APC)<br>Publishing in academic journals is a key element of academia, and increasingly researchers are starting to publish earlier in their careers including chapters or reworked elements of their PhD theses. However, the actual process of submitting can be confusing to the un-initiated. This session aims to walk you through the basic steps from submission to publication, and address some terms first-time authors may be unfamiliar and alarming with such as 'Article Processing Charges' |
| Academic Journals: measuring research impact                        | This session explores the developing methods used in measuring research impact, including bibliometrics - which can include citation rates, publishing rates and institutional collaboration. There are lots of misconceptions and misunderstandings around the methods used to assess research especially quantitative methods like citation rates and the Journal Impact Factor. This session is an introduction and guide to these methods and their appropriate use, and would be useful for those working in a research support capacity, as well as those are engaged in research.  |
| Academic Writing session 1: Becoming a research writer              | Kickstart your journey to becoming a confident and effective research writer. Develop good writing habits and explore crucial tools of the trade to transform your writing process while discovering key elements of effective academic style.  |
| Academic Writing Session 2: Abstracts, Introductions and Flow       | Hook your readers from the first word. Learn to craft engaging introductions and abstracts that outline your research. Improve structure and flow, explain the unique value of your work, and master the art of information presentation.   |
| Academic Writing Session 3: Writing critically about the literature | Learn to synthesise existing research with your own ideas, situating your work within the broader field. Discover ways to advance your argument and build a confident scholarly voice   |

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|   | while crafting literature reviews that demonstrate your knowledge and unique contribution.   |
| Academic Writing<br>Session 4: Writing about research methods | Learn the difference between methodology and methods, and what should be included in the research design chapters of your thesis. You'll be able to write about your own research design process clearly and concisely.  |
| Academic Writing<br>Session 5: Final chapters and editing     | In this workshop you'll learn to structure your discussions and conclusions effectively, make and support claims with confidence, and leave a lasting impression on your readers. Finally, you'll hone your editing skills to polish your work to perfection.  |
| Academic Writing<br>Session 6: Formatting your Thesis         | Well-presented work gets higher grades. This hands-on workshop will teach you all the tips and tricks to get the most from Microsoft Word. You will learn how to meet academic standards and to give your work a professional edge.  |
| Finishing the thesis and preparing for your viva              | <p>This workshop aims to support research students through the final stages of their degree. We begin by considering what is needed to satisfy examiners in both the Thesis and the Viva. Then we will explore the thesis itself: how to present and structure your work and the editing process. Then the Viva – what to expect, how to prepare and some practice in defending your work.</p> <p>It is open to research students at all stages of their candidature (but more appropriate for those with completion in mind) and is a dynamic, interactive course.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• An understanding of what is being examined in the thesis and viva</li> <li>• How to plan for completion</li> <li>• How to structure and present your completed thesis</li> <li>• How to prepare for the viva, including discussing your research and answering questions.</li> </ul> <p>Please note, the session will be split into 2 parts. Most students attend both parts, although you are welcome to join for either session. There will be a break between 11.30 and 12.00.</p> <p>1. Completing your Research Degree: Part 1. The Thesis 10.00 - 11.30<br/>2. Completing your Research Degree: Part 2. The Viva 12.00 - 13.30</p> |
| Communicate with impact and confidence                        | Do you feel nervous when speaking in front of an audience? Want to enhance your skills in communicating your research for presentations, talks, your viva, or everyday conversations? This workshop, led by public speaking coach and director Charlotte Lewis, is designed to help you overcome these challenges and speak with greater ease and impact. Whether considering how to engagement with users or stakeholders, take part in knowledge exchange activities, industrial or commercial engagement, or  |

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|  | <p>simply the most effective way to share key messages of your research – impactful communication is key!</p> <p>Through interactive activities and real-time feedback, you'll gain practical techniques to speak with confidence in a variety of settings. After 90mins you'll swap feelings of doubt and discomfort for confidence and clarity, feeling more empowered to express yourself and seize new opportunities.</p> <p>I know from first-hand experience what it's like to confront speaking nerves and low confidence, and these tools have changed my life for the better.</p> <p>Come ready to participate, bringing any specific speaking scenarios you'd like support with. And if you'd like a little more insight into who I am and how I support people my podcast is 'Speaker S.O.S!' available on most streaming platforms.</p> <p>Trainer bio:</p> <p>Charlotte Lewis is a public speaking consultant &amp; coach who helps clients to look, sound &amp; feel more natural when taking on speaking opportunities. Her clients have included presenters, performers &amp; influencers, business owners, entrepreneurs and campaigners. Charlotte also co-hosts the podcast 'Speaker S.O.S!' with presenter &amp; voice-over artist Luke Davies.</p> <p>Charlotte's background is in theatre, having worked as an international director for nearly a decade. After graduating from the prestigious Directing MFA at Birkbeck College London, she has collaborated with The Manchester Royal Exchange, National Theatre Wales, Common Wealth Theatre, The Artichoke Trust, The Southbank Centre, The Wales Millennium Centre, White Horse in Shanghai, Tuida in South Korea &amp; Meta Arts in India and more.</p> <p>More recently she has directed brand films, music videos, and audio installation art featured across community projects based in spaces such as Penrhys and Roath. Charlotte is currently on the UK tour of The Tigerface Show.</p> <p>After suffering from public speaking fears and seeing how it limited her professional and personal opportunities, Charlotte set about creating ways to harness her background in theatre and her experiences as a qualified yoga and breathwork practitioner to overcome her anxiousness. After finding success with these techniques, Charlotte started her own business to share these practices with more people, helping them reach their potential, connect with their voice and expand the opportunities available to them.</p> |
| Giving your Research a Voice in the Senedd | <p>The interface between policy and academic research can be complex and difficult to navigate. You want your research to shape Welsh policy and discourse, but maybe you're not sure where to start.</p> <p>This session will:</p>   |

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|  | <ul style="list-style-type: none"> <li>• Explain the Welsh policy landscape, and how the different parts work together;</li> <li>• Show you why you should be engaging with the Senedd, including successful examples of engagement and its impact;</li> <li>• Help you negotiate the two worlds, and understand the opportunities to engage;</li> <li>• Offer practical tips on how to get your research heard;</li> <li>• Demonstrate how your research skills can be transferable to other contexts.</li> </ul> <p><b>Dr Sarah Morse</b> is an ESRC-funded Knowledge Exchange Manager in Senedd Cymru / Welsh Parliament, employed by Swansea University. She works with researchers from Wales and beyond to broaden, deepen, and diversify the evidence that's used to inform democratic debate in the Senedd. She also works to improve understanding within the research community of how the Senedd works and how to engage effectively. Prior to joining the Senedd in February 2024, Sarah worked for many years in policy and public affairs.</p>   |
| How to create and present an effective research poster | <p>Creating and presenting research posters is a crucial skill for every postgraduate student, yet designing a poster is quite daunting for the first time. With many common mistakes to avoid, it is surprisingly hard to create an <i>effective poster that captivates your audience and engages your exciting research</i>. This interactive workshop will address every step of the poster creation process from initial planning to printing and presenting. With simple tips and tricks, the workshop will help get your next poster worthy of winning the coveted best-poster prize at your upcoming conference.</p> <p>As poster sessions are an inherently social activity, this workshop will also be collaborative, and it will <i>involve significant attendee participation</i>. Attendees are invited to bring along copies of any of their existing posters to get feedback.</p> <p>This workshop is primarily aimed at early-stage postgraduate students who are likely to attend their first conferences in the near future. More experienced postgraduate students wanting a refresher course or to pick up some new tricks are also welcomed to attend. Note that <i>this workshop will be aimed at a multi-disciplinary audience</i>, so all postgraduate students from all departments are welcome.</p> |
| PGR Writing Club                                       | <p>Do you suffer from writer's block? Do you have an upcoming deadline for your next paper or thesis chapter? Need some extra motivation to help you progress with your work? The PGR Writing Club, based in the PGR Hub, is a new monthly activity that will provide structure, support and motivation to help you achieve your writing goals. The session will be structured with goal setting,</p>  |

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|                           | <p>quiet writing sessions, and breaks to connect with other PGRs and discuss your progress.</p> <p>Please bring a laptop and have an idea of a specific writing goal for the day. Docking stations, plugs and tea/coffee will be available.</p>  |
| Presenting at conferences | <p>Are you preparing to present your research at a conference and wondering how to make the most of the opportunity? This workshop is designed specifically for postgraduate researchers like you. Whether you're new to academic conferences or looking to sharpen your presentation skills, this session will help you turn your ideas into a compelling plan. Come with questions, uncertainties, or early-stage concepts—and leave with practical strategies, a clearer sense of direction, and the confidence to present your work with impact.</p>   |
| 3MT competition           | <p>Do you think you are a good communicator? Can you explain your thesis convincingly to people outside your field? Why not do it in just three minutes?</p> <p>Three Minute Thesis (3MT) is an international competition which asks you to do just that. <a href="#">3MT</a> challenges doctoral students to present their research topic to a non-specialist audience in just three minutes, giving them an opportunity to showcase their research and develop essential public engagement skills.</p> <p>Swansea University's 3MT competition opens soon, and the best entries will go through to the Swansea final in June with the winners going on to compete in the national competition.</p> <p>As a 3MT entrant, alongside our regular training, you'll be able to access specific support to help you prepare your presentation.</p> <p>Find out more at our information sessions:</p> <p>Get advice on how to deliver a great presentation, and find out what happens next in the competition, including how to access further training.</p> <p>3MT is a great opportunity to really focus on your research and makes it stand out, as well as improving your communication skills and we hope to see even more Swansea students taking part this year.</p> |
| 3MT information session   | <p>Do you think you can present your research effectively to a multidisciplinary audience in only three minutes? The Three Minute Thesis (3MT) competition asks you to do just that and is an excellent opportunity to hone your skills in communicating your research.</p> <p>At this information session you can find out more about the competition, with advice on how to deliver a great presentation and convey your research in a way that is accessible to all. We'll</p>  |

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|  | <p>also talk through how the competition works and the support available when you take part.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• An understanding of what the 3MT competition involves and what makes a winning talk</li> <li>• Techniques for communicating your research with a non-specialist audience</li> <li>• Techniques to distill the key points of your research into a three minute presentation.</li> </ul> |
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| Engaging in Research Communities                              |   |
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| Workshop title  | Workshop description  |
| PGR 101: Getting Started with Research                        | <p>This workshop is designed to support you in building the knowledge, confidence, and connections needed to thrive in your postgraduate research (PGR) studies. Whether you're just starting out or looking for a new perspective, this session will guide you through the key stages of the PGR journey—from initial milestones to long-term goals.</p> <p>We'll explore what to expect at different phases of your degree, how to make the most of the support available across the university, and how to foster a productive relationship with your supervisors. You'll also have the chance to connect with fellow PGR students from across disciplines, share experiences, ask questions, and reflect on your own path.</p> <p>While the session is primarily aimed at new PGR students, continuing students are also welcome to join and gain new insights into the research journey.</p> |
| EDI Essentials: A Toolkit for Inclusive Postgraduate Research | <p>How can we create a thriving research environment that includes and values a diversity of approaches, skills and perspective? Why do we need it? How can we benefit from it?</p> <p>In this workshop we will explore the benefits of promoting EDI in research activities, strategy to create a more inclusive research and innovation system and what it means to you when planning and delivering research. Through case studies, we will showcase and discuss opportunities to embed EDI in research projects to produce real change and transform the way we create knowledge and impact on society.</p>   |
| How to increase your confidence to discuss                    | The relationship you have with your supervisor is one of the most important aspects of your research degree, and there are lots of  |

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| and resolve issues with supervision. | <p>things you can do to make this relationship as successful as possible. In this session, we'll explore supervisory meetings, what makes effective communication and how to deal with feedback. We'll also look at case studies and there will be an opportunity to seek advice on how to optimise your own working relationship with your supervisors.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• Understanding of what the role of supervisor involves, and what you can expect from your supervisors</li> <li>• Techniques to maximise the effectiveness of supervisory meetings, including receiving feedback.</li> </ul> <p>Confidence to discuss and resolve issues with supervision.</p>  |
| Peer writing advisor training        | <p>Do you want to become a Peer Writing Advisor with the Centre for Academic Success?</p> <p>Do you want to improve your writing skills and gain crucial experience in advising others?</p> <p>For postgraduate research students (PhD and MRes), whether or not you want to enter a career involving teaching, mentoring or managing others, the Peer Writing Advisor training course can offer you the opportunity to:</p> <ul style="list-style-type: none"> <li>• Undertake free writing advisor training recognised by Swansea University Postgraduate Research Office</li> <li>• Apply to join a community of paid writing advisors at Swansea University</li> <li>• Develop and reflect on your own pedagogy – useful for Higher Education Academy Fellowship applications</li> <li>• Improve your own writing</li> <li>• Enhance your employability record and gain the skills to articulate these skills to future employers</li> <li>• Gain an awareness of student services for use in teaching and beyond</li> </ul> |
| PGR Writing club                     | <p>Do you suffer from writer's block? Do you have an upcoming deadline for your next paper or thesis chapter? Need some extra motivation to help you progress with your work?</p> <p>The PGR Writing Club, based in the PGR Hub, is a new monthly activity that will provide structure, support and motivation to help you achieve your writing goals. The session will be structured with goal setting, quiet writing sessions, and breaks to connect with other PGRs and discuss your progress.</p> <p>Please bring a laptop and have an idea of a specific writing goal for the day. Docking stations, plugs and tea/coffee will be available</p>   |