

PGR Tips: Using the new Vitae website

Vitae *Realising the potential of researchers* is the first national organisation to champion the professional and career development of doctoral researchers and research staff. It builds on previous work by UK GRAD and UKHERD. Vitae (meaning the course of one's life or career) will continue to send you PGR Tips and provide support. There is a new website although you may recognise some features from the UK GRAD website:

Managing your research project

A doctorate is a highly complex project that takes place over an extended period. An effective researcher will be good at: Setting realistic objectives, managing their own time and managing the research project itself. For effective ideas and tools see:

<http://www.vitae.ac.uk/pgrmanage>

Developing as a researcher

Your university is likely to encourage you to engage in processes like Training Needs Analysis and Personal Development Planning. These are designed for you to examine where your development needs are and to help you to address these. To better understand your skills and where you might like to develop use this link:

<http://www.vitae.ac.uk/pgrdevelop>

Raising your profile

It is tempting to think that research is a world in which being brilliant and working hard are the only things that matter. However, research only becomes meaningful when you communicate it to someone else. No one builds a career by just researching. To explore how you can reach different audiences more effectively use the links in this section:

<http://www.vitae.ac.uk/pgrprofile>

Supervision and key relationships

Developing an effective working relationship with your supervisory team is key to your success as a postgraduate researcher. In order to do this you need to understand what the supervisory team is, and isn't, there to do.

You will also need to be assertive and proactive in this relationship if you want to get the most out of it:

<http://www.vitae.ac.uk/pgrsupervision>

Your career

How you spend your time during your doctorate will have a major impact on your future career. It is a good idea to devote some time to thinking about the career direction that you hope to take. There is a specific careers section for PGRs: <http://www.vitae.ac.uk/pgrcareer> as well as a careers section for researchers in general which you'll probably find useful. It answers the question "what is a career?" and covers different careers destinations, sectors, disciplines and options as well as ideas on how to manage your career:

<http://www.vitae.ac.uk/careers>