

PGR Tips on using researchers' careers stories

Vitae has launched a [database of careers stories of researchers](#). It provides a wide range of researchers' career stories told, largely, in their own words. Careers stories are personal narratives and are focused on the experiences and decisions that the story tellers found significant. They offer real insight into their lives and careers, illustrating what they consider important and providing an opportunity to learn about the decisions they have made and why they made them. The stories are presented in different formats; audio, [text](#) and [film](#). So how can you use these?

Stay motivated

The career stories demonstrate how the story tellers have applied their doctoral training in a wide range of personal and professional contexts and tell of the influence of the doctorate on the journeys that follow. This might help you stay motivated if you are going through a harder stage of your doctorate!

Broaden your options

If you don't know what you want to do after your doctorate, you could either search the stories by your research topic or by other factors that are important to you such as work/life balance or being a mature student.

Be encouraged

If you already know what sort of career you want it is inspiring to see how other people have achieved that destination. It is possible to search the stories by type of employment and sector.

Supplement other useful resources

Use these stories to supplement other useful sources of career knowledge such as [postdoctoral destination data](#) and analysis of recruitment practices. They can also be used to enhance or focus discussions with your career advisor.

Have a holistic approach

One particularly attractive feature of career stories is that they are holistic, focusing on a persons entire career rather than just a moment of recruitment (dealing with interviews) or a particular transition (leaving academia).

icould

[icould](#) is a website with a thousand filmed careers stories, not restricted to researchers. icould is about inspiration and encouragement. The idea is to help you make the most of your potential and talent, by showing how others have used theirs. Opportunities may appear scarce at the moment. This is why inspiration and encouragement are particularly important, so you can act positively, creatively and with optimism.