

## PGR Tips on using Premia resources for disabled researchers

As part of the initiative '[Every Researcher Counts](#)' Vitae has incorporated the work of Premia, the online resource for disabled researchers, into its website. Premia results from a HEFCE funded project at Newcastle University which aimed to make research more accessible to disabled researchers and increase their participation.

Disability has a wide definition for these purposes and includes any physical, hidden, learning, mental or social disabilities. There are sections [for potential employers of researchers](#), [doctoral supervisors](#), [disability advisors](#) and [postgraduate researchers](#). You will find the resources helpful whether or not you are disabled, registered or non-registered. Here are some tips of widespread use extracted from the [postgraduate researcher section](#).

### Make the most of your initial meetings with your supervisor

Establish what type of support you expect and what your supervisors expect to give [early on](#). It may help you to discuss some of the [different aspects](#). The two contrasting examples in these [case studies](#) show how important it is to establish the right terms from the start.

### Know your own strengths and limitations

Being self-aware will help you manage your own expectations. Communicate with your supervisory team about what you find or are likely to find difficult. Everyone is different and it will help your supervisors guide you through your doctorate if they are aware of your limitations. If you have been disabled for some time you are likely to have managing strategies, know your limits and [where to find help](#), but your supervisors may not.

### Make sure you understand the language of research

[The language of research](#) is an essential part of understanding your field. There are several reasons why it may be a barrier, whether English is not your first language, you have dyslexia or are just not familiar with research terms. It is important to [ask if there is anything you don't understand](#). This pdf contains a list of [general research terminology](#).

### Intensive reading

You will be doing a lot of reading during your doctorate. Reading is a tool which helps you access the thoughts of others. [Tips on overcoming reading difficulties](#) such as using the [SQ3R technique](#) (survey, question, read, recall, review) are useful to all readers.

### Prepare for the process of your viva

Preparing for your viva? [Think about the event in terms of adjustments](#) that may need to be made if you have a disability, but thinking about it as an event will be of use for everyone.

### Looking for employment?

[Employers want](#) to know three things from you as an applicant: 1. Can you do the job? 2. Do you want to do the job? 3. Will you fit in with their organisation? If you convince them of these, whether or not you are disabled should not make a difference. You need to thoroughly research the job and the organisation before applying in order to convince them.