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Career Identity and Possible Future Selves

Julia Yates, PhD, CPsychol

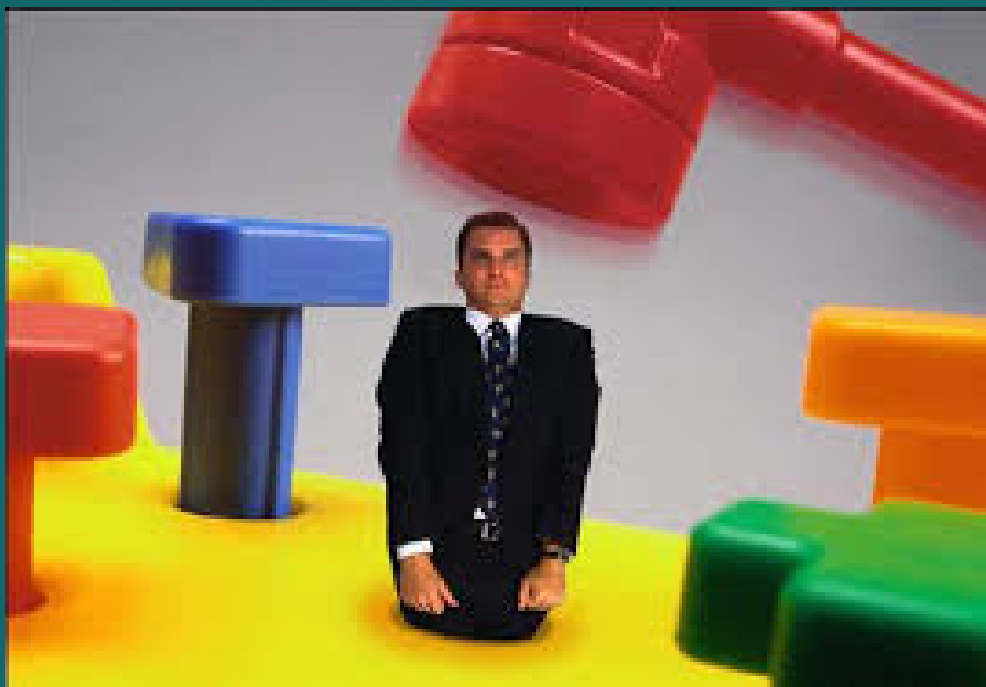
Programme Director, MSc Organisational Psychology

City, University of London

Career identity

“Who I am and who I could become”

(McMahon & Patton, 2014)



‘What do I want to do?’

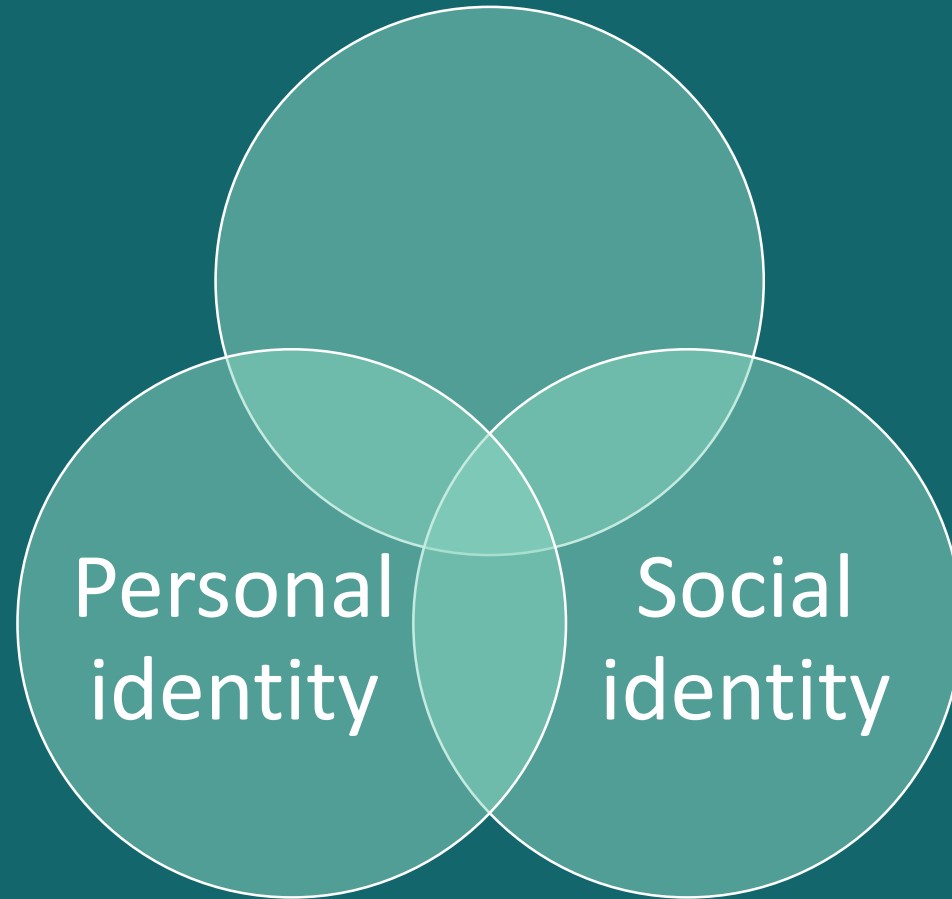
‘Who do I want to be?’



Career Identity



Career Identity



Career Identity



The Occupational Identity of Researchers

What characterises them?

What do they have in common?

What do they think about themselves as a group?

What matters to them?



Possible Future Selves

Possible Selves

“Stories we tell ourselves about ourselves in a hypothetical future situation”

(Erikson 2007)

We can all have multiple possible selves:
hoped for, feared or expected
Entails pre-experiencing

(Markus & Nurius 1986)

Possible selves and career conversations

- Possible selves allow us to evaluate current selves
- They help us to set goals
- They allow us to identify the steps we need to take
- They motivate us to keep working towards our goals

A little bit of theory

Goal setting
theory

Images and
emotion

Future time
perspective



Possible selves interventions

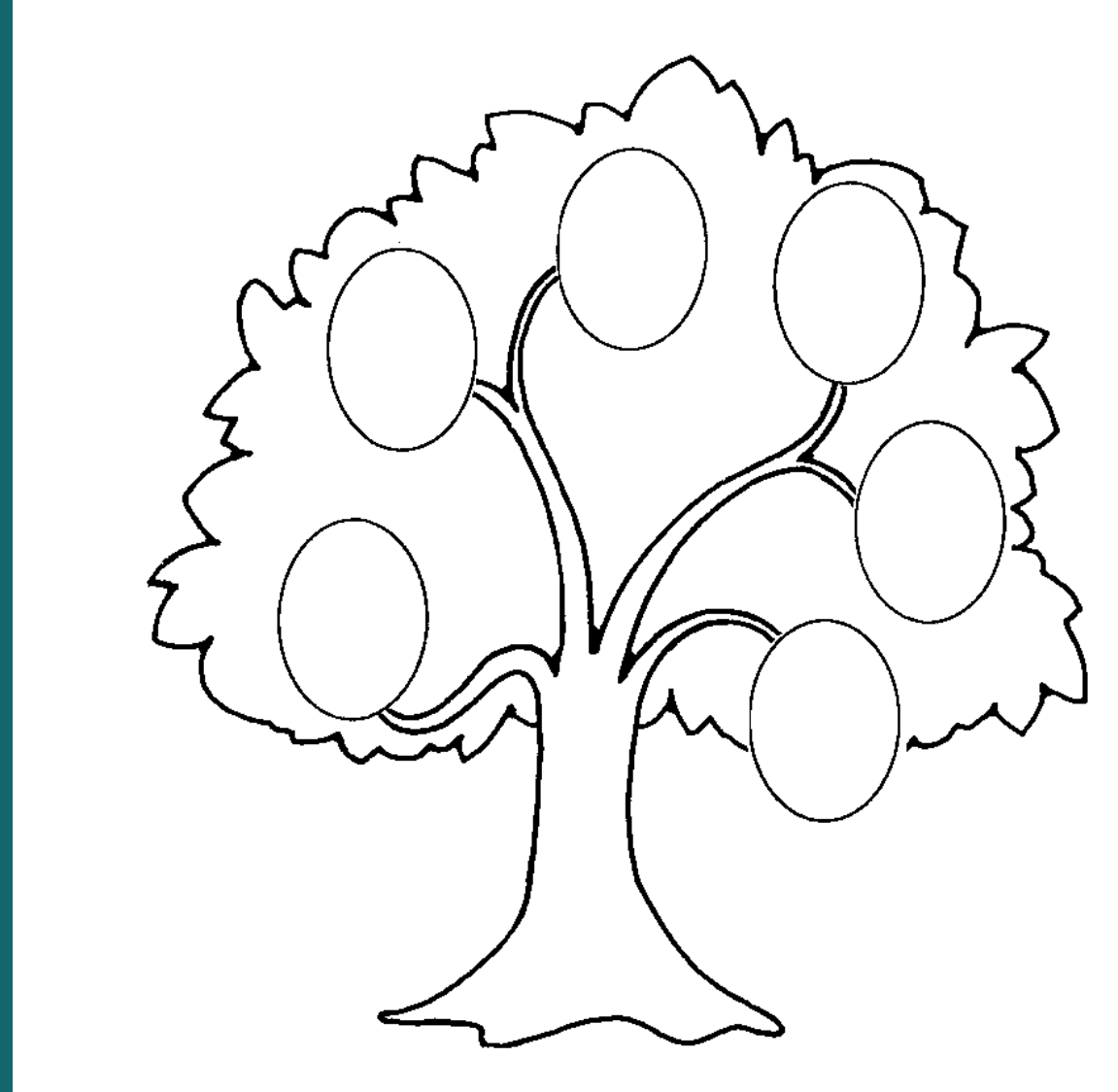
One to ones or groups

Visualisation and narrative

As much detail as possible

A possible selves intervention

Who could I be?



A possible selves intervention

- Picture in your mind's eye, yourself in two years time, working as a ...
- Where are you working? What's the atmosphere like?
- Who are you working with? What are your relationships like?
- When you arrive in the morning, what's the first thing you do? What's next?
- What do you wear to work?
- How do feel about going into work in the mornings?
- When you tell people what you do, how do you feel?
- What are your weekends like these days?
- What do your family think about your new job?
- What is the thing that's most different from your current you?

Help each other to describe your possible selves

As listener, your job is to encourage your partner to describe their possible selves vividly

When you finish, ask them what they need to do next

Thank you

Enjoy the day

Julia.yates.1@city.ac.uk

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Agency in Careers Guidance

DONALD LUSH

CAREERS CONSULTANT FOR
RESEARCH STAFF AND STUDENTS

KING'S COLLEGE LONDON

What do I say I
do?

I help people
think about and
plan for their
professional
lives and then
help them
execute their
plans

Agency is
central to my
work

Agent

An entity, usually a person,
that is capable of deliberation
and action on that deliberation

What I am
trying to do
today?

I'm sceptical about this sense
of agency. I think it's resting
on shaky foundations

This comes from my interest
in philosophy as applied to
careers work

Agency requires
four things

Freedom

A subject

A decision

Causation

Hannah Arendt 'On Freedom'

Arendt's essay suggests that freedom may be an incoherent idea. She talks about the paradox of 'freedom to become unfree'

The freedom we exercise in career thinking and planning must be about putting limits around what we do, committing to some things and rejecting others

Arthur
Schopenhauer

In his essay on 'Free Will' Schopenhauer says that political freedom is the freedom to live under rules to which we freely give our assent

The individual
subject

There must be a
subject to have this
(paradoxical) freedom
and to make decisions
about what to do with
it and then act on
those decisions

The individual

In the modern western world, our sense of individuality comes from our religious heritage

This tells us we have souls for which we are individually responsible and accountable and are rewarded or punished according to our thoughts and actions

Although we now live in a more secular world this sense still exists and exerts a powerful attraction

The individual

Nick Chater

Gilbert Ryle

Arthur Schopenhauer

In philosophy, it lives on in Descartes '*Cogito Ergo Sum*' – I think therefore I am. This is one of the most criticised ideas in all of western philosophy yet still has tremendous power

Other philosophical traditions and feminist philosophy take different perspectives

Some neuro-philosophy argues that we have no hidden depths or permanent essence and that our smooth sense of individuality and reality is a moment to moment improvisation of the brain as it tries to make sense of all the data bombarding it

The individual
subject

There is no sense of
us as individuals
that cannot be
rationally and
effectively contested

Decision making

(from the Stanford Encyclopaedia of Philosophy)

Decision theory is concerned with the **reasoning** underlying an agent's **choices**, whether this is a mundane choice between taking the bus or getting a taxi, or a more far-reaching choice about whether to **pursue a demanding political career** ... Standard thinking is that what an agent does on any given occasion is completely **determined** by her **beliefs and desires/values**, but this is not uncontroversial... decision theory is as much **a theory of beliefs, desires and other relevant attitudes** as it is a theory of choice; what matters is how these various attitudes (call them “preference attitudes”) cohere together... **The key issue in this regard is the treatment of uncertainty.**

Decision making

(from the Stanford Encyclopaedia of
Philosophy)

This all rings bells in careers work. It feels like what we do

But (as Schopenhauer would ask) can we will what we will?
Do we choose our desires?

Derek Parfit

Reasons and Persons

‘Like my cat I often simply do what I want to do’

‘I believe that most of us have false beliefs about our own nature, and our identity over time, and that, when we see the truth, we ought to change some of our beliefs about what we have reason to do.’

Parfit argues that people can (and do) rationally decide to act against their own interests and that our everyday sense of ourselves is wrong, particularly in the way it doesn't take enough account of time

David Hume

Causation

Our clients often ask for and hope we can tell them that careers decision or action A entails consequences B, C and D

Causation has never been observed and is not required to account for the apparent predictability of the world

Hume instead argues that what we see as causation is our minds identifying patterns on which we base predictions

He was also dismissive of humans having a coherent and persistent selfhood

So.....

None of the things I said we require for agency seem to exist in the way we often think they do

The implications are potentially devastating

I find what I do valuable and my clients say they do too

I think I might be asking the wrong questions if I am not getting helpful answers

So.....

It turns out I have been asking metaphysical questions – ones about the big issues of reality

These types of questions are not easily susceptible to empirical enquiry and are often very frustrating

For example, the *Stanford Encyclopaedia* says causation may be 'anomic' (not subject to the laws of nature)

What questions should I be asking if I want more meaningful answers?

Is careers guidance a form of moral dialogue?

Aristotle said that one should act across your whole life for a purpose, as a member of a community and for the benefit of that community

Buddhists are obliged to avoid occupations that do harm

Is asking what good means a way forward?

Further reading?

Gitta Sereny: *Albert Speer, His Battle with Truth*

Hannah Arendt: *Eichmann in Jerusalem*

Horrifying case studies of careers conducted without effective critical consideration of what good means for individuals and groups

Thank
you!

Find me on Linked In

donald.lush@kcl.ac.uk

Twitter: [@kcldo1thing](https://twitter.com/kcldo1thing)

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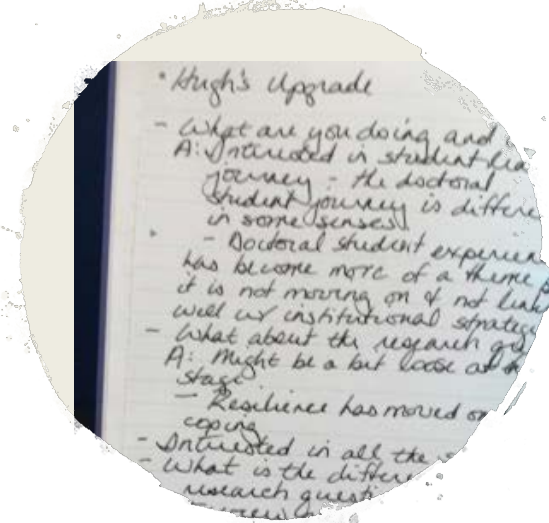
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Desired in theory, troubling in practice

The becoming and identity development of the
social science PhD student

Hugh Kilmister

What do we know about the PhD student experience?

Increased attention over the last twenty years on the purpose and value of the qualification

Over-supply of PhD graduates;

The lack of preparation and skills development for careers beyond the university;

The lack of appropriate supervision

Student adjustment and adaptation to the research environment;

The supervisory experience;

The barriers to progression;

The continuing high levels of student drop out

(Golde, 2005; Wellington et al, 2005; Nyquist and Wulff, 2008; McAlpine et al, 2012; Acker & Haque, 2014 and Leijen et al, 2016).

Continue to have a limited understanding of the lived experience of the PhD student

Various conceptualisations have been used to examine the PhD student experience

Socialisation - process through which the individual acquires the knowledge and skills, the values and attitudes, and the habits and modes of thought of the society to which he/she belongs (Bragg, 1976; Weidman et al, 2001)

Research skills development reflecting a general neoliberal approach in higher education (Deem, 2011; Tight, 2014 and Thornton, 2017)

The field of PhD study remains under-theorised and that much of the research that has been undertaken lacks a guiding theoretical framework (Leonard et al, 2006; Peterson, 2007 and McAlpine et al, 2012)

More recently the PhD student experience has begun to be conceptualised as a process of identity development (McAlpine et al, 2014; Keefer, 2015 and Mantai , 2017)

Lines to map identity development and becoming

Deleuze (2007) asserts that as individuals **'we are made up of lines'**. In *A Thousand Plateaus* (1980) Deleuze & Guattari state that **are lives are composed of three types of lines:**

“a line of rigid and clear-cut segmentarity; a supple line of molecular segmentarity; and an abstract line , a line of flight”

Rigid lines are defined as being major components in our lives: our work, where we live, whether we are single or married. This line also includes transformations: leaving home, marriage or divorce, doing something new. Essentially the elements that make up the assemblage of our identity;

Supple lines are the constantly occurring minor and major changes and adaptations we make on a regular basis. So the athlete in training will adapt to the requirements of competition and in so doing their rigid body will 'break down' and become reshaped. Essentially supple lines loosen rigid lines;

Lines of flight are lines of creation, mutation or transformation. These are lines that provide a momentary escape, interruption or eruption. These can be impulsive lines that change things and can transform lives completely but have the danger of leading to rupture. Lines of flight in the educational setting can mean subversive and creative acts and the doing of something unexpected and they operate as change mechanisms through which 'becomings evolve' (Deleuze, 1995)

These lines operate in mixtures and in relation to one another and are thus interconnected.

Pilot study

In my pilot study I wanted to test the Deleuze & Guattari concept of these interconnected lines with my participants by looking for the following: **instances of their rigid lines when participants drew on their existing identities particularly their professional identities; their supple lines showing the small changes and adaptations they made in relation to their PhD study; their flight lines of impulsive actions and subversive acts that affected their becoming and identity development.**

Pilot study with three participants. **A particular sample of participants who were over 30 and came to the PhD with well-developed professional identities.**

Rigid lines: Lisa

*I am used to being a competent person, a **'high achiever'**. As I've grown older and worked I have learnt to manage multiple projects and the accompanying stress. I even worked full-time when doing a part-time Masters. **I assumed that this meant doing a full-time PhD with no work commitments would be relatively straight-forward. The PhD felt like it could be a good fit for me as the kind of person I am and having worked in universities.***

*I did not anticipate how **out of place I would feel from the beginning**. From the beginning **I have felt that I was going about my work the wrong way**. I was reading the wrong things and writing (I was pushed by my supervisors to write from the beginning) the wrong things. I was told I wasn't doing enough work.*

*Through **speaking to various different people outside the university**, I've managed to come up with some strategies about how I might be able to take back some of that control.*

Supple lines: Malik

*I was coming with over 10 years of experience at a tertiary level so I knew what I was researching on. **I thought I knew the PhD process and the relationship with the supervisor, about the nature of the work. I talked to people and I thought I was fully ready because I had done the homework..***

*At some point the feedback wasn't that great. **I thought the supervisor was slightly harsh. Didn't mention what was great...only telling me what to improve but when I was doing it I wanted assurance at some point.***

*So later on I thought about this and **I thought I hadn't communicated very well, so if I didn't understand them and if they weren't getting my point then I needed to ask a clarification question. I need to double-check things... I began to ask more questions in supervision meetings just to be sure this is what they are looking for and I was clear. So I made this a priority and after making this discovery things have got better.***

Flight lines: Rosie

I grew up with all sorts of issues with schooling, I was suspended from one school and then expelled from another school

*I do feel as if I've had to **carve my own way** because there's been so little interest.*

*I really wasn't getting on with my supervisor and **things were going from bad to worse** and I felt like it couldn't continue, but I have found it so hard to tell people because the person is so well respected and so well-liked. I decided to discuss it with the Graduate Tutor and that's when everything kicked off big time and **it was a kind of hideous show down, with only one loser. I felt bullied and that is was my fault that things were not working out and that I should feel lucky to have this person as a supervisor.***

*And so, to go into a lively meeting with a bunch of people **who don't care a hoot about the PhD**, and who really only care about me in relation to being part of a campaign about which we all feel really strongly, is great.*

Conclusion

The value of inter-connected lines as a lens for taking account of the evolving nature of PhD student identity development and becoming;

The pilot study has begun to capture the views of mature students with a range of well-developed identities;

Supplements our knowledge about the impact of professional identities on those doing the PhD;

The prior perceptions of participants towards the PhD were at variance with the lived experience;

A sense of separation is important.

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How do doctoral researchers exercise agency to make the most of their doctorate and complete on time?

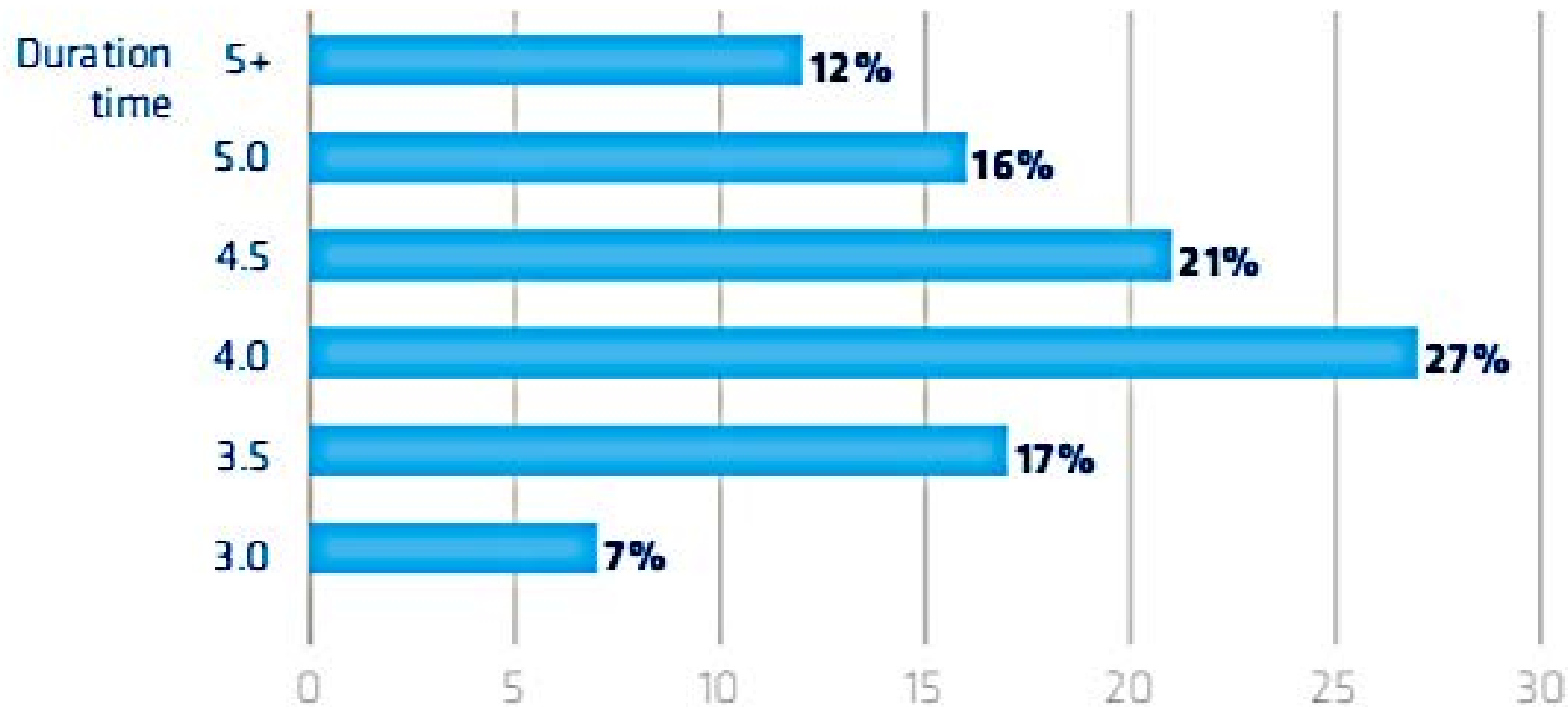
Friday 18th October 2019

Shane Dowle

Twitter: @shane_dowle



Timely completion – a perennial problem?



Source: Hasgall et al, 2019

What do we know about timely completion?

Level	Research foci
Doctoral researcher	<ul style="list-style-type: none">• Sociodemographic and contextual academic factors• Affect, meaning and self-efficacy• Work-life balance
Supervision	<ul style="list-style-type: none">• Supervisory style• Intervention vs autonomy• Relationship fit
Department & discipline	<ul style="list-style-type: none">• Academic socialisation• Access to research communities
Institution	<ul style="list-style-type: none">• Structural reforms to doctoral programmes
Society and supra-society	<ul style="list-style-type: none">• Performativity

Perspective on literature

Under-
theorised /
over-
socialised

Neglects
tasks and
content of
doctorate

Neglects
agency

Agency
matters

Research question:

How do doctoral researchers exercise agency to make the most of their doctorate and still complete on time?





Epistemic-oriented agency

I know people that don't really have to think about what they're doing and just do X, Y and Z because they've been told to do. But at least I have to think about what I was doing a bit and everything I've done experimentally, I can justify as why I've done it. Because like I thought about doing it

PGR11-CHEM



Self efficacy- oriented agency

these days doing a PhD...involves doing a lot of activities outside the PhD of all different kinds, from teaching to publication and even placements. So they have to be incredibly organised, they have to have that ability to organise their time, time management, I hate that phrase, but organising their time in the most productive sort of way, which isn't at the detriment to the core of what they're doing, which is the PhD.

SUP08-HumSoc



Relational agency

I've got better at manipulating their strengths and weaknesses...I know things that she'll do and he'll do, and I try to play that to my advantage...it sounds bad really. I know that he ...doesn't take as much kind of detailed interest. If you ask him something he'll be like, 'yeah, that's fine'. Whereas she'll go into depth, looking at things. So if I need like funding to go to a conference I usually go to him because he'll just sign off the form without reading

PGR07-HumSoc

Passive agency

So we were in a seminar, the guy who we want to do the statistical analysis is right there in front of us giving the talk. She's sitting in the front row. All you have to do is go up to him afterwards...We got to the end of the seminar, out of there like a flash. I'm thinking what? So then when I saw her later on and I said you know that doctor so and so was at the thing and you could've asked him 'oh yeah I forgot'. What are you forgetting? The guy's giving a seminar about statistics and that's where you're stuck in your project and you forgot SUP02-MED

My 'river of experience'

Oct 2016
Starting PhD
• A little worried yet
excited

• Back ground
reading - understanding
the basis of the
project

Dec 2016
• Realising the challenge
of that need to be over
of ~~optimising methods~~
for successful complet
of PhD project
*What am I doing here.

Dec 2016 - May 2018
Optimisation &
Troubleshooting
* Maybe I
am not good enough?

Talking & collaborating
with experts / PIs /
supervisor in order to
& overcome hurdle

May 2018
Optimised a
key method
* I did it! I can do
it.

May 2018
• Multiple different
things need to be
done before achieving
key milestone

• Things have slowed down
again, feel like I am
dissapointing
supervisor but
also realise I can only work
as fast as the project allows

Worried
might not
to meet
deadline but
can see a
positive outcome.

MIX
Paper from
responsible sources
FSC® C018505

Concluding thoughts

- Understand agency, understand progress
- Multiple forms of agency in the doctorate
- Content and agency to inform support structures



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INDICATORS OF ESTEEM: GENDER AND PRESTIGE IN ACADEMIC WORK

DR KELLY COATE @KELLYCOATE

DR TANIA DE ST CROIX @TANIA_DSC

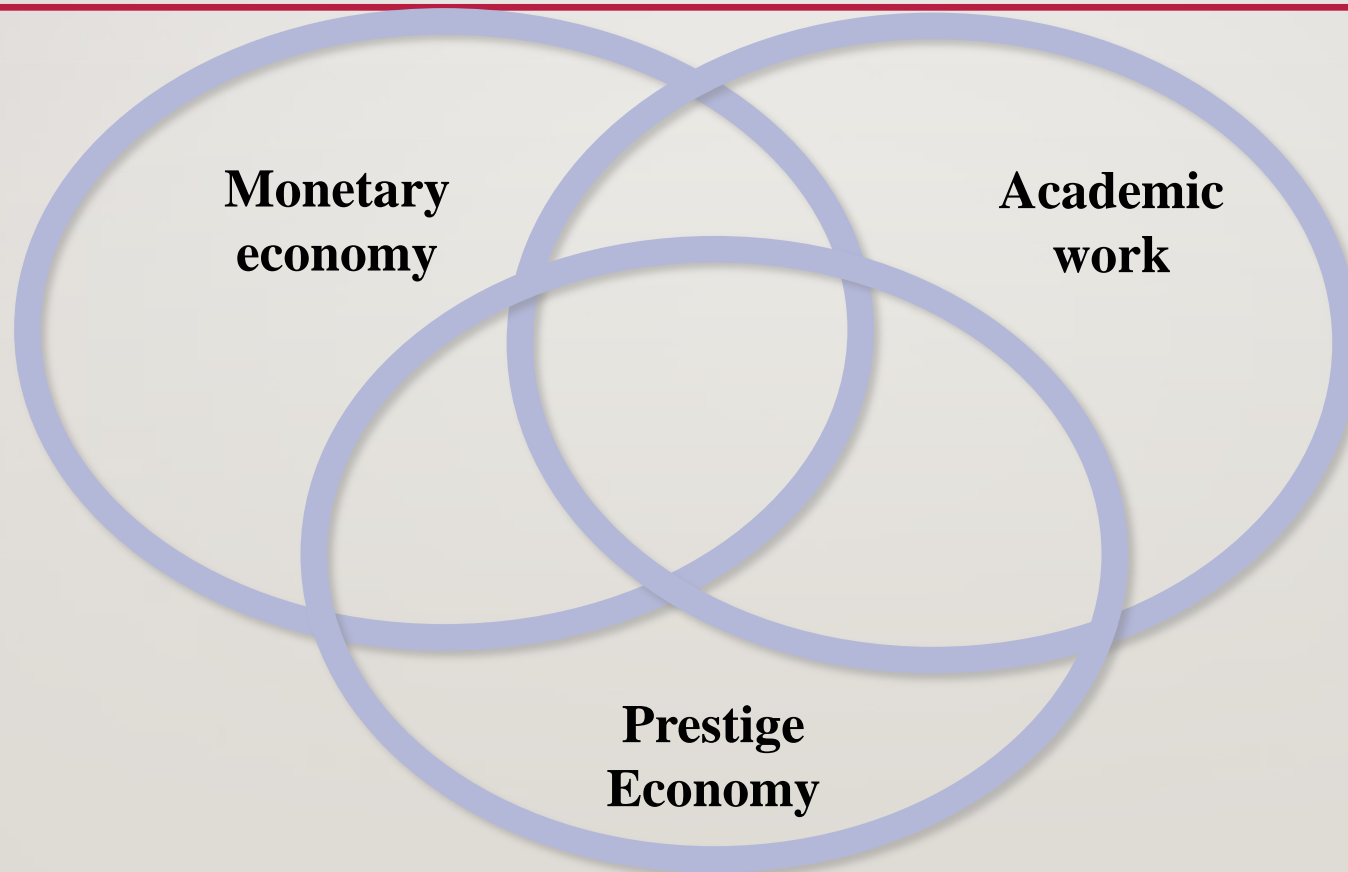
OVERVIEW

- Introductions, background and methods
- Theme: Individualism vs Collectivism
- Recommendations
- Questions and discussion

BACKGROUND

- Gender inequality in academia persists at senior levels
(Morley 2014; Dean et al 2009; White et al 2011; Doherty & Manfredi 2006)
- Research has tended to neglect women at mid-career stage
- Funding from Leadership Foundation for Higher Education (Small Development Project)
- Research framework: the 'prestige economy'

PRESTIGE ECONOMY



Features of academic prestige

- Large research grants
- Publications and citations
- Keynotes; Leading disciplinary / professional groups
- Expert status on reviews and other panels
- External examining (doctoral level)
- Awards
- Chairs and large offices and fancy titles

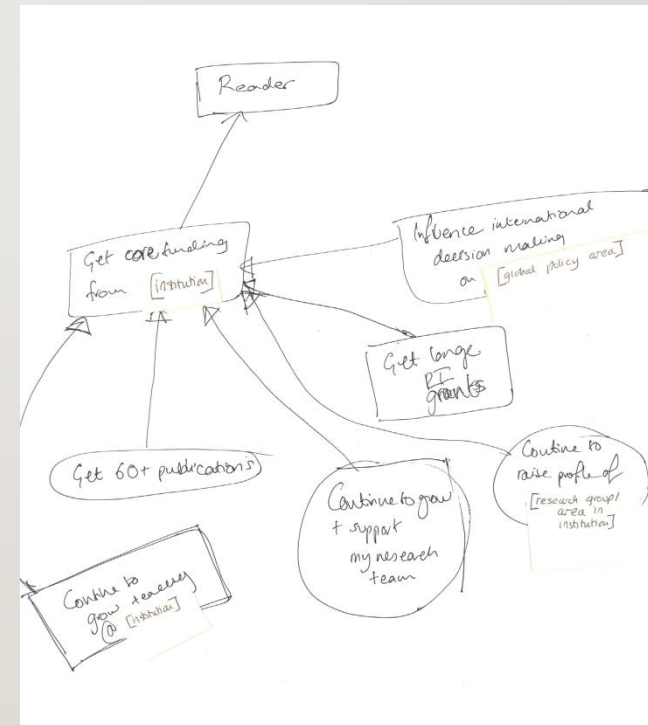
PRESTIGE AS A GENDERED CONCEPT

Academic women find it harder to access the types of 'currency' that advance their careers: publication rates, first author status and workload balance (Coate & Kandiko Howson, 2014)

Intersectional approach: multiple and intersecting spheres of 'difference', including culture, ethnicity, gender, disability, socio-economic status and language interact.

METHODS

- Interviewed 30 academic women from London institutions
- Self-identified as mid-career
- Range of disciplines and job roles
- Semi-structured concept-map mediated interviews- started with concept maps of career plans in next 5-10 years (Kandiko & Kinchin 2012, 2013)



FINDINGS

- The neglected (and lengthy) mid-career stage
- Career planning: strategies and opportunities
- Gendered patterns of motivation and prestige
- Children, caring and work-life balance

GENDERED MOTIVATION AND PRESTIGE

- Academic women spoke of game-playing to access KPIs and indicators of esteem (e.g. publications, invitations, recognition)
- Academic men seem to use prestige to gain greater prestige, but at the expense of others
- Academic women less comfortable engaging in self-promotion and communicating their successes
- What women valued contrasted at times with what they perceived as being prestigious or highly valued by their departments, institutions and academic fields

CONTEMPORARY ACADEMIC LIFE

- ‘Metrification’ of academic work
 - “relentless focus on performance, competition and achievement”

(David, 2014)

- New managerialism and ‘Leaderist turn’

(Morley, 2013)

ACADEMIC PERFORMANCE: INDIVIDUALISM VS COLLECTIVISM



Building the Teaching
Excellence Framework

REF2014
Research Excellence Framework



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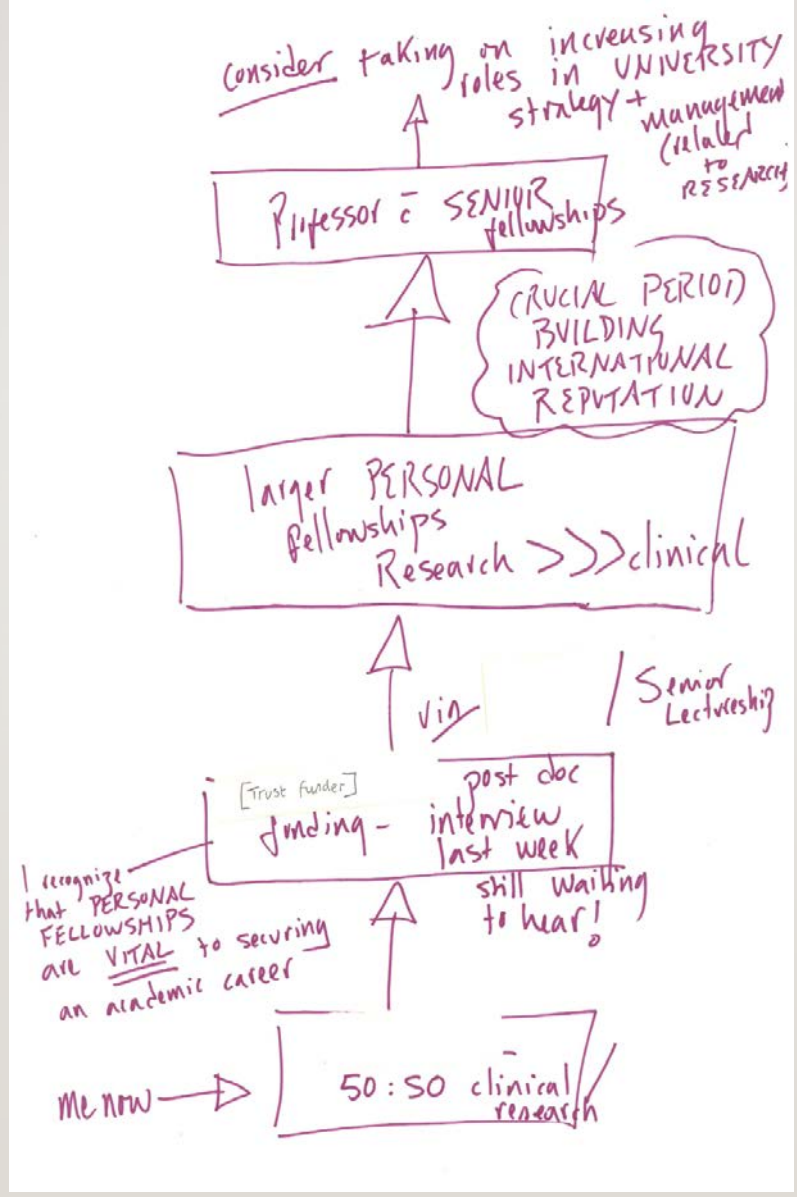
Great jobs for bright people

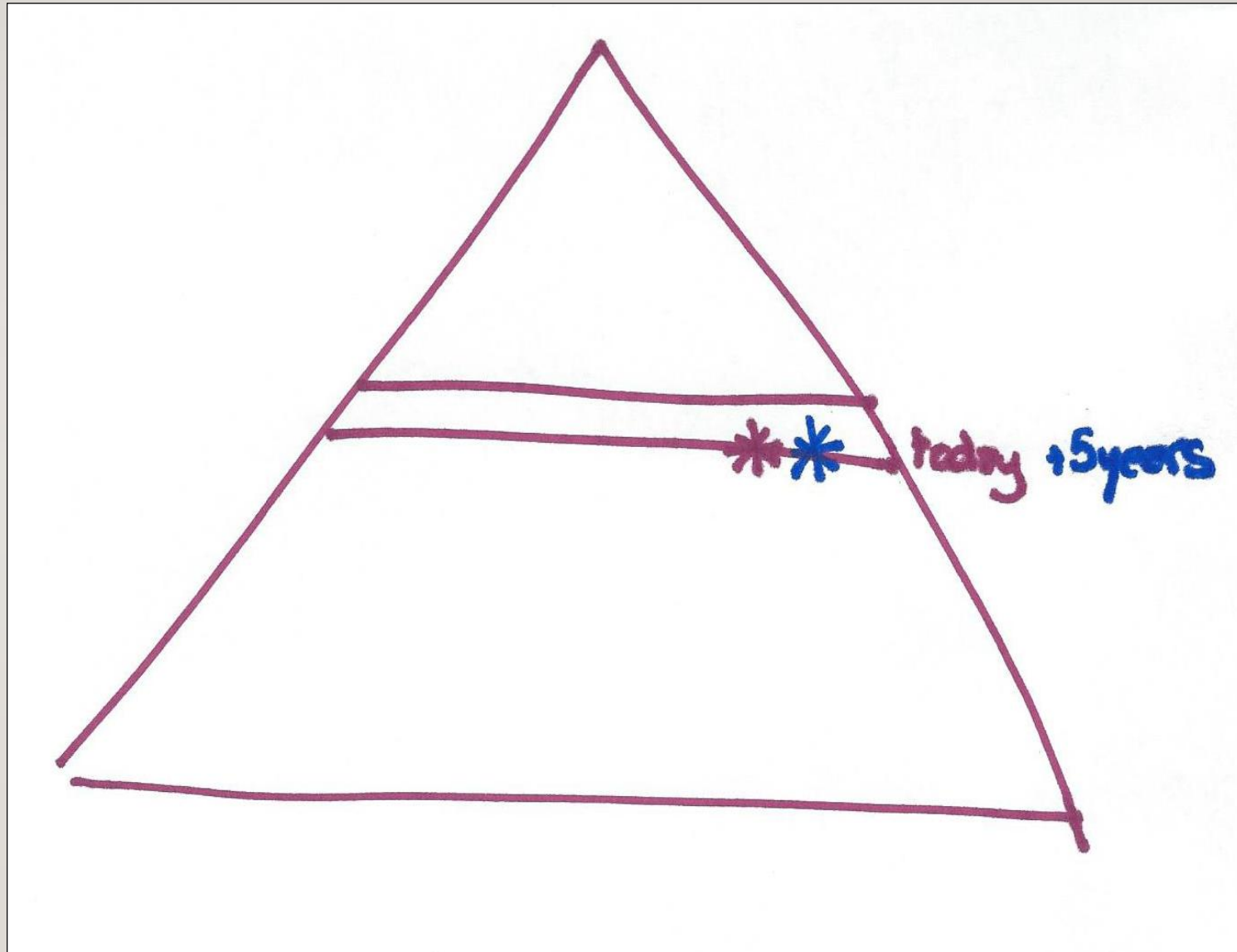
“Men and women who do the same things, **the men accrue prestige and the women don’t**. So writing books... sitting on advisory committees... to give plenary talks at conferences... getting large grants... The men who get those things get more prestige than the women who have done exactly the same ... **I’m increasingly invited to do quite high profile things. I don’t think anyone in my department’s noticed**”. (Eve)



“I do recognise that people who... have more of an **individualist focus** and **put more of themselves into pursuing their career probably get further**, not to say that they get more job satisfaction out of it but probably get further and I think there’s a spectrum of attitude there and I suspect very much that that may be **gendered** but I think it’s based on sort of self **confidence issues** there as well.” (Bernadette)







CONCLUSIONS

- Support for mid-career women's career development
- Valuing mid-career academic women
- Prestige: Setting indicators of esteem and rewarding what matters
- Strengthening flexible working practices

RECOMMENDATIONS I

- Recognising and rewarding collective activities and success, not solely individual achievements
- Consideration of workload balance amongst individuals and teams, and the gendered division of activities
- Awareness of gender throughout decision-making processes
- Fostering a departmental culture which values individuals at all stages of careers

RECOMMENDATIONS 2

- Targeted institutional and research support for the mid-career stage
- Proactive support and development that is not only promotion-focused
- Proactive assessments of readiness for promotion.

THANK YOU!

- Camille B. Kandiko Howson, Kelly Coate & Tania de St Croix (2017): Mid-career academic women and the prestige economy, *Higher Education Research & Development*, DOI: 10.1080/07294360.2017.1411337

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Session 1: Agency & Identity

Ideas for discussion

- Identity perceptions
- Perception of self
- Identity development



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Researcher Education &
Development
CONFERENCE

October
18th
2019

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Graduate professional development with net positive revenue for your university.

Ask us to run the figures for you.

- **Personalized websites**
- **Webinars**
- **Groups**
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- **Opt-ins**

Students Vote with Their Attendance: Making Digital Postgraduate Professional Development Meaningful to Students & the University

● **Android & iOS apps**

Masters and Doctoral students access a full suite of services across the following ten topic areas:



Academic Writing



Job Prep



Critical Thinking



Graduation Prep



Argumentation



Getting Published



Research Design



Academic Hacks & Tools



Thesis Design



Wellness

These student defined "tags" were derived from search history and reflect student interests.



E. Alana James, ED.D.
DoctoralNet



The Voices of Students: Poignant Feelings & Stories

You can ask any question or answer this one: What incidents on campus or in grad school make you nervous?

Feeling like everyone around me understands what is going on and while I feel dumb and behind.



♥ 3

Feeling helpless when your asked to do something you have never done before with little insight on how to do it.



♥ 2

Doing research in a field I have little background in and feeling behind the rest of my peers



♥ 1

Not able to answer the questions raised by my PI and feeling left behind by my peers



♥ 1

Doing research in a field I have little background in and feeling behind the rest of my peers



Students Vote with their Attendance: Making Digital Postgraduate Professional Development Meaningful to Students and the University



Hypotheses

1. Support structures for postgraduate students or early career researchers **need to be redesigned**
2. If we do that well, filling known gaps, we will see less anxiety, greater ease in students pursuing a variety of careers and an increase in retention and completion
3. The Learning & Development training industry has much to teach us



Current Population Autumn 2019

- 60K Masters and Doctoral students
- @ 14 universities , frequently Carnegie classed as high/very high levels of research
- Middle East, Ireland and the United States.



Does Support Need to be Redesigned?

And if so, in what ways?



Gardner, S. (2007, 2008, 2009, 2010)

54% of this sample reported they had seriously considered dropping out

Ambiguity

31.5% red

Work-Life Balance

57% red

Skill Development Needed

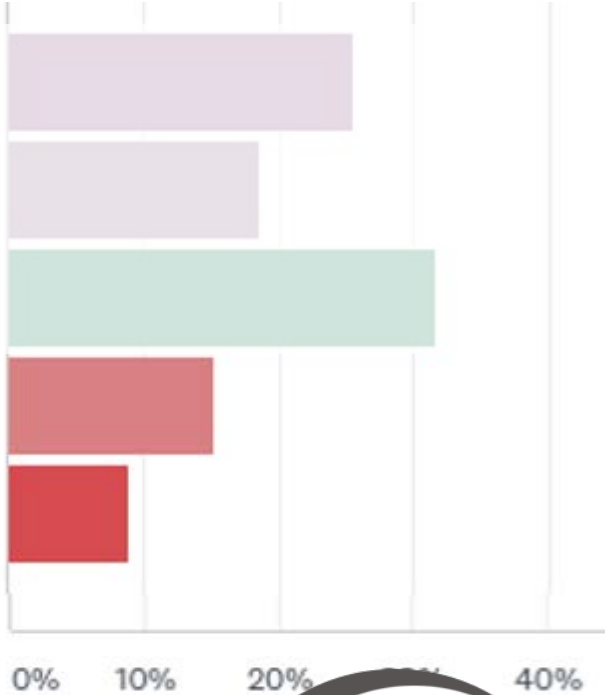
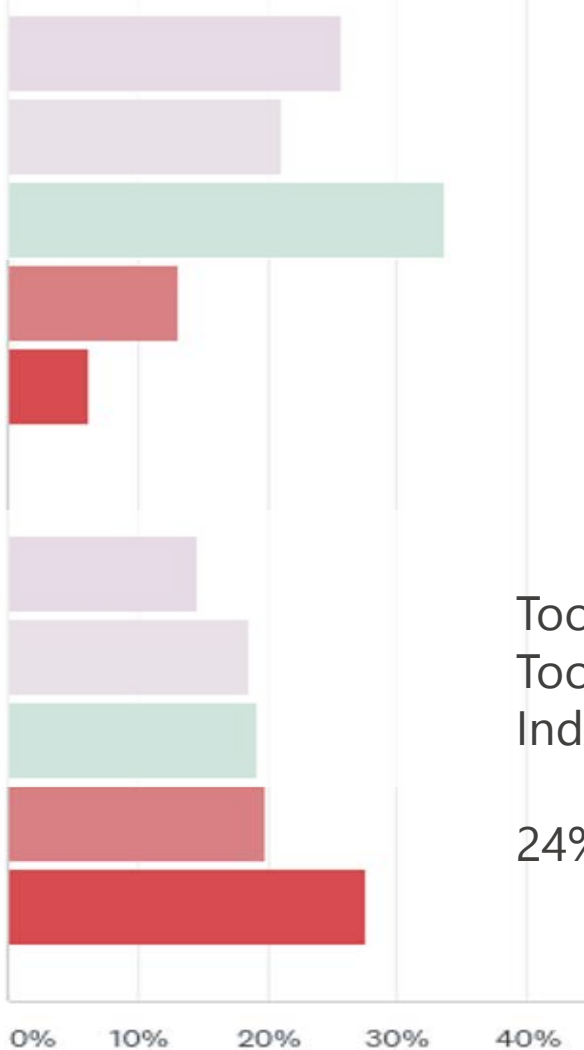
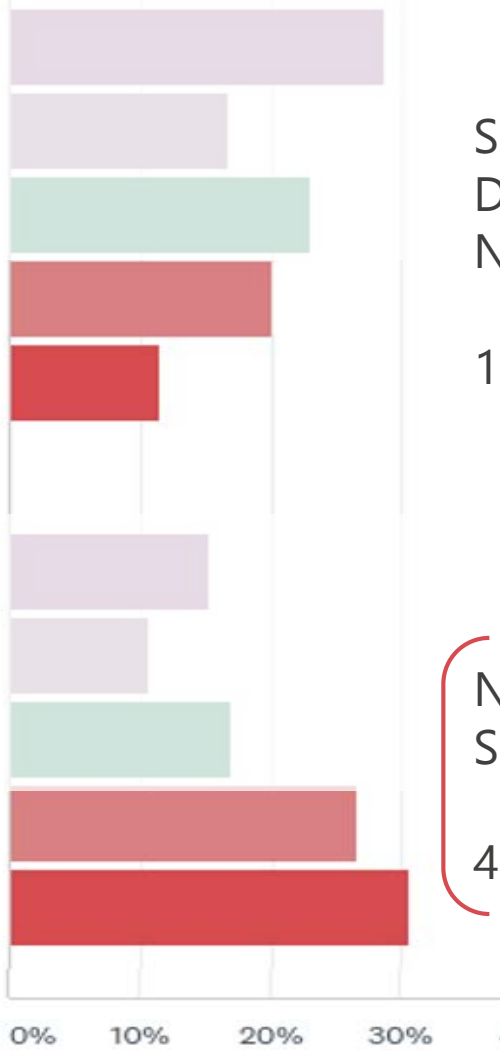
19% red

Not Enough Support

48% red

Too much or Too Little Independence

24% red



- Seldom if ever (less than three instances you can think of).
- Occasionally (happened once a semester or more).
- Sometimes (a few instances during a semester when you felt this to be an issue).
- Frequently (this challenge was frequent enough to affect my feelings about my graduate work).
- A problem area (this challenge caused my graduate work to slow down or stop).



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Two Basic Questions

Digital implementation is not inexpensive – when we build it...

1. Do they use it?
 1. What do they use?
 2. Do they find it useful? In what ways?

2. Are we meeting the needs?
 1. Academic
 2. Personal



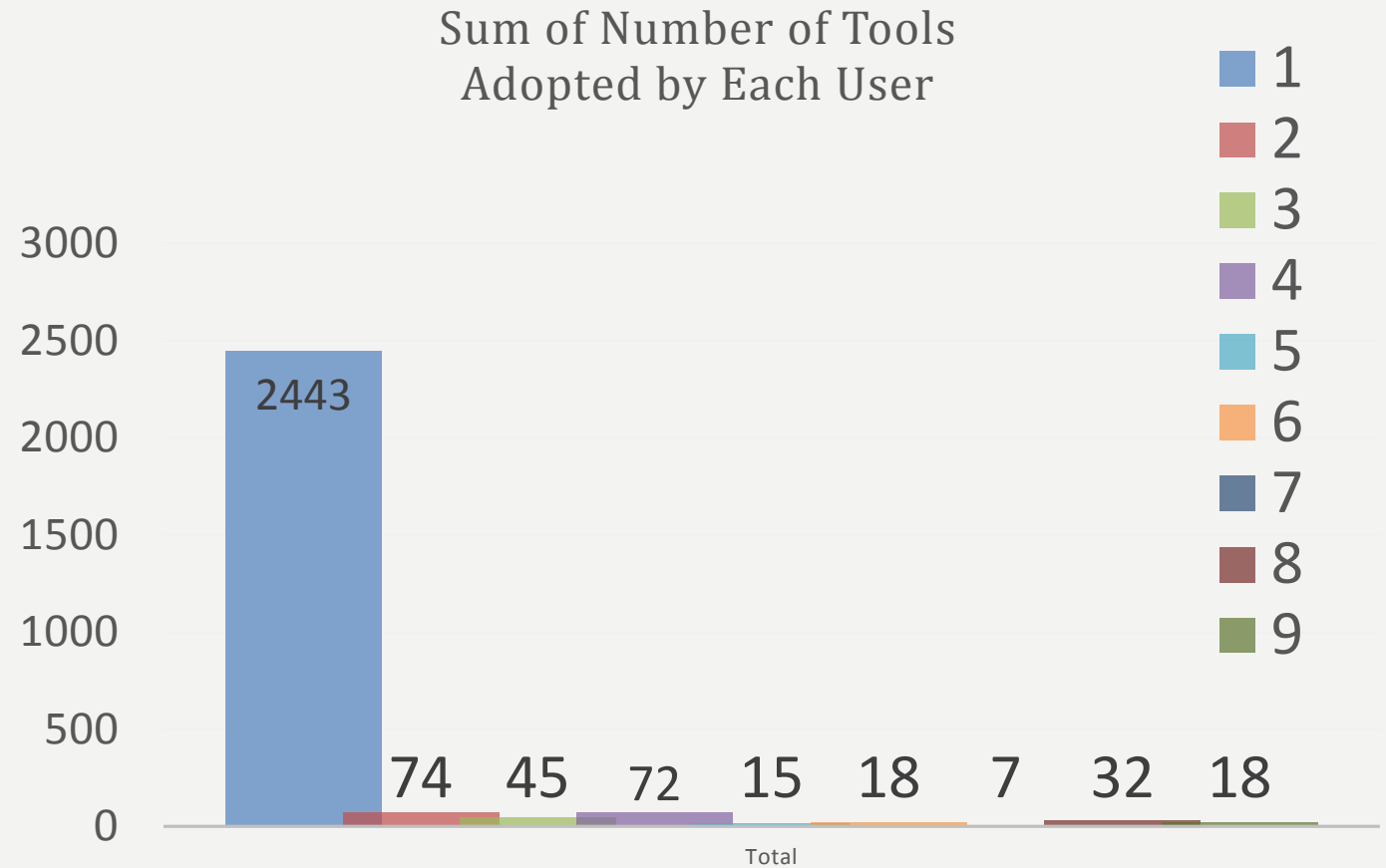
Do they use it?

And what can we learn from that use that will help us build smart & effective?



Usage

- Point in time May 2019 for wide range of learners
- Population 42K students
- N= 5.4K unique users
- Adopting between 1 – 10 tools
- 9.5K instances of adoption,
- **Average 12% of the full population across 10 universities**
- **Average time in system 1 year**



What Tools Do They Use?



How much did they use them?

Webinars

#1
6435 hours of
webinar usage

Experiences

#2
2501 students
opted – in for
experiences

Uni.pd,education site

#3
In 5 months...
660 unique visiting 1K
times looking at 4K
pages over 15 minutes



Boxed Sets

#4
178 boxed sets
of topical videos

Groups

#5 411 hours of groupwork



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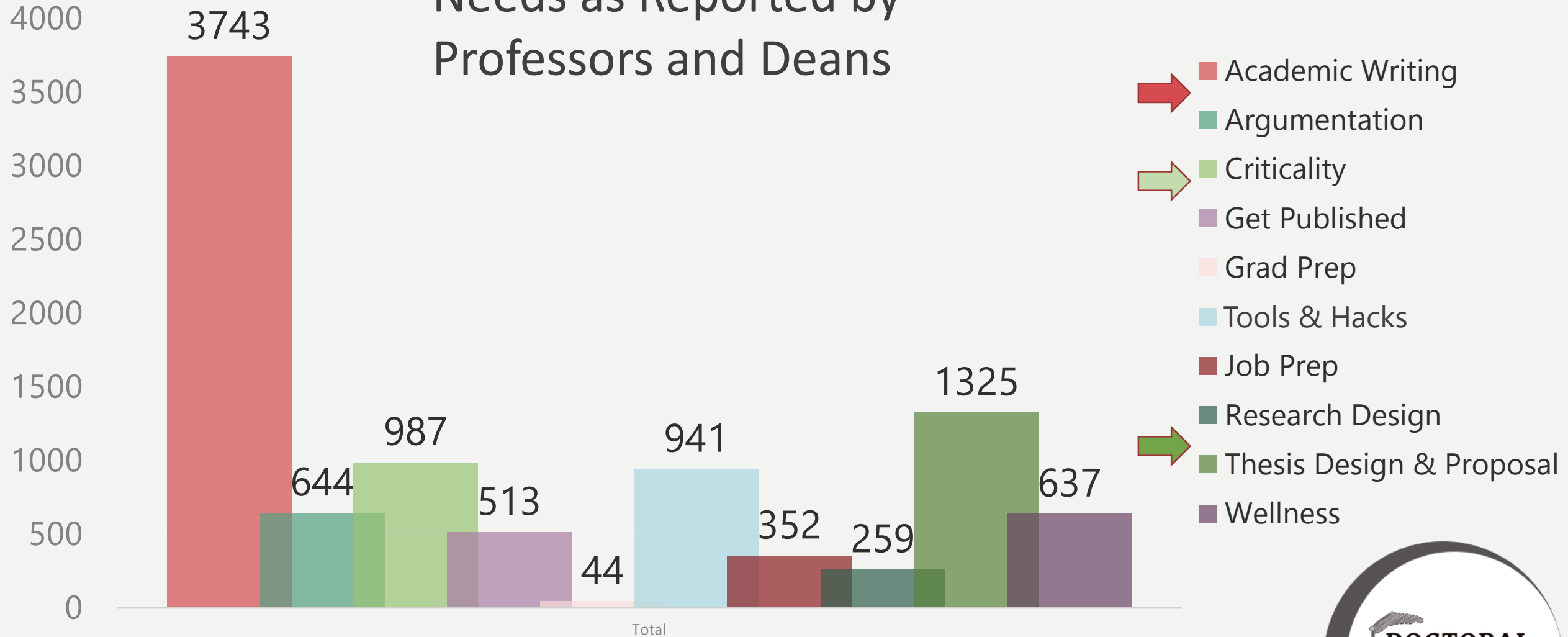
Are we meeting known needs?

Academic needs – 10 tags

Personal Needs ~ Five Frustrations of Postgraduate Education
(Gardner, S., 1990)

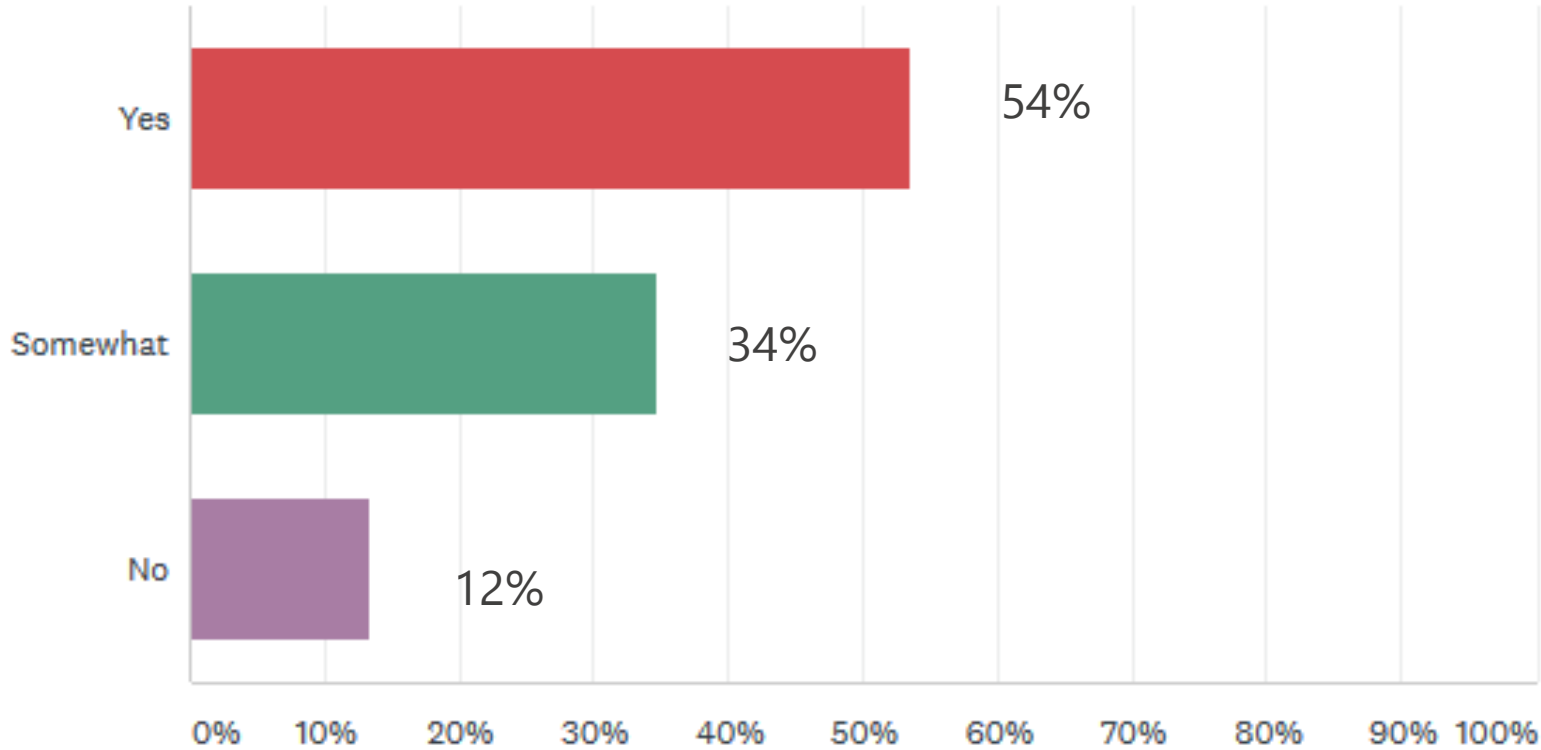


Needs as Reported by Professors and Deans



Will this information help your graduate work proceed more easily?

Answered: 112 Skipped: 0



Qualitative data... **from a Masters student**

*I really have to tell you that **if it was not for the support of DoctoralNet there would be no way that I would have survived this year.** Your support, inputs and webinars have been invaluable. I am looking forward to start my PhD with DoctoralNet next year. I think I will be so much better prepared.*

Anelien Ventner, UNISA

From a **Doctoral Graduate**

*I was reaching the end of my laboratory experiments and needed to start writing it all up! I hit a wall and needed to regain some self-confidence! As the weeks came and passed, **I realised two things.***

- 1. I can do this!**
- 2. I am not alone!**

Though my research was very different to my peers, we had very similar questions and difficulties!

Harriet finally wrote to us:

Dear Alana,

*I had my viva on Monday and was awarded a PhD! Only a few minor changes are required! So I am delighted! But **I wouldn't have managed to push through without your help,** advice, the website, your book and nor without everyone involved in the accelerator experience. So thank you!*

Best wishes

Harriet Cole, Dublin City University



Gardner, S. (2007, 2008, 2009, 2010)

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19% red

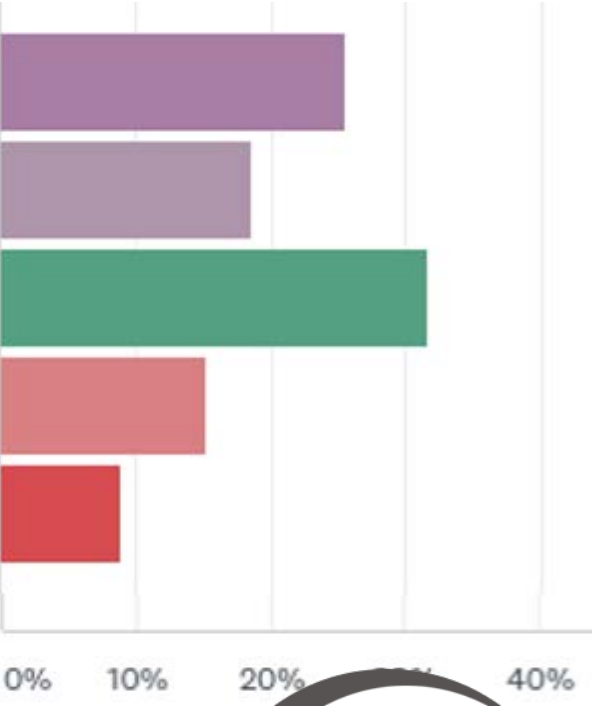
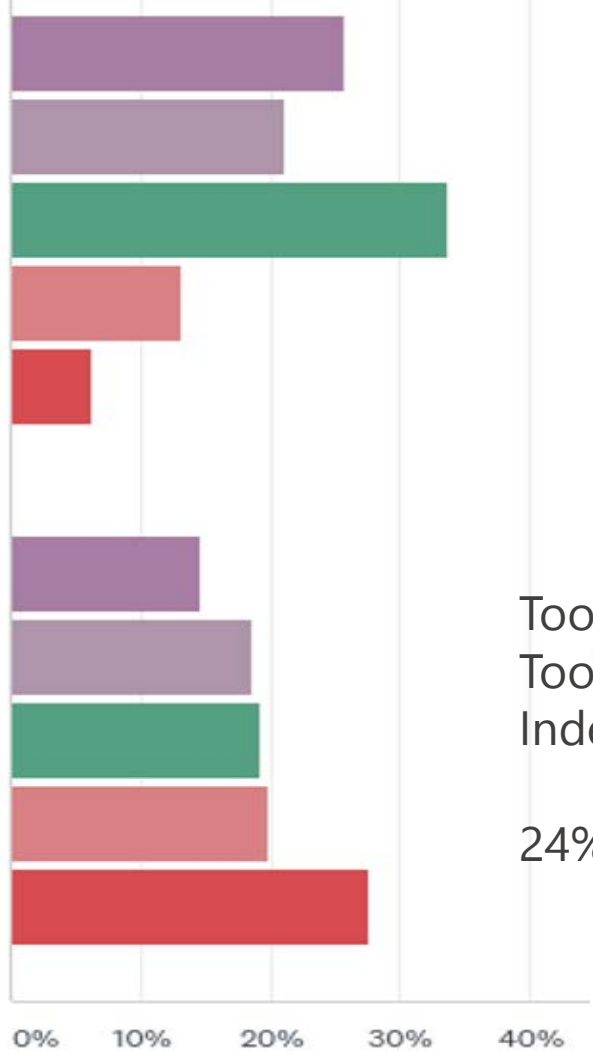
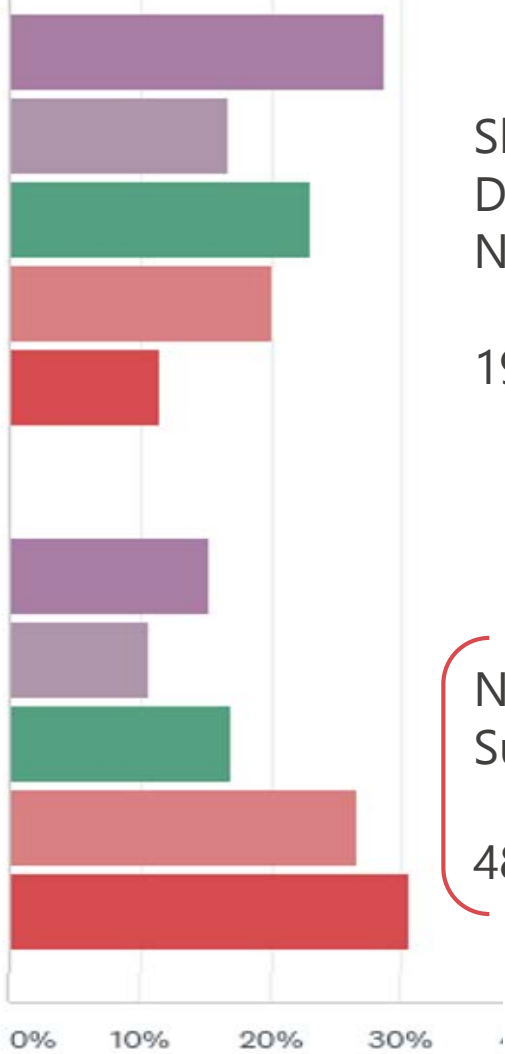
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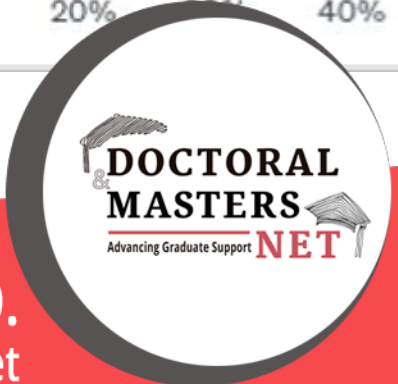
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What Should We Be Learning?

From the training industry?

Doctoral Students Adoption Choices



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DoctoralNet



Your PD Plan...

Plan ahead to ensure the tools you choose meets your short-term and long-term goals.

Learner Driven Offerings



What challenges have slowed your graduate progress?

♥ 2

Even though being able to write well is the No. 1 requirement to get us our doctoral degrees, academic writing itself is hardly ever a top priority as far as how our...



♥ 2

I did not receive formal training in how to do research, find sources, or create an experimental design.



♥ 1

Work, study and family balance



Presentation

Questions 1 / 3

Messages



100 %



Exit

46



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Conclusions: Do they show up?

- Yes, and in greater numbers than on campus activities
- Still 10-25% is not all – so what is required next?
 - More years on campus
 - Greater understanding by faculty of what is offered
 - Communication other than email
- **Hypothesis – marketing needs to be wider and more varied**
 - On campus digital advertising
 - Campuses are printing some – like table tents in libraries
 - They liked our brochure so much we white labeled it for them/their students
 - Stamps and endorsements





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UNIVERSITY.



**DOCTORAL
& MASTERS
NET**

*Job preparation aimed at helping you put
graduate data together. TAMU's digital pro
development platform at <https://tamu.edu/doctoralnet>*



E. Alana James, ED.D.
DoctoralNet

Doctoral Students Adoption Choices

Conclusions: Are we meeting known needs?

- As reported by Professors & Deans? Yes
- Do the services help students proceed? Yes
- Can we make a case we are impacting retention and completion?
 - Yes, but need more varied data



Argument to consider

- Early stage researchers make their own choices, will choose digital solutions
- As we innovate, we need to watch the pulse of other types of training
- Brown (2019)
Suggests a theoretical and pragmatic change from the university that does it all to the university working with others and the others providing a neutral form of support that fills gaps.



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Beyond carrots and sticks

Building a culture of researcher development through intrinsic motivation

Dr Kate Jones, Senior Manager, Learning and Professional Development

[@yetanotherKateJ](#)

Dr Katie Wheat, Head of Higher Education Engagement [@KL_Wheat](#)

Katherine Parker-Hay, CHASE Research Assistant



Background: mounting evidence that researchers intend to but do not engage with professional development.

- **50%** of researchers said they didn't engage in professional development because of time constraints.

Thouaille, M., 'One Size Does Not Fit All' Report (Vitae, 2017)

- **45%** of institutions have noticed an increase in the number of DNAs over the past year.

Evans, C., 'Did Not Attend' Interim Report (University of St Andrews, 2019)

Initial question: how can researcher developers foster intrinsic motivations for engagement in development?

New research question (?): can professional development be based on intrinsic motivation?

‘Intrinsic motivation is defined as the doing of an activity for its inherent satisfaction rather than for some separable consequence. When intrinsically motivated, a person is moved to act for the fun or challenge entailed rather than because of external products, pressures, or rewards.’

Ryan, R. M., and Deci, E. L. (2000). Intrinsic and extrinsic motivations: classic definitions and new directions. *Contemp. Educ. Psychol.* 25, 54–67.

Vitae Conference 2019

- Why do you think researchers don't engage?

no supervisor/institutional encouragement

not understanding value

other priorities

time

- What solutions do you think would boost engagement?

personalise the offering

model professional development

emphasise credibility

tackle anxiety

← **Thread**



Dr Katie Wheat
@KL_Wheat

1. Researchers, have general anxieties/worries ever stopped you turning up for a training workshop you'd registered for? #VitaePoll #researcherdevelopment #vitae19



39 votes · Final results

9:00 AM · Oct 3, 2019 · [Twitter Web App](#)

||| [View Tweet activity](#)

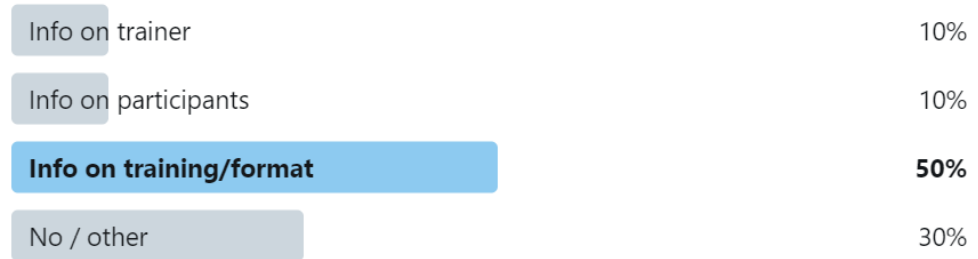
8 Retweets 1 Like

← **Thread**



Dr Katie Wheat
@KL_Wheat

2. If YES, could having more info on any of the following aspects of the training workshop help you to attend? #VitaePoll



10 votes · Final results

9:01 AM · Oct 3, 2019 · [Twitter Web App](#)

||| [View Tweet activity](#)



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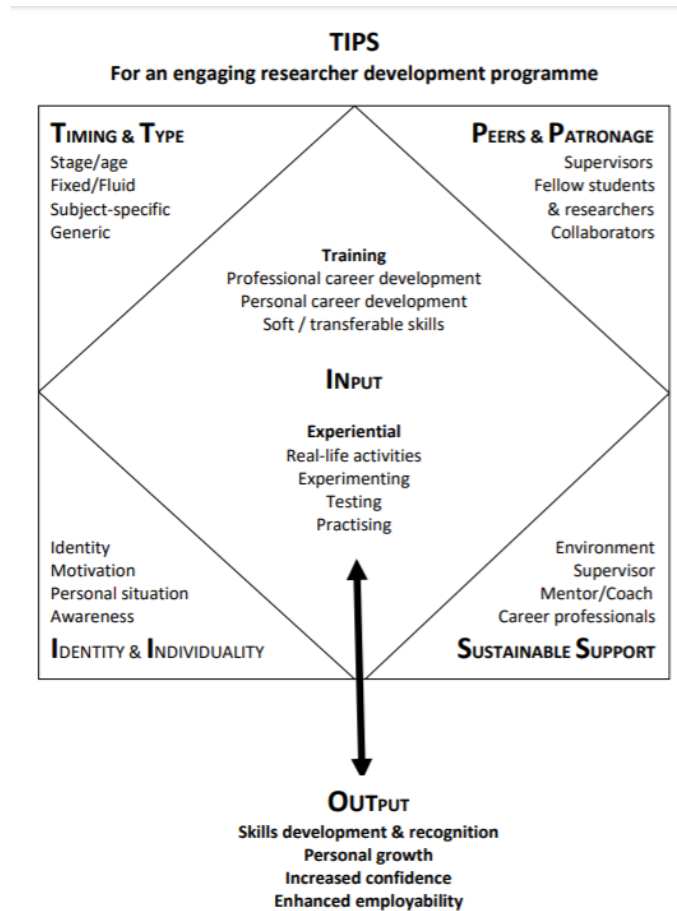
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INTRODUCING THE “TIPS” MODEL



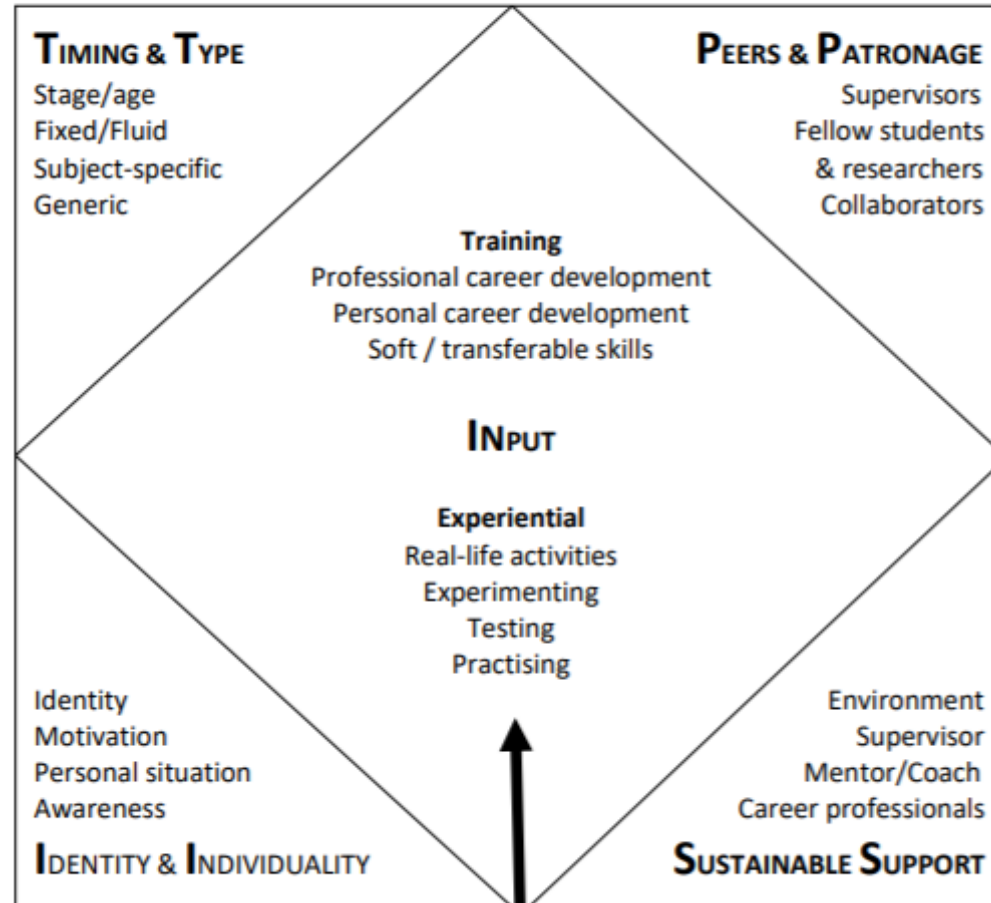
Sarah Blackford, SFHEA
*Academic career consultant
Hon Teaching Fellow, Lancaster University*



Tony Bromley, PhD
*Senior Training & Development
University of Leeds*

TIPS

For an engaging researcher development programme



OUTPUT

Skills development & recognition
Personal growth
Increased confidence
Enhanced employability

The “Building”



The “Building” – Events and 1-2-1

The screenshot shows a web browser window with the URL `ucd.ie/researchcareers/careerdevelopmentsupport/`. The page header includes the UCD logo and name: "University College Dublin An Coláiste Ollscoile, Baile Átha Cliath". A search bar is located in the top right corner. The main content area is titled "UCD Research Skills & Career Development" and "Forbairt Ghairme & Taighde Scileanna UCD". Below this, a section titled "Core Development Competencies" features a 2x2 grid of colored boxes:

- Top-left (Green): [Research & Research Management](#)
- Top-right (Red): [Teaching Learning & Mentoring](#)
- Bottom-left (Blue): [Personal & Professional Excellence](#)
- Bottom-right (Yellow): [Innovation & Transferable Skills](#)

To the left of the grid is a "UCD MAIN MENU" with a dropdown arrow, listing various navigation options such as "Home", "Getting Started", "Career Development Support", "Training & Development Opportunities", "Events Calendar", "Career Profiles", "About RS&CD", "News", and "Contact Us". To the right of the grid is a "Useful Links" section with a list of external resources including "UCD Postdoc Handbook", "CSTAR (Centre for Support and Training in Analysis and Research)", "EURAXESS (Researcher Mobility Portal)", "Irish Universities Association (IUA)", "Career Toolkits for Researchers", and "Career Advice for Irish Postdocs". A "Print this page" button is also visible above the grid.

Postdoctoral researchers develop experience, skills and expert knowledge, making them attractive and effective when applying for academic and non-academic jobs. Set within the UCD Career Development Centre, the Research Career Support Hub is designed to

The “Building” - Experiential learning

[Your employment](#) | [Tools & support](#) | [Education & research](#) | [Our KI](#)

 Listen

Internship projects for postdocs and early career researchers

 [Career Service](#)

 [Denna sida på svenska](#)

This program is open to postdoctoral and early career researchers with a fixed term employment at KI, or on a KI stipend, before and during the internship. Career service offers about 30 internship positions, with a financed salary, at a company or organization within both private and public sector every year.

Next announcement: Preliminary set to May - 2019

In short, the organizations provide us with project proposals and the projects will be announced by KI Career Service. You can apply to up to three projects. The organizations will evaluate the proposals and make a final selection. KI Career Service

Internship projects for postdocs and early career researchers

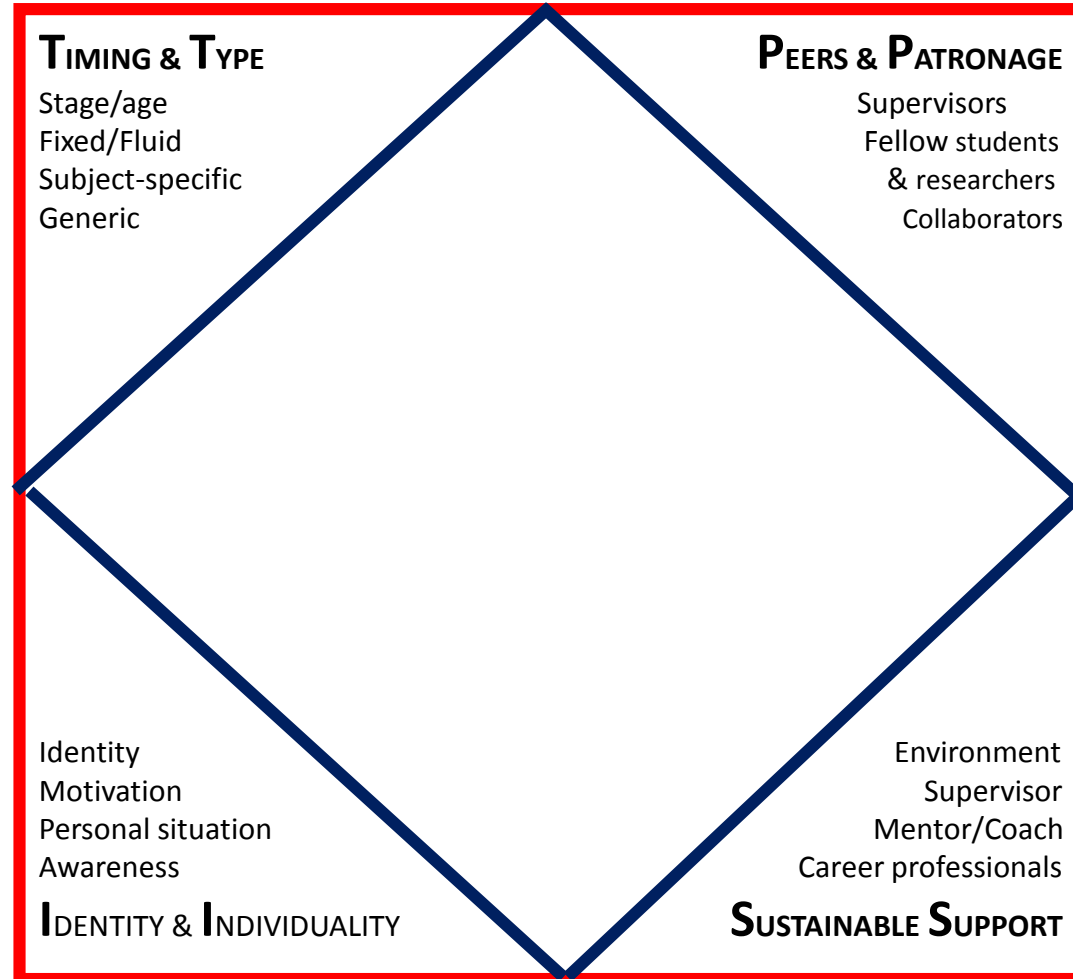
[Application process](#)

[Q & A for applicants](#)

[Documents](#)

[Links](#)

The “Scaffolding”



Sustainable Support

Culture, supervisor, mentor/coach, career professionals

Åkerlind (2005): *'With respect to skill development opportunities, in particular, freedom to take advantage of such opportunities depended primarily on receiving support from PDRs' supervisors.'*

Åkerlind (2005): *'Required support was in two forms: support for the time taken to spend on such activities [] and financial support for fee-based events [].'*

Huber (2011): *'... sustainability has to become a focus of attention. How is it possible to move from knowledge to action [], to transfer what has been learnt [].'*

Peers & Patronage

Supervisors, fellow students and researchers, collaborators

Kriek and Grayson (2009) *'the following common features were identified: reflection on [] own practice, development of teachers' content knowledge, provision of infrastructure to support teachers, **collaboration with fellow teachers and researchers**, provision of opportunities to try out and discuss new teaching strategies, development of teachers as lifelong learners and recognition and development of teachers' beliefs.'*

Visser et al (2010) *'The result of the professional development program should be a well-organized network in which teachers from different schools participate in **collaborative** activities.'*



Timing and Type



“... PGR was resentful of the fact that she was unable to decide her activities for herself, a resentment which did not exist at University X since PGRs could exercise their own judgement regarding detailed engagement with the programme.”

“PGR Z (Christa) explained that some parts of the programme in the 1st year were compulsory, e.g. statistics, Endnote as well as a 2-day course at the local university including sessions such as time management and team building. Many of these courses were not considered relevant to Christa; e.g. she didn't use statistics in her research. Also, in the time management workshop exercises around setting long- and short-term goals were not relevant to Christa who was on a rotation programme during her 1st year which meant that her PhD project was not decided upon at this point.”

Identifying development opportunities

*Blackford, S (2011)
(Master's thesis)*

We offer a range of both [online learning](#) and face-to-face [workshops](#) to support your professional development during your doctorate. This is intended to compliment development activities that are provided to you through your department or faculty.

University of Bath



Timing and Type



Compulsory vs optional



Timing and Type



Bespoke vs generic

Saunders, C (2009) **Subject-specificity**. In several cases, it was felt that the programme still failed to provide sufficiently nuanced support for the individual (sub)disciplines: specifically, for HPSTM and theology / biblical studies (in our programme – as in many academic departments – these were ‘clustered’ with philosophy and with religious studies respectively).

On the one hand, this **arguably strengthens the mandate for a discipline-focused approach**. On the other, it highlights the challenges of providing a suitably fine-grained programme: in each case, our ‘clustering’ was motivated by considerations of feasibility (given the small size of the relevant research communities) rather than a disregard for the disciplinary differences involved.

Identity and Individuality

	HIGH ADAPTABILITY	LOW ADAPTABILITY
HIGH SELF AWARENESS	Proactivity; 'Smart' performance	Paralysis; Blocking; Avoidance
LOW SELF AWARENESS	Reactivity; Chameleon behaviour	Rigidity; Performing to orders

HALL, D.T. (2004). The protean career: a quarter-century journey.

Journal of Vocational Behavior, 65, p. 1 – 13.

ARTHUR, M.B. (1994). The boundaryless career. A new perspective for organizational inquiry.

Journal of organizational Behavior, 15 (4), p. 295 – 301.

Identity and Individuality

Since becoming aware of my personality type ...



Identity and Individuality

As a part-time student she believed she is **under greater pressure than full-time students** in terms of work-life balance. This is a fact which has been borne out through the work of Edwards (2009) who studied the one hundred part-time research students and found that they were particularly appreciative of the opportunity to meet fellow part-time students and **cited suggestions for training sessions based on personal and emotional aspects.**

Women In Academia: What Can Be Done To Help Women Achieve Tenure?

Barbara Mandleco, Professor, Brigham Young University College of Nursing

Abstract

Women are not tenured at the same rate they are receiving PhDs, and less likely to be tenured when compared to their male counterparts. Reasons women have difficulty achieving tenure include not discussing important information about an academic appointment with colleagues, working part time or as adjunct faculty, being involved in “pastoral or administrative” work, not having a realistic understanding of how important research is when untenured, and experiencing non academic issues. Interventions to alleviate this situation include departmental/campus policies before/during/after the woman is hired. Before being hired it is important to provide female faculty mentors to bright/capable women doctoral students and help them prepare for the academy by prioritizing scholarship over teaching and encouraging publications. During the hiring process it is useful to target women through advertising/recruiting at conferences, consider hiring current female doctoral students after completion of a post doctoral experience at another institution, and appointing women faculty as chair/members of search committees. After women are hired it is important to improve transparency/equity/inclusivity of tenure guidelines.

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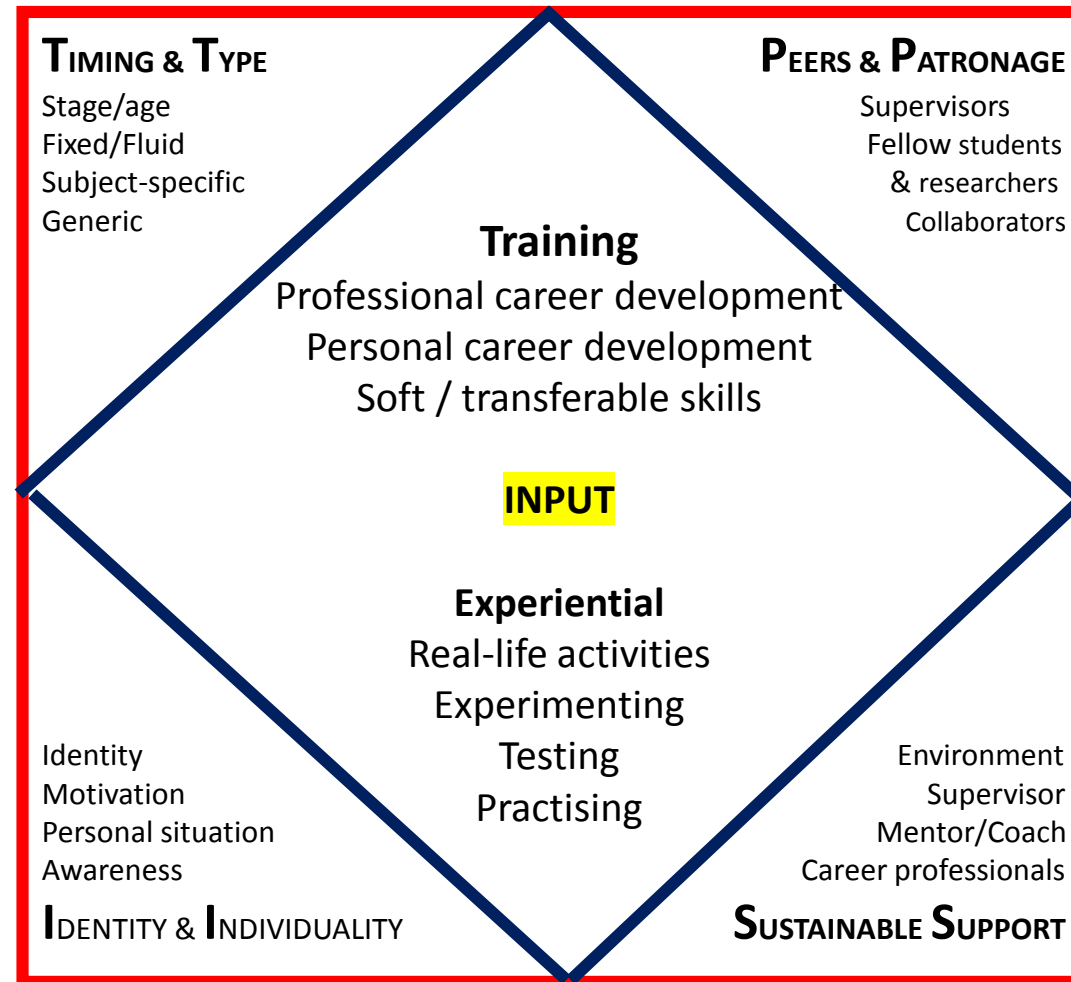
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Context

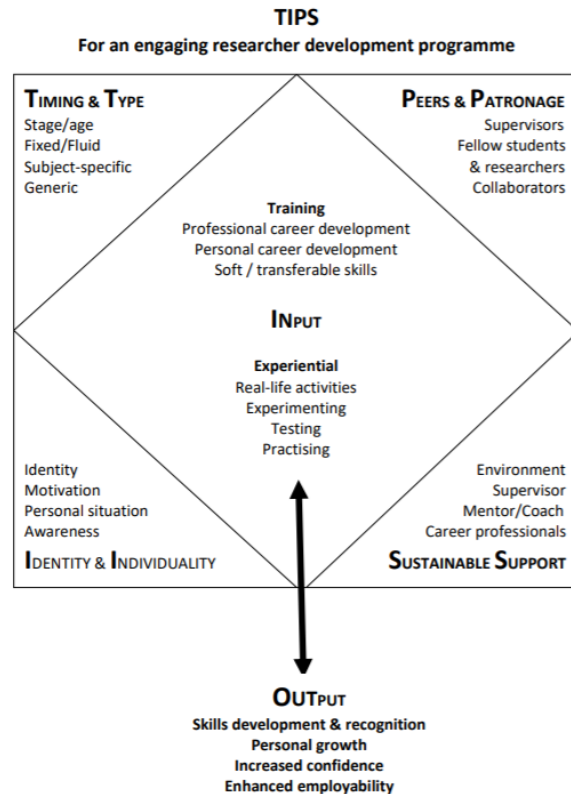
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The “Scaffolding” supports the “Building”



INTRODUCING THE “TIPS” MODEL

A work in progress.... comments v welcome !



Sarah Blackford, SFHEA
*Academic career consultant
Hon Teaching Fellow, Lancaster University*



Tony Bromley, PhD
*Senior Training & Development
Leeds University*

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Enhancing researcher wellbeing through support groups


Fryni Panayidou

Researcher Development Adviser

Benjamin Priest

Counsellor, Advice and Counselling Service

Support Group for PhD students

- Launched in 2018 as part of the Catalyst Fund project at Queen Mary
- By the end of the group, participants felt:
 - more confident in completing on time
 - that there's someone to talk to
 - generally better  increase in wellbeing

Support Group for PhD students

*The group aims to provide a **safe, confidential space** in which PhD students support each other with personal, emotional and relationship issues that can obstruct academic progress.*

- isolation
- finding it hard to maintain confidence or motivation
- worries about career prospects
- the relationship with supervisors
- how stress, anxiety or other worries affect research progress

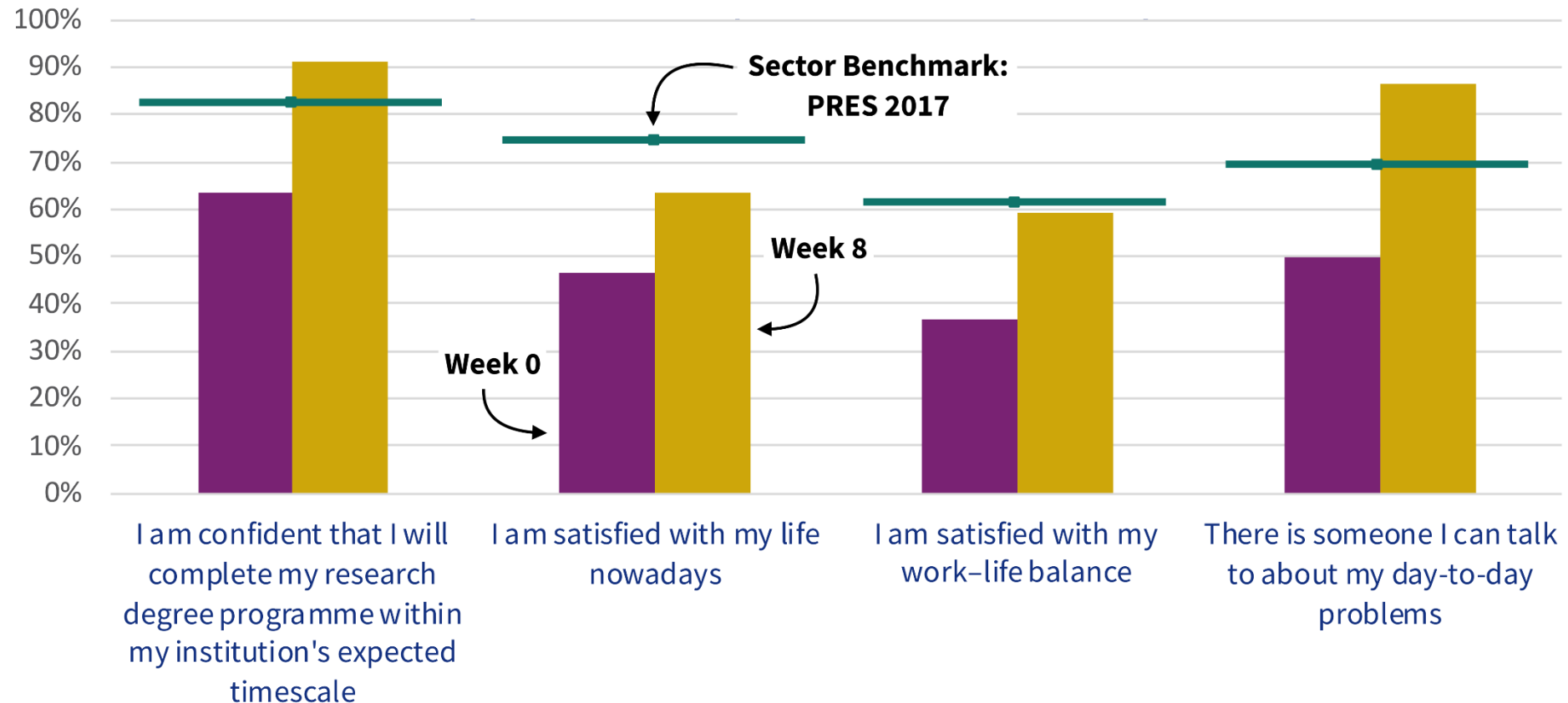
Support Group: format

- 3 groups, 8 weekly sessions, 90 mins
- Up to 12 participants each
- Researcher Developer & Counsellor:
offering both emotional and academic support
- Initial 15 minute appointment:
 - Confidentiality
 - **Support** vs therapy group
 - Suitability

Support Group: evaluation

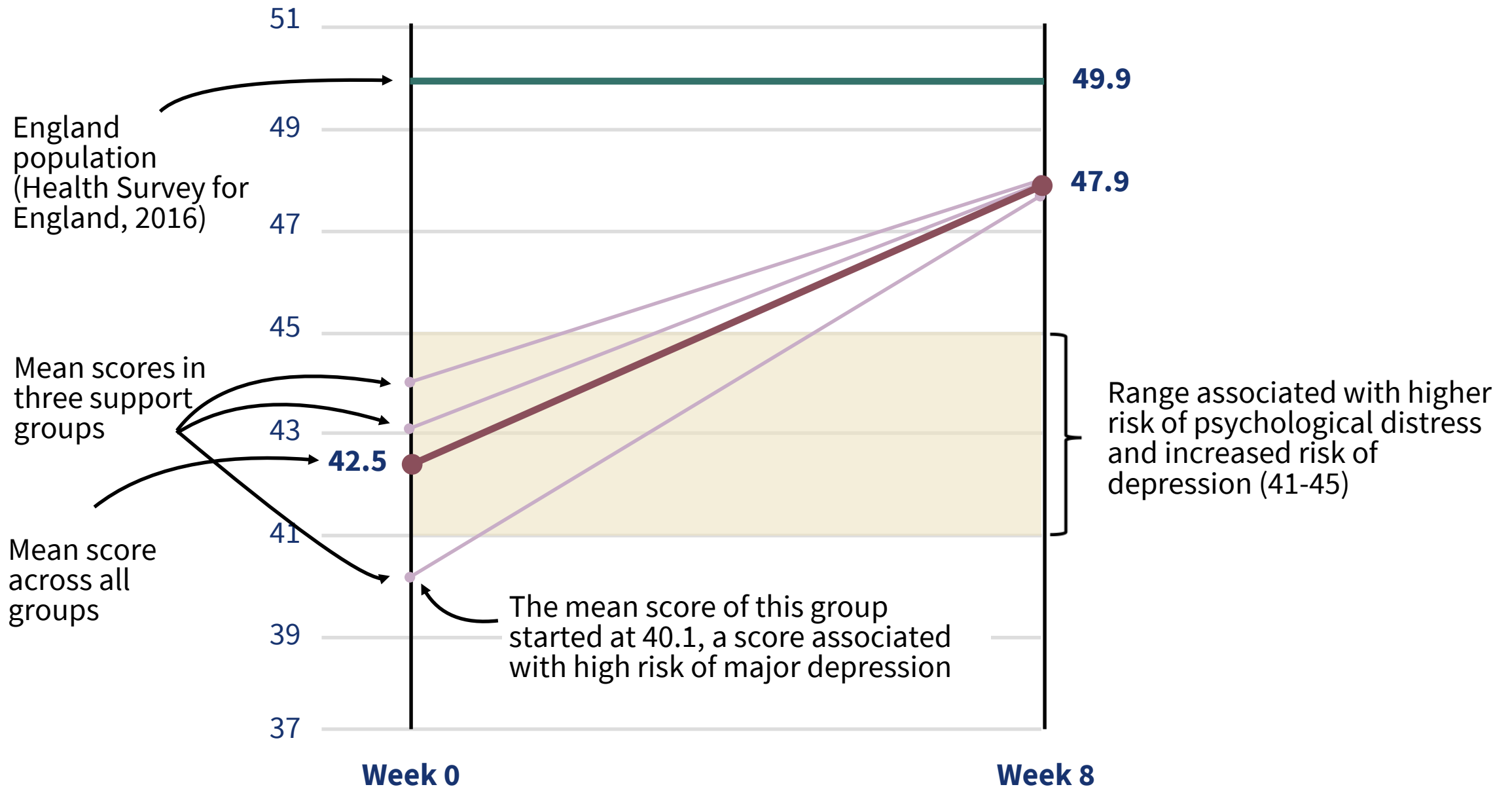
- Survey at the start and end of the group
- PRES 2017: personal outlook & confidence in completion
- Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Support Group: Results – PRES 2017



Warwick-Edinburgh Mental Well-being Scale

- 14-item scale covering subjective wellbeing and psychological functioning
- scored by summing the response to each item answered on a 1 to 5 Likert scale
- minimum score is 14 and maximum is 70
- suitable for measuring change due to short interventions



What were the most useful aspects of the support group experience?

“

*Finally I can **open up and talk about my problems** that have been bothering me for a long time, but I didn't know how to deal with or how to talk about it with other people. And it feels nice to know **it is not shameful** to have these problems and **it doesn't mean I am not good enough.***

What were the most useful aspects of the support group experience?



*Hearing what other people were going through helped to **give me a perspective** on my own issues. Often the advice given to one person would apply to me too. Helped to **feel less alone** and felt good to think we were **helping one another**. A dedicated space once a week away from work was surprisingly helpful.*

More on sense of belonging / community...



*Having a **community** and **not feeling isolated**. Getting insights from listening to other people's problems and feedback.*



*It has been useful to **feel part of a group**, which was missing in my life.*

What do you think could be done to improve this group in the future?

- Longer duration:
 - Throughout the year
 - Throughout the PhD journey
- More structure (check-in every week)
- Smaller number of participants

What could QMUL change to improve the PhD experience?

- Incentivise academics to be better supervisors
 - Pastoral care
 - Unrealistic demands
 - Giving feedback
- More funding for initiatives like the support group / opportunities for PGRs to socialize
- Office space, equipment, etc

Lessons learned

- Manage expectations: we aren't giving answers to everything or "fixing". It's about sharing & supporting
- Focus on what individuals want to change in themselves rather than blaming
- Smaller size of groups
- Emphasizing attendance
- More structure

Take home messages

- New data shows that Support Groups are very effective in increasing wellbeing, even after a short period of time
- Sharing common experiences and having a sense of belonging increases wellbeing and confidence in completion
- Collaboration between Counsellors and Researcher Developers allows for holistic support of PGRs

Thank you

Fryni Panayidou
f.panayidou@qmul.ac.uk

Benjamin Priest
b.priest@qmul.ac.uk



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PhD careers and employment in the UK

Identity, Agency and Choice

Dr Sally Hancock

Department of Education



UNIVERSITY
of York

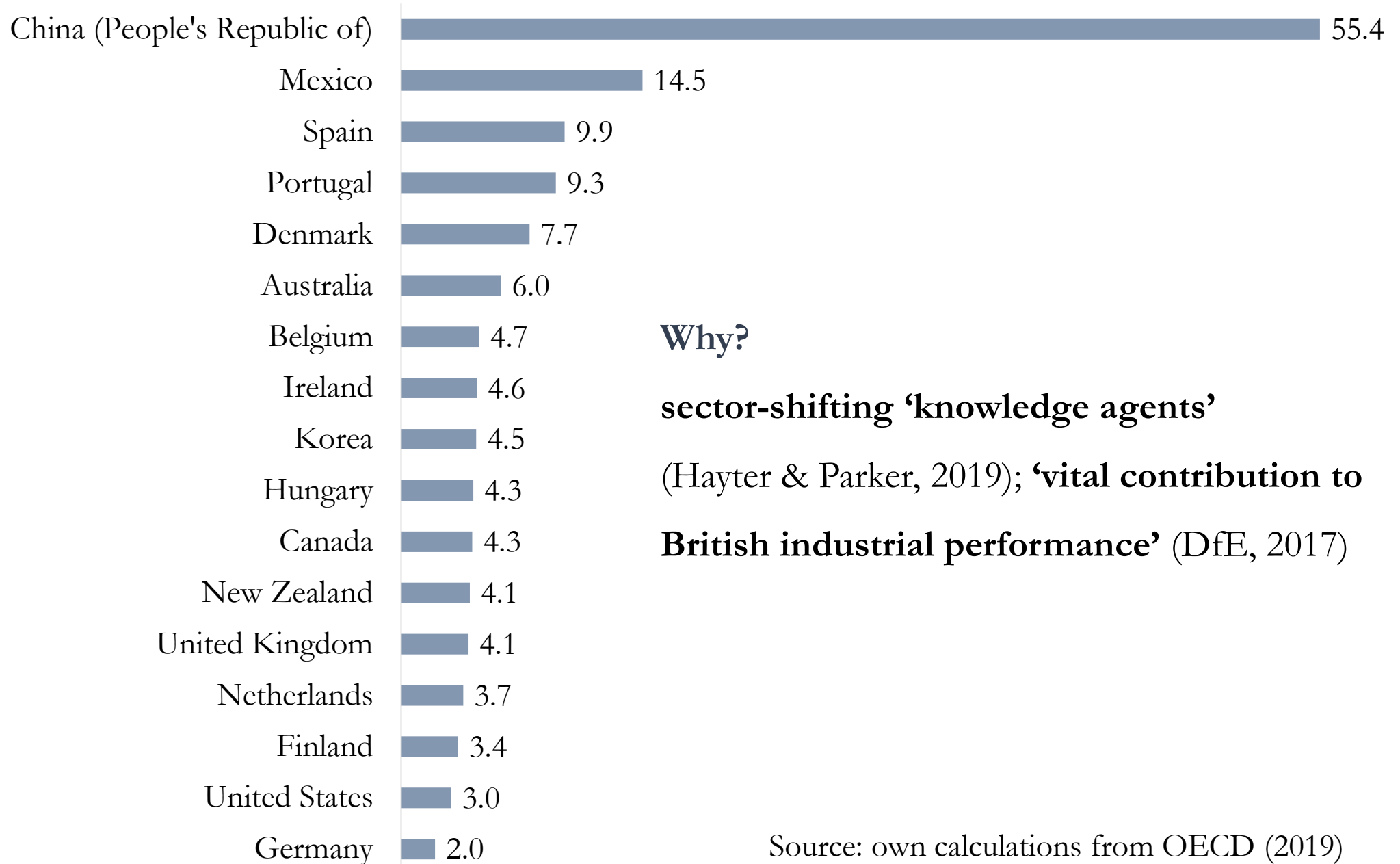
Researcher Education & Development Conference

King's College London, 17th October 2019

Outline

- Context - the rise of the doctorate
- What do we know about PhD employment in the UK?
- How are PhD researchers preparing for employment?
- Next steps for research and practice

The PhD in an age of expansion



Why?

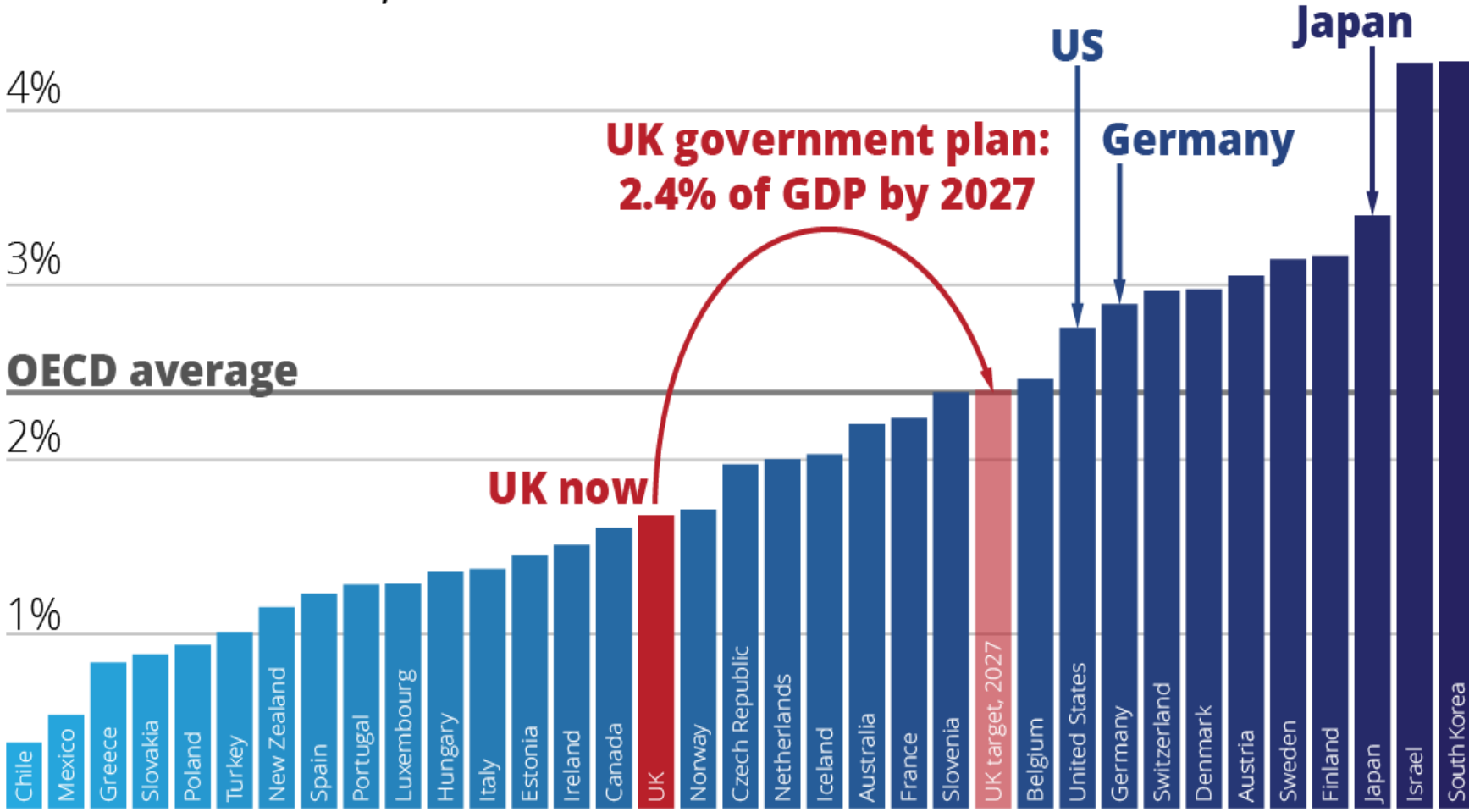
sector-shifting ‘knowledge agents’

(Hayter & Parker, 2019); **‘vital contribution to**

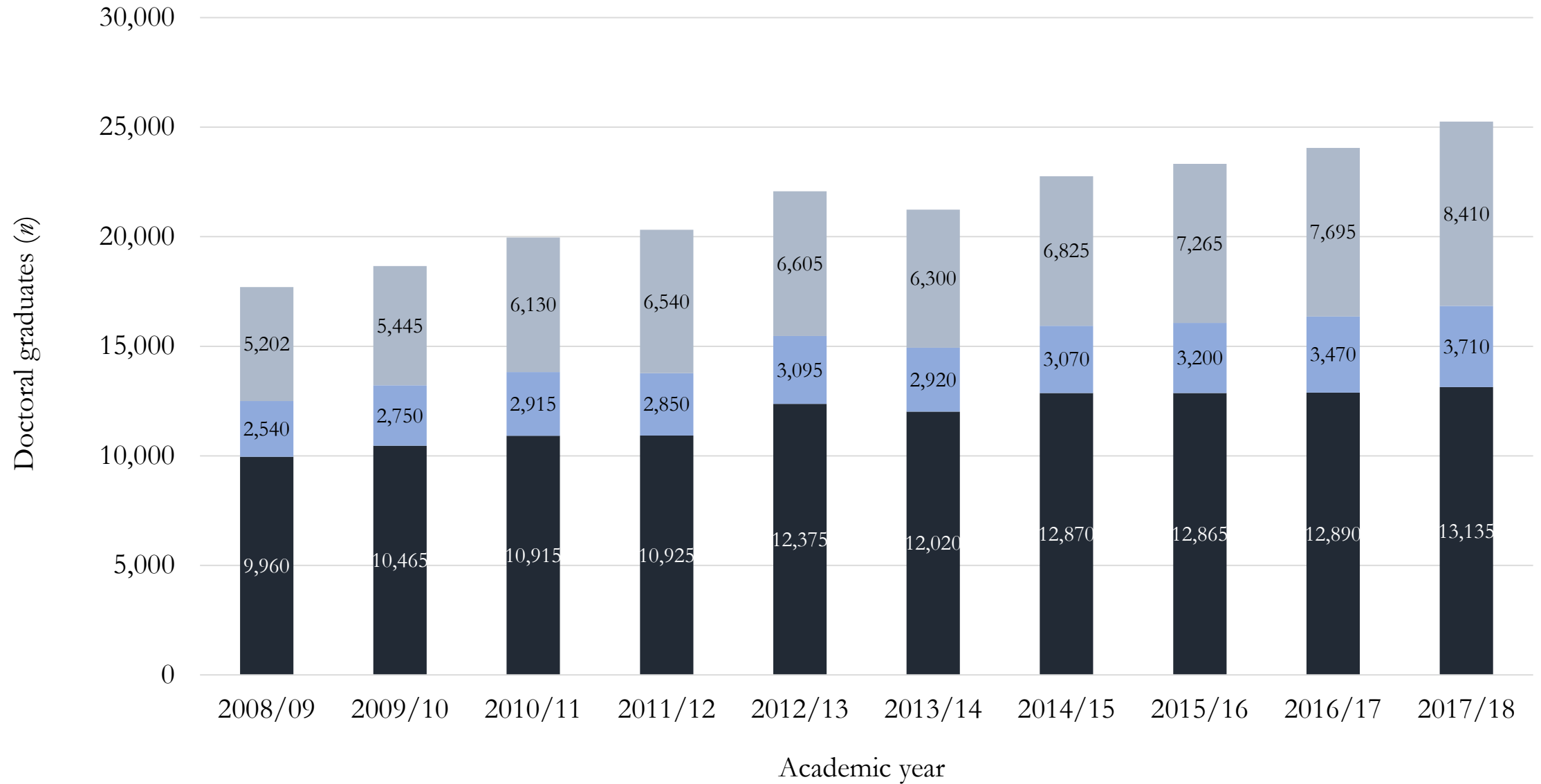
British industrial performance’ (DfE, 2017)

Source: own calculations from OECD (2019)

Spending on research and development as a fraction of GDP, OECD countries, most recent available data

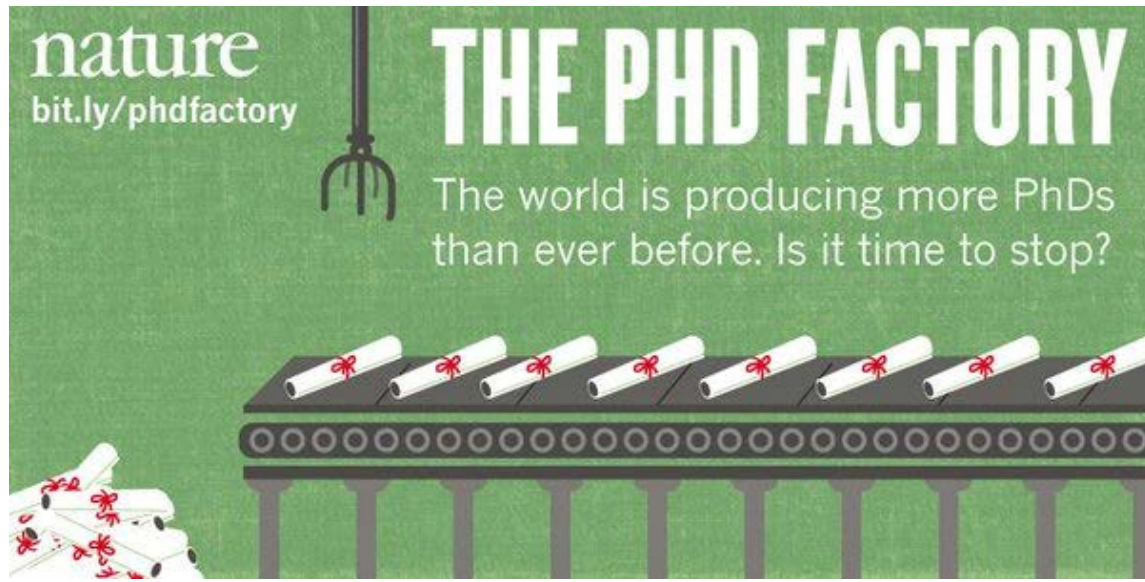


Source: Science is Vital (2017)



■ UK ■ Other EU ■ Non EU

Source: HESA Student Record



Give postdocs a career, not empty promises

THE ONES WHO GOT AWAY

Sometimes, the brightest stars in science decide to leave.
Nature finds out where they go.

Harsh reality

Two reports highlight the plight of postdocs on both sides of the pond aiming for academia.

Universities urged to tackle PhD mental health crisis

Institutions told they have a 'culture of excluding postgraduates' in wake of damning study

THE



What do we know about PhD employment in the UK?

Current state of knowledge

- Very little... compared to undergraduates
- Established studies in other countries.... but national context matters
- Policy research suggests high employability and earnings (RCUK 2014)
- Qualitative research suggests the continued preference of academic careers

(Wellcome Trust, 2013; McAlpine et al., 2010; McAlpine & Emmioglu, 2015; Skakni et al., 2019)

What do we know about PhD employment in the UK?

- **Destinations of Leavers of Higher Education (Long DLHE)**

- UK PhDs graduating in 2008/9 and 2010/11

- Surveyed at 3.5 years; $n = 4,731$ (39.5%)

- **Bespoke dataset linked to Student Record**

- Academic and demographic characteristics

- Age, gender, ethnicity, parental education & occupation

HESA

The logo for HESA (Higher Education Statistics Agency) features the letters 'HESA' in a black, sans-serif font. Below the text is a horizontal bar composed of five colored segments: blue, dark blue, green, light blue, and grey.

SRHE

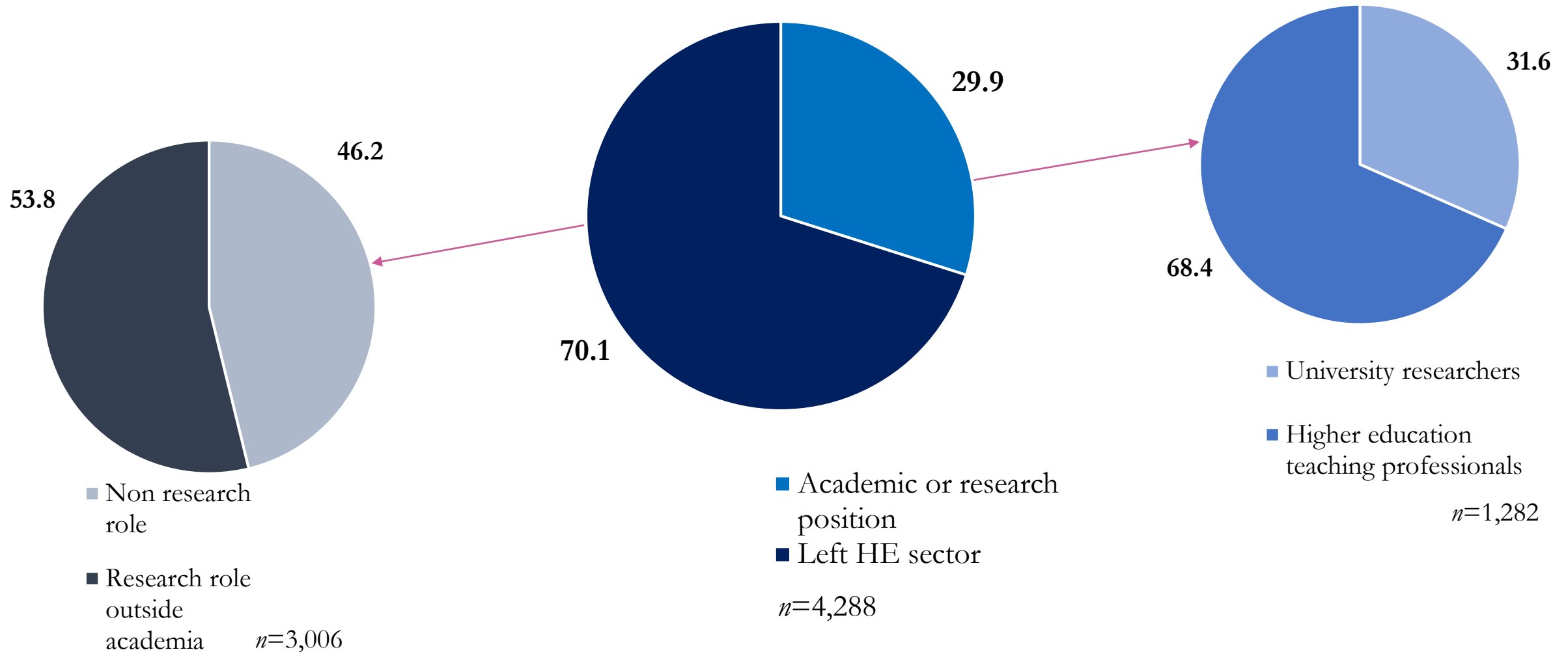
Some limits...

- **Data are not really longitudinal** – no link with prior aspirations, PhD or work experience
- **Many variables are missing or abridged** – social class, prior attainment, doctoral institution, ethnicity
- **The survey was not designed for doctoral graduates**
- **Very little on decision-making or other contextual factors (opportunity structures)**

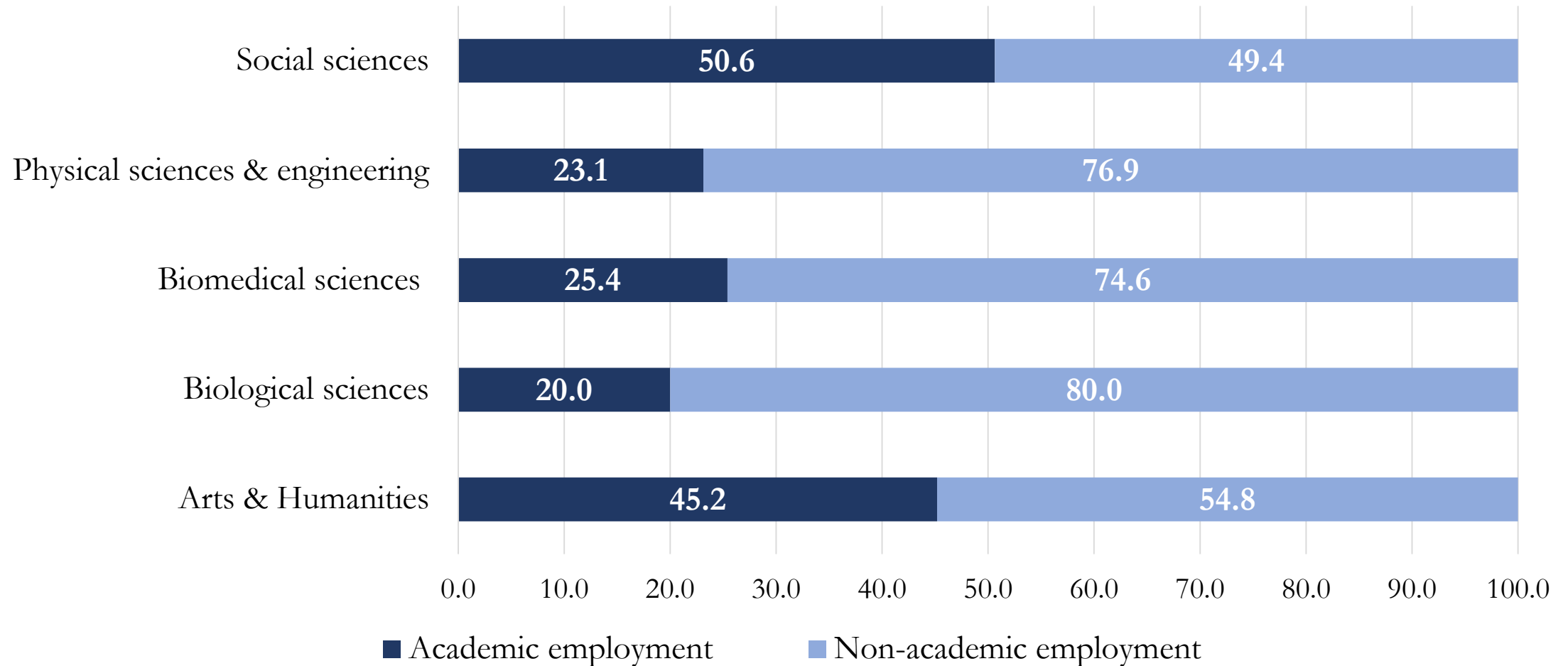
A doctoral premium?

- **Higher earnings than first degree or Master's graduates**
 - Median salary **£38,000** (£27,000 for first degree graduates ten years on, Britton et al., 2016)
- **Higher rates of skilled employment**
 - Over 80% employed in 'expert' level work (Elias & Purcell 2013)
 - Only 8.2% in 'non-graduate' occupations (30.0-15.5% for first degrees, Behle, 2016)
- **Higher rates of career satisfaction**
 - 91.8% very or fairly satisfied (87.5% first degree graduates in same survey)

Occupational sector and role



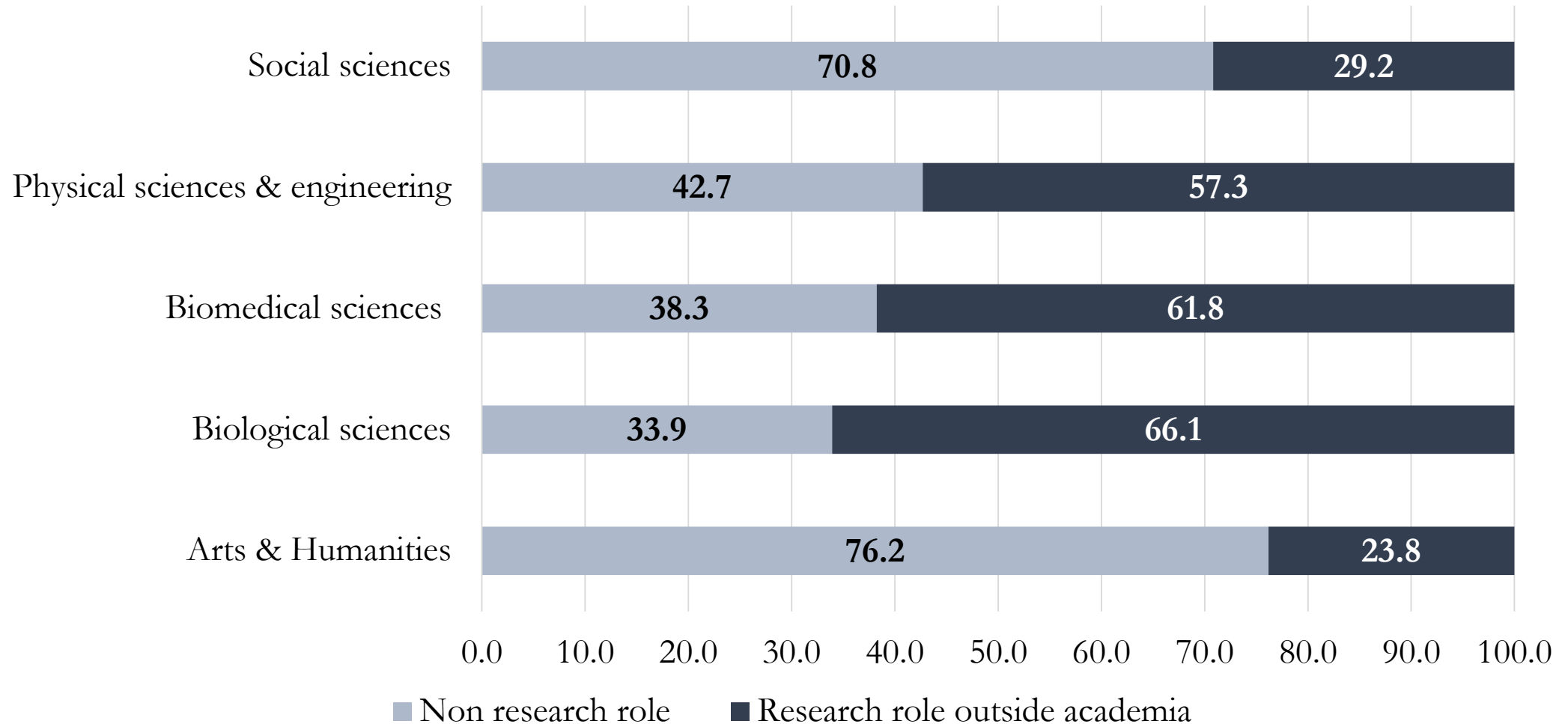
Staying in academia - disciplinary differences



$n=4,288$

Source: Long DLHE 2011/12 & 2013/14

Research outside academia - disciplinary differences



Who goes where?

- **Staying in academia is explained largely by academic characteristics**
 - Institution, subject and entry qualification are significant
 - Non-Russell Group; Arts & Humanities; Social Scientists; Taught Master's
 - Staying in academia is **not significantly** associated with demographic characteristics
- **Within academia, the above is true also for predicting salary level (>40k; >50k)**
 - Male PhDs significantly more likely to be employed as 'higher education teaching professionals'
- **Securing a research role on leaving academia**
 - Institution, subject and gender are significant
 - Russell Group; Sciences; Male PhDs → concern for Arts & Humanities, Social Science PhD who exit academia

How are PhD researchers preparing for employment?

Doctoral scientists and the knowledge economy

- Are doctoral scientists aware of the knowledge economy?
- If so, what are their attitudes towards it?
- How does it impact on their career planning?

Higher Education
<https://doi.org/10.1007/s10734-018-0329-z>



A future in the knowledge economy? Analysing the career strategies of doctoral scientists through the principles of game theory

Sally Hancock¹

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Abstract

In recent decades, increasing participation in science, technology, engineering and mathematics (STEM) has emerged as a globally shared policy objective in higher education. This policy objective is underpinned by a commitment to the economic framework of the knowledge economy and the belief that STEM education, knowledge and innovation are prerequisites for economic growth. This paper is concerned with doctoral scientists, who occupy a position of considerable privilege according to knowledge economy discourse: expertly knowledgeable, highly skilled and sought by elite employers. This paper assesses these policy claims against the experiences of recent doctoral scientists studying in the UK. Data from a 3-year mixed-method study are subjected to a novel, game theory informed analysis of students' values, decision-making behaviour and career ambitions. While all doctoral scientists engage in career-oriented strategizing, the game strategies employed by students are diverse and reveal conflicted understandings of knowledge economy policy. Implications of these findings and the analytical merits of game theory are discussed.

Keywords Doctorate · Graduate careers · Decision-making · Knowledge economy · Game theory · Higher education policy

Introduction: the age of STEM?

In recent decades, a global political consensus has emerged over the importance of science, technology, engineering and mathematics (STEM) education (Freeman et al. 2014). This consensus is underpinned by a commitment to concept of the knowledge economy—an economic framework in which the creation, application and dissemination of knowledge generate prosperity (Bell 1973). In this framework, doctoral students in the STEM disciplines (henceforth, doctoral scientists) represent human capital of the highest value—heralding ‘a

ACADEMIA

KNOWLEDGE ECONOMY



Scientific purist

Social idealist

Pragmatist

Third-order capitalist

Identity

Identity

Identity

Identity

Traditional
academic

Knowledge
exchange

Transferable-skills
Researcher

Applied knowledge

Basic knowledge

Co-production of
knowledge

Basic and applied
knowledge

Knowledge for profit

‘Ivory-tower’

Triple-helix university

Agency & choice

Agency & choice

Agency & choice

Agency & choice

Publications
Conferences
Income

Social value
Social impact
Third-sector
collaboration

Value in/out academia
Opportunistic
Wide-ranging
collaborations

Value outside academia
Entrepreneurial
Industry experience
and collaborations

Academic freedom

Scientific purists

- Viewed academia as ‘zero-sum’ game
- Only one outcome – becoming an academic – was considered a success
- Information on doctoral career destinations ignored or dismissed!
- All efforts concentrated on the rules of the academic game
- Justified as low – rather than high – risk strategy

I want a career in research, and it would definitely still be in academia. I always wanted to stay in academic research.

I can't personally fathom how people do it – go from a PhD to private research. To me, a PhD is all about preparation for a career in academic research.

Sophia (Medicine)

Third-order capitalists

- Rejected the ‘academic game’
- Embarked on the PhD with no intention of becoming an academic
- Sought cooperation with industry and external partners
- Critical of fellow PhDs, supervisors, academic conventions
- PhD as an economic investment – which was under regular review

[Academics] jump from one publication to the next... they don't ask hard questions; they just publish what they can. Nobody [in industry] actually cares. There's only about one person, among twelve PhD students, doing research that I think should ever see the light of day. My [former employer] does invite academics in to tell them what they're doing. I attended one of these... the academic in question was ten years out of date. He was asking for industry to help him, and they dismissed him because what he's doing is pointless.

Will (Engineering)

Pragmatists

- Started the PhD with a ‘purist’ outlook
- Shifted away from this, typically after year 1 – ‘survival of the fittest’
- Shift to pragmatism prompted by a range of factors – individual and structural
- Pragmatism varied from passive (‘hope for the best’) to active (‘prepare for the worst’)
- Not an easy journey – articulated as an individual one

Since starting here I've actually changed what I thought my PhD was preparing me for. I used to think the PhD was preparing me for an academic career in science. I don't think that anymore. I think it's preparing me to be a researcher – someone who thinks scientifically and works scientifically. I think it's preparing me to do something much more industry based – having a set problem from a company and knowing I can solve it.

Daniel (Bioengineering)

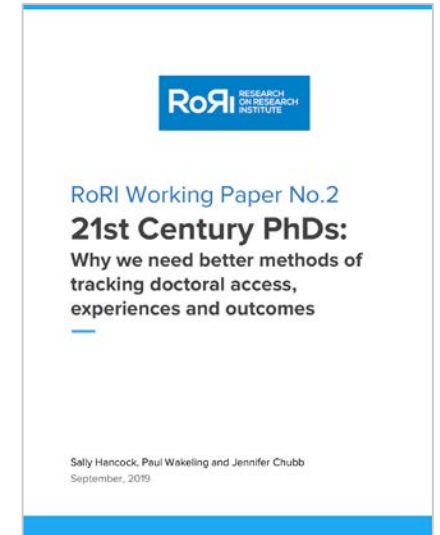
Impact on career planning

- **Evident in all strategies**
 - PhD is a highly uncertain time – a time for decision-making and risk-taking
 - Seeking control over the future
 - Strategies responded to the knowledge economy *but*:
 - Understandings reduced to the binary of academic vs. non-academic
 - Only third-order capitalists were explicitly positive to the knowledge economy
- **All doctoral scientists wanted more career information, earlier - *but* sometimes rational ‘facts’ were ignored – values matter**
- **Strategies correlate with doctoral stage, subject and prior work experience**

Next steps

Much of doctoral employment in the UK remains unexplained

We need data that are genuinely longitudinal, systematically cover the characteristics known to affect access to higher study and employment outcomes, and are rich on decision-making and context.



Changing employment conditions impact on the lived experiences of PhDs

There is appetite for more information, earlier on; but advice and guidance needs to be sensitive to disciplinary differences, individual values, and prior experiences. Personal stories are valued!

Both issues are connected: to enhance career support, we need better evidence

Multiple identities and choices are observed across doctoral researchers; identities are complex and may shift multiple times. We need to better understand motivations for PhD study.

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Thank you

sally.hancock@york.ac.uk

@sallyehancock



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