

| Key | Experience  | Knowledge/understanding  | Skill level   |
|-----|---|--|---|
| 1   | I have no experience of this.   | I have no knowledge/understanding of this.   | I have no skill in this area.   |
| 2   | I have some limited experience of this.   | I have a little knowledge/understanding of this.   | I have some basic skill in this area.   |
| 3   | I have regular experience of this, but require further experience to become highly proficient       | I have a good working knowledge of this area, but need to increase my knowledge to become highly proficient. | I am competent in this area, but require further development to become highly proficient. |
| 4   | I have extensive experience of this, and am able to use this experience effectively in my research. | I have extensive knowledge in/understanding of this area, which supports my research effectively.            | I am highly skilled in this area, to a level that supports my research effectively.       |
| 5   | I consider myself an expert in this and could train others in the area.                             | I consider myself an expert in this and could train others in the area.                                      | I consider myself an expert in this and could train others in the area.                   |

You are going to need to refer to this so you can mark your skill in different areas - don't worry too much about the fine detail - 1=I know nothing, 5=I am an expert

Identify where the experience came from and if/how you would like to improve

| RDF Domain A: Knowledge and Intellectual Abilities<br>the knowledge, intellectual abilities and techniques to do research |                     |  |                      |          |  |
|---|---------------------|--|----------------------|----------|--|
|   | Current skill level | How has this skill level been obtained (with evidence)?  | Required skill level | Priority | Training plan agreed with supervisor(s), i.e. DDP modules, training courses etc.   |
| Ability to convert a research idea into a testable hypothesis A2  | 3                   | I have taken modules on research methods and scientific thinking at undergraduate and masters level and was supported to complete a research project in my MSc including developing a testable hypothesis, this was led by my supervisor so I need more practice to do this independently. | 3-4                  | Urgent   | Use supervisory meetings in next month to discuss and double check hypothesis development progress. Compare working hypothesis with others as part of literature review. |

Don't worry what your experience level is, the purpose of this exercise to find areas to work on.

You can rate the priority however suits you best, on a scale or with dates or some other way - think about how you work well

Enter any ideas you have for training that could be useful - don't worry if you are not sure what you can do, your supervisor will help

| RDF Domain B: Personal Effectiveness<br>the personal qualities and approach to be an effective researcher |   |   |   |         |   |
|---|---|---|---|---------|---|
| Knowledge of how to make the most of conferences B3/D2  | 1 | I have not yet been to an academic conference and I would like to attend 2 next summer. | 4 | By June | Attend 'Networking for Career Success' seminar (book through DDP portal). Attended Faculty poster day and Doctoral Academy Networking event to gain experience. |

Training may take many forms, it does not have to be a class or official session

Training and experience does not have to be in an educational setting so long as you can explain what was done

| RDF Domain C: Research Governance and Organisation<br>the knowledge of the standards, requirements and professionalism to do research   |   |   |     |            |   |
|---|---|---|-----|------------|---|
| Experience with health and safety in the workplace;; understanding COSHH and process risk assessment and the legal framework for safe working practices; employers and employees responsibilities and what needs to be considered. C1 | 2 | I have complied with various health and safety in the lab rules in previous studies and completed a day COSHH course as part of a summer internship, however I have never had to complete a risk assessment for my own work or to support undergraduates. | 4-5 | By January | Complete departmental online COSHH Course Complete TUoS online risk assessment course by end of the month Practice by completing risk assessment for proposed lab work and checking it with supervisor. |

Setting specific dates to achieve things by can be helpful

| RDF Domain D: Engagement, Influence and Impact<br>the knowledge and skills to work with others and ensure the wider impact of research |   |   |     |  |  |
|--|---|---|-----|--|--|
| Experience of teaching and demonstrating D3  | 3 | I have a part time job as a science demonstrator for schools and children's parties, I am confident getting over basic information, but need to develop skills to speak to an adult/expert audience | 4-5 | Achieve skill level 5 by end of degree | Support supervisor by demonstrating in labs for undergraduates. Enrol on Sheffield Teaching Assistant Courses Apply to present at PintofScience events Aim to present at conferences in year 2 |

Identify areas for improvement