

# CAREERS SUPPORT FOR PGRS

The Doctoral College Researcher Development and Research Culture team has a range of both face to face and online resources to support PGR careers planning and development.



Our dedicated ELE page provides in-depth information and practical guidance specifically tailored towards postgraduate researchers, whether you are thinking about working in academia, industry, self-employment, or research.

On this page you will be able to work through each section progressively, or dip in and out as you have time. Of course, in order to be competitive we recommend that you begin this process early in your PGR journey so that the transition into work/further research is as smooth as possible; for your own well-being as much as for your success!

We also offer a mixture bespoke PGR careers workshops and WEBINARs, and 1-2-1 career consultations and mentoring are available through the Career Zone.

Always remember that there is a huge amount of support available for you during, and beyond your postgraduate research.



# CAREER DEVELOPMENT CYCLE AND SUPPORT

The Career Development Cycle takes you through a series of straightforward steps which help you to decide what you want to do after your research degree, keeps you on track through that journey, and reminds you to regularly review what you've achieved and how to develop further.

PLICATIONS

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## **PGR Careers Resource:**

To help guide you through the career development cycle and support offered at the University of Exeter, we have developed an online PGR Careers Resource covering the following topics:

### **Who am I?**

- The Career Management Cycle
- Self-awareness and reflection
- Your skills and attributes

You can also access:

- Resilient career planning training
- Profiling for Success self-assessment tool

### **Researching Opportunities**

- Career routes for PGRs
- Networking

You can also access:

- Building your network training
- Beyond your research degree alumni talks
- eXpert mentor scheme
- Internships and placements
- Employability fund

### **Making Choices**

- Professional development planning and opportunities
- Create a training log
- Evidence logs

You can also access:

- Mapping your skills and experience training
- 1:1 careers consultations
- Career mentor Scheme
- Careers fairs
- SETsquared entrepreneur programme

### **Preparing Applications**

- CVs and cover letters/emails
- Academic CVs
- Non-academic CVs
- Academic job applications
- Non-academic job applications
- Applying for funding
- Job interviews
- Assessment centres
- Presentations

You can also access:

- Interviewstream
- Applying for postdoctoral funding training
- Research funding toolkit

### **What Next?**

- Reflect and review
- Adjusting SMART plans
- Futureproofing your career

**You can also access 1:1 careers consultations for life as a University of Exeter graduate**

# BEYOND YOUR RESEARCH DEGREE



Beyond Your Research Degree is a new monthly seminar series from the Doctoral College Researcher Development and Research Culture team. Using the 'Beyond the PhD' model in the Metamaterials CDT, we will run a monthly seminar series (in Streatham and Penryn), with talks from doctoral graduates working outside academia. These talks are intended to give our postgraduate researchers an insight in to the career routes open to them and how to prepare for a career beyond academia.

## Useful links

### Doctoral College PGR

#### Career Development:

[ex.ac.uk/doctoralcollegecareers](http://ex.ac.uk/doctoralcollegecareers)

#### Career Zone:

[www.ex.ac.uk/careers/](http://www.ex.ac.uk/careers/)

#### 1-2-1 careers consultations:

[ex.ac.uk/121s](http://ex.ac.uk/121s)

#### PGR Careers Resource:

[ex.ac.uk/pgrcareersresource](http://ex.ac.uk/pgrcareersresource)

#### PGR Career profiles:

[ex.ac.uk/pgrcareerprofiles](http://ex.ac.uk/pgrcareerprofiles)

## Career Zone

### The Forum, Streatham Campus

Email: [Careers@exeter.ac.uk](mailto:Careers@exeter.ac.uk)

Telephone: 01392 72 4493

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

## Useful contacts

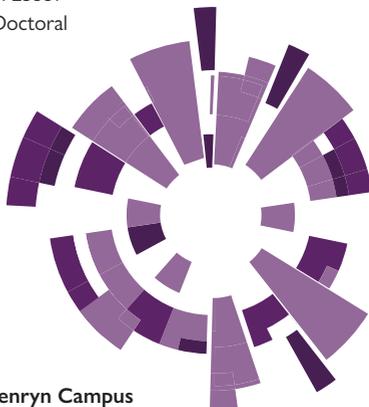
### Researcher Development and Research Culture team

Old Library, Streatham Campus

Email: [researcherdevelopment@exeter.ac.uk](mailto:researcherdevelopment@exeter.ac.uk)

Telephone: 01392 725337

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



### The Exchange, Penryn Campus

Email: [cc-careers@exeter.ac.uk](mailto:cc-careers@exeter.ac.uk)

Telephone: 01326 25 3735

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