

POSTGRADUATE RESEARCHER ESSENTIALS

KEY INFO, EVENTS, SERVICES & CONTACTS FOR YOUR PGR JOURNEY

Attend Inductions...

- Attend a [Doctoral College Induction](#)
- Attend your [faculty or department Inductions](#)
- Review key info on the [Induction Portal](#)

01

Know who to ask for help (and when)...

- For [queries about your programme of studies](#)
- For [wellbeing support](#)
- For [training & development queries](#)
- For [Academic Representation in Exeter](#)
- For [Academic Representation in Cornwall](#)
- For [Peer Mentoring](#)

02

Find your 'tribe'...

- Discuss, network and share on the '[PGR Community Hub](#)'
- Join a [Society or Club](#)
- Co-work and network at the [PGR Study Space](#)
- Connect on [BlueSky](#)
- Connect with [The Students' Union](#) (Cornwall), or [The Guild](#) (Exeter)

03

Understand the PGR Journey

- Consult the [PGR Handbook](#)
- Reach out to your supervisor

04

Keep in touch with 'what's on'

- Review the [Doctoral College Webpages](#)
- Read the [Doctoral College Newsletter](#)
- Read the [Training & Development Bulletin](#)
- Review the [New PGRs Events Calendar](#)
- Review the [Research Events Calendar](#)

05

Be kind to yourself & others

The PGR journey can be challenging.

At Exeter, you belong to a supportive community.

Support one another.

Never forget that asking for help is a sign of strength.

06

Please. just. ask!

