

Why not just write? Introducing researcher development and culture

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PhD as specific piece of research

PhD as comprehensive training programme



Agree expectations (but be aware of changing reality)

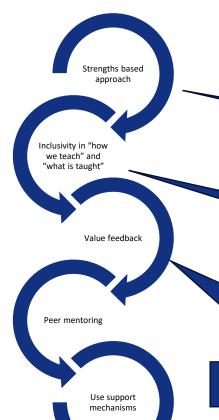


Listen, reflect and share



Think outside the thesis box





How we aim to develop a positive research culture



Design and approach that can be tailored to all – rather than one size fits all

Clear structure and mechanisms to empower student Compassionate supervisory feedback

Mechanisms to receive feedback: including formal and informal departmental spaces





How to plan your training





Key part of your research degree – UKRI expects 210 hours

Start early – what are your skills gaps?

Plan your timetable – what do you need when?

Knowledge, research management, transferable skills, career development

Training is a great way to meet people!

Research culture



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UKRI has published plans to improve support for students studying towards doctorates and other research degrees, through a new deal for postgraduate research.

The plan sets out steps that the UK's largest funder of postgraduate research has already taken, as well as a suite of new work that will start introducing reforms in the future.

https://www.ukri.org/news/ukri-to-improve-support-for-research-students-through-new-deal/?utm_medium=email&utm_source=govdelivery





Regenerating Lost Tooth Supporting Structures















Heather Mah is a PhD student looking at how people are involved in MS research. She won our writing competition for researchers with this article about her work.

of some people with MS may not be t's important to involve reflected in research. natients and the public in People with MS said their invisible haping research. It can help symptoms, like fatigue, brain fag, and make sure studies meet the needs of difficulty remembering words, could people who benefit from the research. make it hard to talk at meetings. For people affected by MS, this means sharing their experiences so researchers complicated scientific language, or can understand more about what it's were held at the end of the day. like to have MS. This is known as 'patient Researchers told me how difficult and public involvement" (PPI). it was to find accessible spaces for meetings, especially with small budgets.

While PPI can help make research better, I've found it can be hard for people with MS to take part. So I'm doing a PhD looking at PPI in MS research. I want to know what the experience of doing PPI is like for people with MS, research staff, and PPI coordinators.

The challenges of doing PPI Accessibility isn't just about physical spaces. People with MS told me about a range of things that made PPI hard to do. First was finding out about the opportunities. Many were not widely

The emotional impact Both people with MS and researchers advertised, as researchers often found doing PPI could sometimes be asked the same people they'd already emotionally difficult. For some people worked with or recruited on social with MS, it took several years to accept media. This means the experiences

Rooms needed to be close to public

and big enough to fit everyone and

their mobility aids. Online meetings

come together and talk about research

without having to travel. But people with

MS and research staff said they missed

seeing each other in person. Chatting

before and after meetings helped them

to get to know each other better.

have made it easier for people to

transport, with accessible toilets, a lift

MSMATTERS



why this research matters of has the potential to improve MS search by involving people with MS in s design. But we need to address the access challenges that can limit how

people can get involved. pp] activities need to be flexible. aderstandable, and responsive to apple's needs. For example, including reaple new to PPI, providing breaks and support around difficult topics. this way, people with MS can feel mmfortable sharing their experiences and research can reflect the true needs of the MS community.

I'd like to thank all the participants who shared their experiences and the Home Family Charitable Foundation for funding this PhD. •

Our Research Network is a group of people affected by MS who use their lived experience of MS to influence and shape research. Find out more

> network at mssociety.org.





Interested in shaping MS research?

uk/take-part





