

Careers support for Postgraduate Researchers at QMUL

Emma-Marie Fry / October 2025

Welcome to Your Doctoral Journey

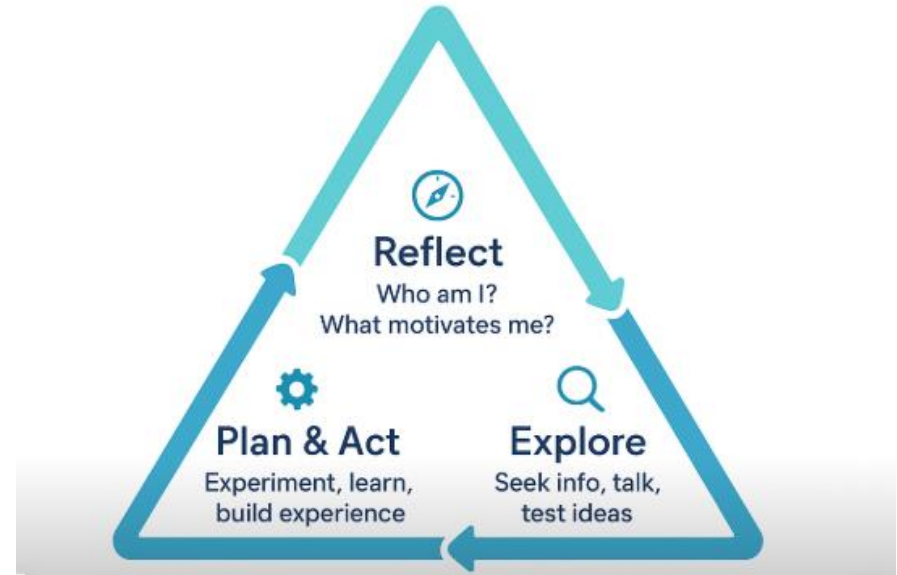


Your research path will be unique — and so will your career path.
We're here to help you explore and plan for both.

What Career Development Means for Researchers

Reflect → Explore → Plan → Act → Reflect or EAST

Career development is a continuous process that runs *alongside* your research, not just at the end.



Things to Consider From the Start

- **Reflect**

What motivated you to start this doctorate?
What do you hope it will lead to?

- **Explore**

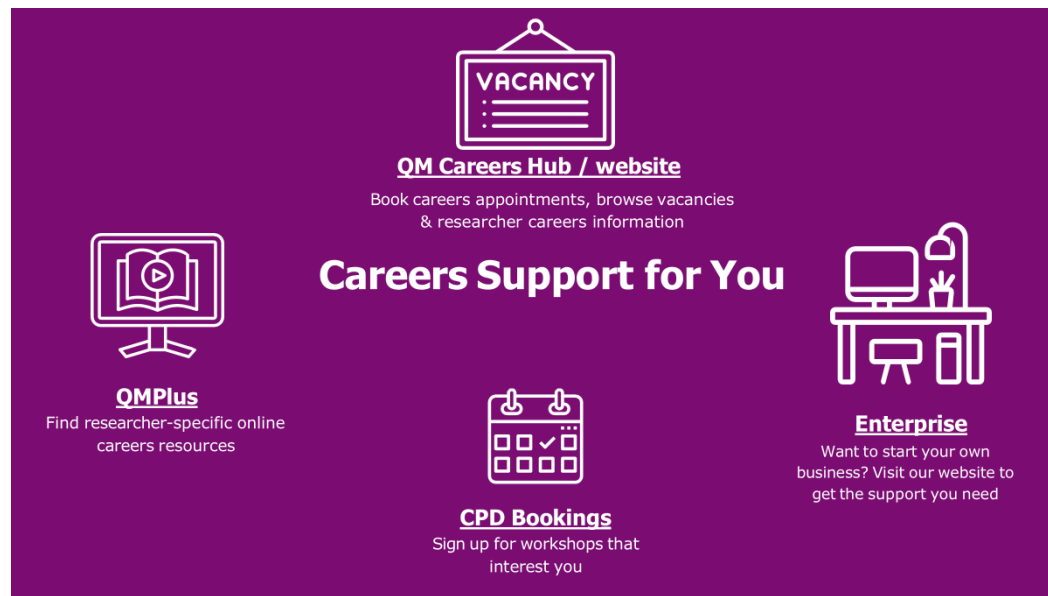
What possibilities interest you — within or beyond academia?
Who could you talk to about them?

- **Plan Small Steps**

What one thing could you do *this term* to learn more about your options?

How We Can Help

- 1:1 confidential career guidance and coaching
- Workshops and programmes at different stages
- Online resources and recordings
- Employer and alumni events
- Support for academic *and* non-academic careers



VACANCY

QM Careers Hub / website
Book careers appointments, browse vacancies
& researcher careers information

QMPlus
Find researcher-specific online
careers resources

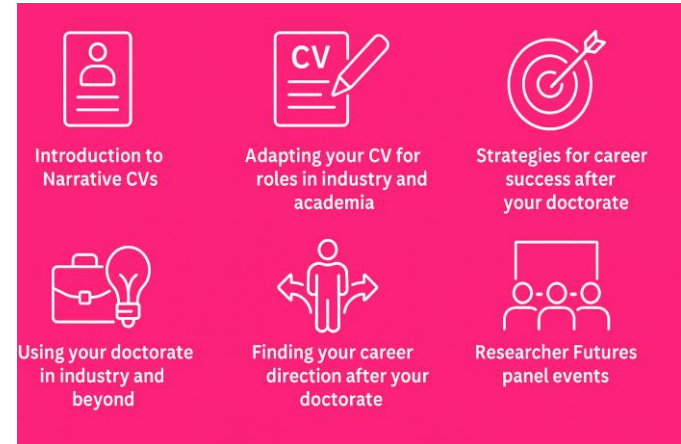
CPD Bookings
Sign up for workshops that
interest you

Enterprise
Want to start your own
business? Visit our website to
get the support you need

Careers Support for You

Upcoming workshops

- Adapting your CV for roles in industry and academia
15/10/2025
- Writing job applications and Cover letters for roles
outside academia 22/10/2025
- Strategies for careers success after your doctorate
29/10/2025
- Using your doctorate in industry and beyond STEM
12/11/2025
- Networking online and in person
20/11/2025
- Using your doctorate outside academia _HSS)
25/11/2025



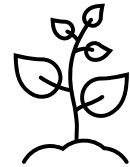
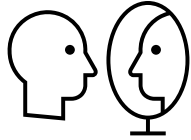
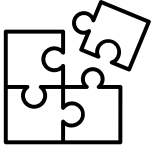
Upcoming careers fairs

- **14 October (10am–2pm):** Costello Medical Consulting, Ipsos, Amentum Clean Energy Ltd, Transport for London, Accenture, the Financial Conduct Authority, Technip Energies, and FSP.
<https://qmul.targetconnect.net/leap/event.html?id=15612&service=Careers%20Service>
- **21 October (10am–2pm):** National Audit Office, BDO LLP, Teach First, British Airways, BlackRock, Deloitte, Adobe, and Aon. <https://qmul.targetconnect.net/leap/event.html?id=15616&service=Careers%20Service>

How You Can Help Yourself



- **Stay curious** — keep exploring possibilities
- **Use your research experiences** to build skills and stories
- **Reflect regularly** on what you're learning about yourself
- **Say yes** to opportunities that help you grow
- **Reach out early** — don't wait until the final year



Your PhD is a time of discovery — in your research and in yourself.

We'll support you to:

- Explore career possibilities
- Build skills and confidence
- Plan your next steps





QMUL GOS 2024

2021/2022 PGR leavers



53% response
rate



**93% in Highly
Skilled jobs**



88% 'my activity
is meaningful'



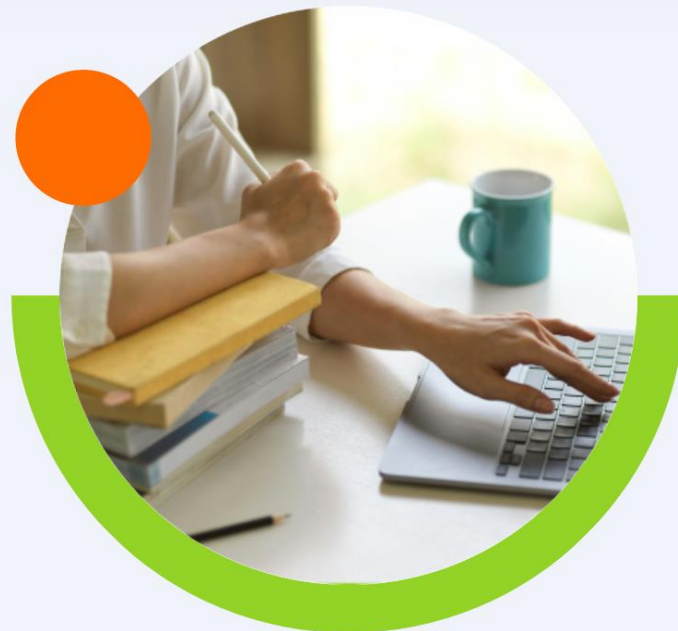
84% 'fits with
my future plans'



**Average UK
salary £52,000**

Resources for all career stages

Careers in research look different for everyone. Your career journey might not be linear, and your professional development needs will be individual to you.



Resources

- [Vitae](#) – Realising the potential of Researchers
- [What do researchers do?](#) – Vitae.ac.uk resources exploring career paths
- [Careers in your ears](#) - The Careers Podcast for PhD Students and Research Staff at King's College London.
- [From PhD to life. Recommended Reading List from Jennifer Polk.](#) A list of books for PhDs and researchers looking to career pivot.
- [Imagine PhD Job Families](#). Career options for humanities and social science PhDs. You will need to sign up to the website, but this US resource is free.
- [10 Top Non-Academic Jobs for STEM PhDs](#) and [PhD Jobs for People who Hate People](#). Two lists from the US – based [Cheeky Scientist](#). Some useful resources and videos but subscribing to the email list results in unwanted emails/SPAM.
- [Research Careers](#). Career profiles from more than 90 people, many of whom have been early career researchers and moved to different careers. Collated by PhD students and postdoctoral researchers at Oxford University.



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