



Doctoral Academy
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Doctoral Academy Programme

For Postgraduate Research Students

September 2025 to July 2026



About this brochure

The Doctoral Academy offers a comprehensive package of support specifically designed to help postgraduate research students achieve their potential.

Our programme complements the discipline-specific training that students receive at local levels and enables them to develop their research, personal and professional skills.

It also provides opportunities for postgraduate research students to make connections with their peers and to benefit from being part of a thriving community.

How to use this brochure

This brochure provides a high-level overview of the training, development and community initiatives that we intend to offer in 2025/26.

It's designed to be used as a point of reference during conversations between supervisors and postgraduate research students about their training needs and professional development.

It doesn't provide detailed information about our offer or list event dates. This is due to the evolving nature of our programme, which develops in response to feedback from stakeholders, the availability of our facilitators and other factors.

Instead, this brochure provides a high-level overview of our provision and where to find out more information about a particular resource or session.

Categorisation

Our programme is divided into 10 categories. Each is aligned either to a particular stage of the research degree journey or to a key skillset that postgraduate research students need to develop in order to succeed:

- Starting your research degree
- Thinking about your professional development
- Finding and accessing funding
- Connecting with other researchers
- Developing research skills
- Writing your thesis and publishing your research
- Communicating with diverse audiences
- Maintaining momentum
- Finishing your research degree
- Managing your career development

Sessions and resources are listed alphabetically under each category, along with some basic information and a short description.

Find out more

To find out more about a session or resource, you'll be directed to one of three places:

- Our [Learner Portal](#), which contains descriptions and dates for all of our events.
- Our [Learning Central module](#), where we host session recordings, asynchronous resources and other useful materials.
- The dedicated [booking page](#) for the University of East Anglia's online training series for postgraduate research students, for which we have an institutional subscription.

If you're using this brochure as a digital resource, the easiest way to navigate to the correct place is to click the hyperlink listed next to 'platform'.

It's also important to note that whilst all postgraduate research students are automatically enrolled on our [Learner Portal](#) and [Learning Central module](#), staff are required to [request access](#).

Staying up to date

We update this brochure regularly, reflecting changes to our programme. The latest version was published on **23 February 2026**.

A version control matrix can be found at the end of the document, detailing entries that have been added and removed over the course of the academic year.

For the most up to date information about our offer, please refer to our [Learner Portal](#) and [Learning Central module](#), through which we also send out regular communications. Additionally, you can join the Doctoral Academy Network on [Microsoft Teams](#), which we use to share supplemental news and updates.

Where there is a difference between the contents of this brochure and the information held on those platforms, the latter takes precedence and represents the basis on which we intend to deliver our services.

Get in touch

If you have any queries, please feel free to get in touch by emailing doctoral-academy@cardiff.ac.uk.

Starting your research degree

Bad Supervision Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, helps you decide what to do if you're struggling to maintain a productive relationship with supervisors. Register and log in using your Cardiff University email address.

Good Supervision Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, helps you to understand what you should expect from your supervisors and what good supervision looks like. Register and log in using your Cardiff University email address.

Managing Your Supervisors

Type: Learning event
Mode: In person / Online
Platform: [Learner Portal](#)

Learn essential tools and strategies for getting your relationship with your supervisors off to a good start. You'll understand how to set clear expectations, establish open lines of communication and create a productive working environment.

Not Your Average PhD Researcher Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, explores the experiences of postgraduate research students from working class, Black British and other ethnic minority backgrounds. Register and log in using your Cardiff University email address.

Professional Doctorate Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, explores the unique challenges faced and benefits accrued by students on professional doctorate programmes. Register and log in using your Cardiff University email address.

Starting Out: Induction Event for New Postgraduate Research Students

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This event will help you transition into life as a postgraduate research student. It's designed to complement the discipline-specific induction that you'll receive at school level. You'll also have an opportunity to meet other students from a range of schools and disciplines.

Starting Your PhD (NEW)

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module contains information and resources to help you start your PhD. It's designed to complement and link to our Starting Out induction event for new postgraduate research students.

Working with Your Supervisors

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module helps you to reflect on and be proactive in maintaining your relationship with your supervisors. It takes around two hours to complete in total. Log in using your Cardiff University username and password.

Thinking about your professional development

Graduate Attributes

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

In collaboration with employers, the University has developed a set of graduate attributes that you should be able to demonstrate upon graduation. These maximise your chances of securing employment as a social, economic and environmentally aware global citizen.

Professional Development Clinic

Type: Clinic
Mode: In person / Online
Platform: [Learner Portal](#)

Book a confidential, one to one appointment to discuss your professional and personal development with an experienced member of our team who has completed a research degree and has up-to-date knowledge and expertise in researcher development.

Researcher Development Framework

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

The Vitae RDF maps the knowledge, behaviours and attributes of effective researchers. It's used to plan and evidence professional development at all career stages. For more information, register and log in using your Cardiff University email address.

Finding and accessing funding

Affordable Doctorate Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, explores what to do if you face financial pressure on top of the academic demands of completing a research degree. Register and log in using your Cardiff University email address.

Alternative Guide to Postgraduate Funding

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This is a comprehensive database containing information about less-traditional sources of funding – primarily charities, trusts and foundations, Register and log in using your Cardiff University email address.

Applying for Funding Through the James Pantyfedwen Foundation

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This charity supports the advancement of religion, education and culture in Wales, particularly through the awarding of tuition fee grants to postgraduate students. This resource explains how to submit a good application.

Doctoral Academy Community Fund

Type: Funding scheme
Mode: N/A
Platform: [Learning Central](#)

Apply for funding to undertake an activity that will contribute to your professional development as a researcher. Examples include training in research or transferable skills, conference attendance and professional memberships/subscriptions.

Doctoral Academy Development Fund

Type: Funding scheme
Mode: N/A
Platform: [Learning Central](#)

Apply for funding to organise an activity that will bring together researchers in academic and/or social settings. Examples include conferences, social events, reading groups, seminar series, workshops and writing clubs.

Navigating the Funding Landscape

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session is designed for late-stage students who want to explore fellowship and grant opportunities. You'll learn about the UK funding landscape, understand the practicalities of applying to research funding and gain top tips for developing your first funding application.

Postgraduate Funding: Considering the Alternatives

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session will introduce you to different sources of postgraduate funding. You'll learn how to identify the appropriate alternative funding bodies for you, how to locate them via books and the internet and how to apply strongly and correctly.

Connecting with other researchers

Doctoral Academy Network

Type: Resource
Mode: Asynchronous
Platform: [Microsoft Teams](#)

This is a space where postgraduate research students and the staff who support them can connect and communicate. You'll need to request access, but once you're a member you can post as often as you like.

Good Networking Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, helps you to understand how and why you should start engaging with the wider academic world. Register and log in using your Cardiff University email address.

Peer Mentoring Network

Type: Mentoring scheme
Mode: N/A
Platform: [Learning Central](#)

This scheme enables postgraduate research students with similar interests and motivations to form small peer support groups. You'll be asked to both offer and receive advice. As such, you'll simultaneously act as a mentor and a mentee.

PhTea

Type: Community event
Mode: In person / Online
Platform: [Learner Portal](#)

These regular networking sessions offer a welcoming space where you can meet your peers, share experiences and engage in informal conversation over light refreshments. You'll receive a warm reception from our Postgraduate Research Wellbeing Champions.

Researchers' Forums

Type: Community event
Mode: In person
Platform: [Learner Portal](#)

These regular, relaxed sessions are designed to foster interdisciplinary dialogue. Each forum features a panel of researchers sharing their insights relating to a specific research theme. Topics vary and are carefully chosen to reflect current trends and emerging issues.

Run Your Own Conference

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

Organising an event requires careful planning, coordination and attention to detail. Whether you're looking to host an in person or a virtual event, this session provides the essential knowledge to help you navigate the process with confidence.

Social Media for Researchers

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

Learn how to build your profile and presence on the main social platforms, how to create platform-specific content for LinkedIn, Instagram, X, Facebook, BlueSky and TikTok, and how to make online content accessible, safe and ethical.

Developing research skills

Analysing Qualitative Data

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session considers a range of issues relative to the micro-analysis of qualitative data. You'll learn about and consider the aims and nature of your engagement with the data, coding systems, interpretation and various write-up issues.

Critical Appraisal and How to Appraise Systematic Reviews and Intervention Studies: An Introduction

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

Understand how to critically appraise quantitative research papers. You'll learn what's meant by critical appraisal and why it's necessary, the different types of quantitative evidence and how to assess a systematic review for validity, reliability and applicability.

Digital Productivity and Artificial Intelligence

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

Learn how to work more efficiently. You'll understand the role of AI in enhancing digital productivity, learn strategies to manage your time effectively using digital tools and develop practical skills in integrating AI-based tools into your daily academic practices.

Ethics 1: Good Research Practice

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module helps you to understand and use ethical frameworks and basic tools in research ethics debates. It takes around two hours to complete in total. Log in using your Cardiff University username and password.

Ethics 2: Research with Humans in the Health and Social Sciences

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module helps you to become familiar with the key laws and principles relating to research involving human beings. It takes around two hours to complete in total. Log in using your Cardiff University username and password.

Exploratory Data Analysis

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session enables you to understand highly multivariate data with large numbers of cases and/or a variety of data types, and how data visualisation tools can help you to interpret them.

Intellectual Property in the Research Context

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module helps you to identify which of the four main different types of intellectual property rights may be presented by an output. It takes around two hours to complete in total. Log in using your Cardiff University username and password.

Managing Research Data

Type: Learning event
Mode: In person / Online
Platform: [Learner Portal](#)

Learn about the legal requirements around data protection and record management. You'll understand how data protection impacts your research, and know how to draw up appropriate privacy information for participants and effective data management plans.

NVivo Tutorials

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)
This resource bank - which includes videos, podcasts, guides and infographics - will help you to learn more about a particular NVivo function or to explore new ways of using the package.

Participatory Research

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)
Understand how to plan participatory research projects to achieve impact. You'll learn about different methods of engagement, how to become familiar with your target audiences and how to tailor your activities to them.

Python: An Introduction

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)
Python is a powerful, versatile and easy-to-learn programming language widely used across research, data science, web development, automation and artificial intelligence. This series, consisting of three practical programming sessions, explores the basics of Python.

Qualitative Interviewing

Type: Learning event
Mode: Online
Platform: [UEA](#)
This session considers semi-structured interviewing techniques. Other issues covered include the nature of interview questions, the design and structure of an effective schedule and the mechanics of conducting a successful interview.

Qualitative Interviewing: From Design to Practice (NEW)

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)
This session introduces qualitative interviewing and explores its use as both a research method and a craft. You'll develop an understanding of key concepts and practical approaches, with opportunities to analyse real-world examples.

Qualitative Methods: A Comparison

Type: Learning event
Mode: Online
Platform: [UEA](#)
This session compares and contrasts the aims, data collection preferences, analytic style, limitations and appropriate usage of four different qualitative methods - grounded theory, thematic analysis, interpretative phenomenological analysis and narrative analysis.

Quantitative Research: A Basic Guide

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)
This session provides a conceptual and methodological introduction to quantitative research. You'll learn about important quantitative concepts, type 1 and 2 errors, a range of statistical tests and how to run each test in principle.

R Package for Statistical Analysis: An Introduction

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)
This session enables you to gain a basic understanding of the R statistical programming environment. You'll learn how to load data sets into R, navigate some basic commands for summarising and plotting data and run basic statistical procedures and tests.

R Package for Statistical Analysis: Intermediate

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)
This session enables you to gain an intermediate understanding of R package. You'll learn about data structures in R, lists, writing your own functions, arrays, loops and flow control, using higher order functions, layered and lattice graphics, and reformatting data.

Research Reproducibility using Quarto Applications in R and Python

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)
If you possess a basic knowledge of R and RStudio and/or Python and VS Code, this session helps you take your work further. You'll learn how to increase the reproducibility and transparency of your analyses and produce reports and publications using Quarto.

Safeguarding Children and Vulnerable Adults

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)
This session gives you confidence and essential knowledge on how to safeguard people that you come into contact with through your research. You'll understand key legislation, guidance, policies and procedures for safeguarding the welfare of children and adults.

Scale Development: An Introduction

Type: Learning event
Mode: Online
Platform: [UEA](#)
This session explores the scale development process from start to finish, beginning with item generation and moving on to the piloting of items, through data collection and concluding with a guide to various data analytic techniques.

Structural Equation Modelling: An Introduction

Type: Learning event
Mode: Online
Platform: [UEA](#)

This session introduces the key concepts involved in SEM, including latent, exogenous and endogenous variables and their graphical notation. You'll be introduced to the concepts of both the measurement and structural model.

Systematic Database Searching for Literature Reviews in the Health Sciences

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session introduces you to the techniques available to develop a more systematic search strategy for a literature review. You'll learn how to formulate a focused question, identify important concepts, search terms and sources, and document the search process.

Systematic Database Searching for Literature Reviews in the Social and Physical Sciences

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session will enable you to find and summarise evidence to write your literature review. You'll learn advanced database searching techniques to develop a more systematic search strategy and how to formulate a focused question.

Using NVivo for Qualitative Research

Type: Learning event
Mode: Online
Platform: [UEA](#)

Understand the basic functions of NVivo, including the importation and organisation of data sources, the potential for transcription, and the creation of cases, codes, classifications and attributes. The process of coding and data analysis will also be demonstrated.

Word: Working with Long Documents in Microsoft

Type: Learning event
Mode: In person / Online
Platform: [Learner Portal](#)

This session explores the built-in functionality of Microsoft Word. It describes the necessary skills and techniques that are required for assembling a thesis. There's a step-by-step practical approach that aims to build confidence with constructing long documents.

Writing your thesis and publishing your research

Abstracts: How to Write Them in the Sciences

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session explores how to write effective abstracts for a variety of situations, including papers, conferences and presentations. You'll learn how to structure an abstract, how to target an audience, what to include and what to leave out.

Abstracts, Keywords and Titles in Academic Writing (NEW)

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session focuses on improving how you frame and communicate your research to broader academic audiences by concentrating on the short but critical elements of academic writing that shape first impressions and discoverability.

Academic Publishing

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session introduces you to the practicalities of journal publishing. You'll explore various means for choosing a target journal, the mechanics of writing an effective paper and strategies for dealing with reviewer comments.

Academic Writing Through Paired Peer Dialogue (NEW)

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

In this session, you'll work closely with another student to reflect on your writing practices. You'll engage in a structured conversation about your respective drafts, focusing on writing choices, argument flow, structure and authorial voice.

Academic Writing Through Peer Review (NEW)

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session will support the development of your academic writing through cross-disciplinary peer feedback. A short piece of writing that you've produced will form part of a rotating peer-review process. You'll both review and receive feedback from other students.

Developing a Convincing Argument in Your Thesis (NEW)

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session considers how you can focus at every stage of your doctoral studies on building up a convincing argument, with examiners' expectations clearly in mind. You'll be introduced to a simple, practical model of thesis argumentation.

English for Research Writing

Type: Learning event
Mode: In person / Online
Platform: [Learner Portal](#)

This series of five sessions is designed to support students at any stage of the research journey whose first language isn't English. It focuses on enhancing writing skills required for producing clear, cohesive and effective research outputs.

Finishing Your Thesis: From Draft to Done (NEW)

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session helps you to know when your thesis is ready for submission. You'll learn to step back and see the bigger picture, pinpoint the areas that still need attention and recognise the parts that are already good enough.

Finishing Your Thesis: From Feedback to Submission (NEW)

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

Revising a large draft of your thesis can feel overwhelming. This interactive session helps you make sense of feedback, prioritise what matters most and turn comments into a manageable and effective revision plan.

Getting Published in the Arts

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module helps you to plan an appropriate publication strategy for your early academic career. It takes around two hours to complete in total. Log in using your Cardiff University username and password.

Getting Published in the Sciences

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module helps you to plan an appropriate publication strategy for your early academic career. It takes around two hours to complete in total. Log in using your Cardiff University username and password.

Good Writing Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, helps you understand what good writing looks like and how to write your thesis. Register and log in using your Cardiff University email address.

Researching and Writing a Literature Review in the Social Sciences: An Introduction

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session offers practical guidance on how to get started with the literature review process and covers the essential skills needed to carry it out effectively. You'll understand what a good and bad literature review looks like and what it means to be critical.

Turbocharge Your Writing

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session helps you to write more productively. You'll understand why it's hard to get started, how to set a plan and achievable goals, how to deal with distractions and destructive internal beliefs, and how to increase the number of actual words you produce.

What Should a Literature Review Do?

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session discusses the purpose of the literature review and the importance of summarising, analysing and synthesising the arguments of others. It also considers some alternative models for writing and structuring a literature review chapter.

Writers' Retreats

Type: Retreat
Mode: In person / Online
Platform: [Learner Portal](#)

An opportunity to devote time to writing in a quiet, structured and supportive environment. The majority of the time is devoted to writing without distraction, though there are opportunities to chat with your peers during the breaks.

Writing a Literature Review in the Sciences

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session enables you to make a start on your literature review. You'll learn about different types of literature review commonly used in the sciences and become familiar with searching literature and the key aspects of critical analysis.

Writing and Structuring an Effective Thesis

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session focuses on the presentation of an effective thesis. You'll learn about the overall chapter structure, the aims and presentation of specific chapters and the manner in which they should be combined to create an effective and impactful thesis.

Writing Effectively

Type: Learning event
Mode: Online
Platform: [UEA](#)

This session considers the basic elements of effective academic writing. Issues covered include preparation, the task of writing, writing style and the need for a clear, logical and straightforward conclusion or 'take-home' message.

Communicating with diverse audiences

Assessment, Feedback and Module Design

Type: Learning event
Mode: Online
Platform: [UEA](#)

This session considers the act of marking and the writing and delivery of feedback, along with consideration of how best to discuss and justify comments made and marks awarded. It also explores the more advanced issues of setting assessments and module design.

Conference Presentations

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session introduces you to academic conferences. You'll learn how to choose the right conference, deliver effective abstracts, deliver with maximum impact and deal with questions concisely and effectively.

Conferences, Presenting and Networking

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module helps you to recognise the benefits of attending conferences and plan a strategy for presenting your research. It takes around two hours to complete in total. Log in using your Cardiff University username and password.

Conflict Management Through Compassionate Communication (NEW)

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

Conflict is a natural part of working in research environments, where collaboration, differing perspectives and high expectations can create tension. This session introduces Nonviolent (Compassionate) Communication as a practical approach to managing conflict.

Designing and Delivering Effective Presentations

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session introduces you to skills and techniques essential for oral presentations. You'll understand how to prepare and structure your presentation, learn strategies for working with visual aids and gain tips on delivering engaging presentations effectively.

Engaging the Public with Your Work (NEW)

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session introduces public engagement and explores how it can connect to your work. You'll learn the core building blocks for getting started in public engagement, before developing the key skills needed to approach this area with confidence.

Excel: Using Graphs and Charts to Present Your Data in Microsoft

Type: Learning event
Mode: In person / Online
Platform: [Learner Portal](#)

Understand how to create and format graphs using Excel. You'll learn how to create charts and graphs, accurately select data ranges and format chart data using Excel formatting tools.

From Complexity to Clarity: Successfully Communicating the Impact of Your Work

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session enables you to communicate complex ideas simply and confidently to a range of audiences. You'll learn how to make the most out of any opportunity to talk about what you do, why you do it and the impact of your work.

Good Presentation Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, helps you to think about your career options and what to do to become employable. Register and log in using your Cardiff University email address.

Images of Research

Type: Community event
Mode: Online
Platform: [Learning Central](#)

This showcase event challenges postgraduate research students to submit an image that encapsulates their work, along with a 150-word description. The entries are judged by an expert panel of academics and communications specialists.

Influencing Political Institutions

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session enables you to learn about the role of political institutions. You'll gain an understanding of Welsh and UK political institutions, their functions and the factors influencing their behaviour, and why you should engage with them.

Pitch Your Research

Type: Retreat
Mode: In person
Platform: [Learner Portal](#)

In this session, you'll have the opportunity to deliver a short, accessible talk about your research and to respond to questions from fellow students. You'll also receive constructive feedback from a member of staff from the Doctoral Academy.

PowerPoint: An Introduction to Creating Presentations in Microsoft

Type: Learning event
Mode: In person / Online
Platform: [Learner Portal](#)

This session enables you to create presentations using PowerPoint. You'll learn how to create a new presentation from a blank template, the terminology that is used to describe the constituent parts and how to use different slide layouts.

PowerPoint: Enhancing Your Presentations in Microsoft

Type: Learning event
Mode: In person / Online
Platform: [Learner Portal](#)

This session enables you to use PowerPoint to enhance your presentations. You'll learn how to use slide masters to create a consistent appearance, apply an in-depth knowledge of animation features, make use of Smart Art graphics and add multimedia objects.

Preparing and Delivering Lectures

Type: Learning event
Mode: Online
Platform: [UEA](#)

This session considers the main functions of a lecture and what makes a lecture excellent, before providing a step-by-step guide to preparation and delivery, including slide preparation, the commentary style and its relationship to the slide.

Preparing and Delivering Seminars

Type: Learning event
Mode: Online
Platform: [UEA](#)

This session explores the preparation and delivery of excellent seminars. You'll learn about the importance of being better prepared and more knowledgeable than the students and the ground rules for interaction and engagement.

Research Impact Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, helps you understand how to generate real-world impact and to think about the benefits. Register and log in using your Cardiff University email address.

Short Talk, Lasting Impression

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session enables you to deliver standout presentations. You'll learn how to turn your research into a compelling narrative, prepare a high-quality pitch, deliver talks with greater confidence and make best use of language, body language and visualisation.

Three Minute Thesis (3MT®)

Type: Community event
Mode: In person
Platform: [Learner Portal](#)

This competition challenges doctoral students to present their research to a non-specialist audience in just three minutes, using a single slide. The winner goes on to represent Cardiff University in the later stages of the UK competition.

Three Minute Thesis (3MT®): Support Session

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session enables you to prepare for our 3MT® competition. You'll learn how to develop and deliver a good presentation, how the rounds are structured and judged, how to apply and how to plan your pitch.

Maintaining momentum

Balancing Your Life

Type: Learning event
Mode: In person / Online
Platform: [Learner Portal](#)

This session looks at the issues and concerns you might face in maintaining your work life balance and remaining motivated during your research degree. It's run by a member of the Student Wellbeing team, as well as a Postgraduate Research Wellbeing Champion.

Creative Thinking and Problem Solving

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session enables you to develop new ways of seeing, questioning and generating ideas about your research. You'll learn that the first step to solving a problem is to ask the right question, as well as techniques to generate ideas and select solutions.

Emotionally Challenging Research: Impacts, Coping and Proactive Interventions

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session equips you with knowledge and tools essential for maintaining emotional wellbeing when conducting your research. You'll be introduced to a practical toolkit, providing resources and guidance in managing the emotional aspects of research.

Good Upgrade Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, helps you to understand how you can benefit from a rigorous upgrade process and why it shouldn't be seen as a mere formality or a bureaucratic hurdle. Register and log in using your Cardiff University email address.

Imposter Syndrome: Why Successful People Often Feel Like Frauds

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session enables you to overcome imposter syndrome. You'll learn what the latest psychological research tells us about imposter syndrome and how it operates, and become aware of evidence-based strategies that reduce imposter feelings.

Influence and Impact: An Introvert's Guide

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session is for those who identify with introverted characteristics and want to learn how to communicate with confidence. You'll understand the true nature of introversion, the strengths of the introverted type and strategies to communicate effectively.

LEGO Serious Play: Using Creative Thinking to Overcome Research Challenges and Set New Goals

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

This session helps you to identify common research challenges using LEGO serious play. You'll learn how to identify roadblocks and release your creative thinking mindset to overcome challenges, and how to identify and set new goals for your research journey.

Maintaining Momentum in Year 2 (NEW)

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module contains information and resources to help you navigate year 2 of your PhD. It's designed to complement and link to our Maintaining Momentum reorientation event for returning postgraduate research students.

Maintaining Momentum: Reorientation Event for Year 2 Students

Type: Learning event
Mode: In person
Platform: [Learner Portal](#)

Are you entering the middle phase of your research degree? If so, this session is for you. You'll learn about the typical milestones, expectations and priorities for the second year of the research degree and reflect on your development as an independent researcher.

Managing Procrastination

Type: Learning event
Mode: In person / Online
Platform: [Learner Portal](#)

This session raises your awareness of times when you procrastinate, helps you to identify what causes and maintains your procrastination cycle and outlines useful strategies for maintaining your focus and motivation.

Managing Stress

Type: Learning event
Mode: In person / Online
Platform: [Learner Portal](#)

This session provides an overview of the effects of stress and offers practical tips on how to reduce its impact on day-to-day life. It's run by a member of the Student Wellbeing team, as well as a Postgraduate Research Wellbeing Champion.

Managing Transitions in Your Supervisory Support

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session helps you to manage change in your supervisory arrangements with less stress and more confidence. You'll learn how to develop practical strategies to navigate unexpected changes in your research and supervisory support with confidence and clarity.

Managing Your Research Project

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module helps you to unpick the thought process that goes into planning a research project. It takes around two hours to complete in total. Log in using your Cardiff University username and password.

PhD Survival Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, helps you understand how to deal with feelings of loneliness, inadequacy or anxiety. Register and log in using your Cardiff University email address.

Project Management

Type: Learning event
Mode: In person / Online
Platform: [Learner Portal](#)

This session introduces you to some project management techniques, to help you avoid last-minute panics. It's intended to help you plan a project, keep track of progress, make best use of your time and work effectively with other people, especially your supervisors.

Research Support Clinic

Type: Clinic
Mode: In person / Online
Platform: [Learner Portal](#)

If you're looking for advice and guidance about a particular aspect of your research or student experience, we're here to help. You can book a confidential appointment to talk through your situation with an experienced member of our team.

Researcher Wellbeing Cymru

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This is an open-access digital platform designed by and dedicated to supporting postgraduate research students. It offers a toolkit of over 130 tailored online resources. You can also benefit from access to community groups and regular virtual events.

Seven Secrets of Highly Successful Researchers

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session enables you to maximise your potential. You'll learn how to deal with your supervisor, structure your study time, maintain a healthy attitude, deal with writer's block, get the help you need when you're stuck, and manage your time effectively.

Success Stories

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, helps you to stay motivated on those days when it all feels too much and you need reasons to be optimistic. Register and log in using your Cardiff University email address.

Time and Energy Management for Researchers: Strategies for Getting Stuff Done! (NEW)

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session explores how you can optimise your time and energy in a busy research environment. You'll learn practical tools and strategies to identify priorities, manage competing demands and work confidently with deadlines.

Time to Focus

Type: Retreat
Mode: In person
Platform: [Learner Portal](#)

The session gives you space and motivation to get things done in a relaxed and supportive environment. You'll set clear and realistic goals and spend extended time working on a task of your choice, building focus and productivity into your regular routine.

What to Do When Things Go Wrong: Using Challenges, Messiness and Discomfort as Resource

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session helps you to develop strategies for managing yourself and your project during difficult times. You'll gain practical tools to clarify research objectives, even in the face of uncertainty, and develop creative problem solving skills to turn setbacks into opportunities.

Finishing your research degree

Finishing Your Research Degree (NEW)

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module contains information and resources to help you navigate the final stages of your PhD. It's designed to complement and link to our Finishing Your Research Degree reorientation event.

Finishing Your Research Degree: Reorientation Event for Year 3 Students

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

Are you entering the final phase of your research degree? If so, this session is for you. You'll learn about the competing priorities that you'll face during your final year, how to prepare and submit your thesis, and what to do if you're not confident in meeting your deadline.

Good Doctorate Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, helps you to manage your time and complete your thesis on schedule. Register and log in using your Cardiff University email address.

Good Viva Video

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This resource, which is available through Dr App, helps you to understand what a good viva looks like and how to prepare for it. Register and log in using your Cardiff University email address.

Preparing for Your Viva

Type: Learning event
Mode: Online
Platform: [UEA](#)

The session explores the general purpose of the oral examination process and strategies for success. It's a generic session designed for students at different institutions and so it doesn't go into specifics about the arrangements at Cardiff University.

Understanding the Viva

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session explains the viva process at Cardiff University, the role of the Examining Board and the possible outcomes. It consists of a panel of academics, staff from the PGR Quality and Operations team and students who have recently completed a viva.

Viva Practise

Type: Retreat
Mode: In person / Online
Platform: [Learner Portal](#)

This interactive session gives you the opportunity to practise answering common viva questions in a relaxed and supportive setting. It focuses on general viva-style questions, such as discussing your research journey, key findings and methodological choices.

Managing your career development

Career Directions for Researchers

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

Discover a suite of careers and employability resources. Created exclusively for postgraduate research students, this website supports career planning, the development of employability skills and mastering recruitment processes.

Career Planning in the Arts, Humanities and Social Sciences

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module helps you to understand key factors in career decision-making and how to engage with both academic and non-academic employers successfully. It takes around two hours to complete in total. Log in using your Cardiff University username and password.

Career Planning in the Sciences

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This module helps you to understand key factors in career decision-making and how to engage with both academic and non-academic employers successfully. It takes around two hours to complete in total. Log in using your Cardiff University username and password.

Careers Cafés

Type: Resource
Mode: Asynchronous
Platform: [Learning Central](#)

This podcast series offers a selection of talks from a range of PhD graduates, sharing their unique career journeys in an informal and engaging setting. From academia to industry, our speakers represent a variety of roles both within and outside of Higher Education.

Preparing Impactful Research Proposals and Grant Applications

Type: Learning event
Mode: Online
Platform: [UEA](#)

This session considers the writing of effective research proposals and the best ways to create a compelling 'case for support'. You'll learn about the generation of a clear rational and the statement of a defined and delimited set of research aims and questions.

Securing Your First Academic Post

Type: Learning event
Mode: Online
Platform: [Learner Portal](#)

This session enables you to develop career management skills. You'll explore the need to establish an academic identity, how to recognise a 'gettable' post, how to generate effective application paperwork and the structure and nature of academic interviews.

'What Next' Video

Type: Resource

This resource, which is available through Dr App, helps you to think about your career options and what to do to become employable. Register and log in using your Cardiff

Mode: Asynchronous

University email address.

Platform: [Learning Central](#)

Version control

Date	Details
01/09/25	V1 published.
23/02/26	<p>Entries added:</p> <ul style="list-style-type: none">• Abstracts, Keywords and Titles in Academic Writing (Learning event)• Academic Writing Through Paired Peer Dialogue (Learning event)• Academic Writing Through Peer Review (Learning event)• Conflict Management Through Compassionate Communication (Learning event)• Developing a Convincing Argument in Your Thesis (Learning event)• Engaging the Public with Your Work (Learning event)• Finishing Your Research Degree (Resource)• Finishing Your Thesis: From Draft to Done (Learning event)• Finishing Your Thesis: From Feedback to Submission (Learning event)• Maintaining Momentum in Year 2 (Resource)• Qualitative Interviewing: From Design to Practice (Learning event)• Starting Your PhD (Resource)• Time and Energy Management for Researchers: Strategies for Getting Stuff Done! (Learning event) <p>Entries removed:</p> <ul style="list-style-type: none">• Blogging: How to Get Your Research Out There (Learning event)• Digital Strategy: Profiles, Social Media and Connecting (Learning event)• Engaging the Media: The How, Why and Who (Learning event)• Generative Artificial Intelligence and the Researcher: Strategies, Insights and Practical Uses (Learning event)• Innovation, Collaboration and Business Insights (Learning event)• Machine Learning with Python: An Introduction (Learning event)• Public Engagement 101: Unlocking the Essentials (Learning event)