



THE LONDON SCHOOL
OF ECONOMICS AND
POLITICAL SCIENCE ■



WELCOME TO THE

PhD Academy



PhD Development Training Programme ■

Welcome from the PhD Academy Director

Welcome to the PhD Academy's training and development programme for research students. We hope that you will come to see it as an integral part of your studies at the LSE: as a tool for enhancing your existing strengths as a researcher, for exploring new skills and for looking after your wellbeing.

The PhD is very intense and often one feels that time is in short supply. So why take on other commitments, why sign up for a session on how to interact with the media or on public speaking? As a supervisor, I used to say: "Don't waste time, just concentrate on your thesis..." But my experience over the years has really changed my way of thinking (and advising). There are several reasons why students should make the time to engage with their professional development: first, there are only so many hours that one can productively work on one's thesis, and it might actually be more productive to take a break and do something else; second, enhancing one's career and professional skills is one of the aims of any PhD programme; third, attending sessions at the PhD Academy is an opportunity to meet students from other departments, which can be intellectually refreshing.

I hope that you will take full advantage of what we have on offer. And if you have suggestions for new or different training opportunities, please let us know!



Professor Rita Astuti

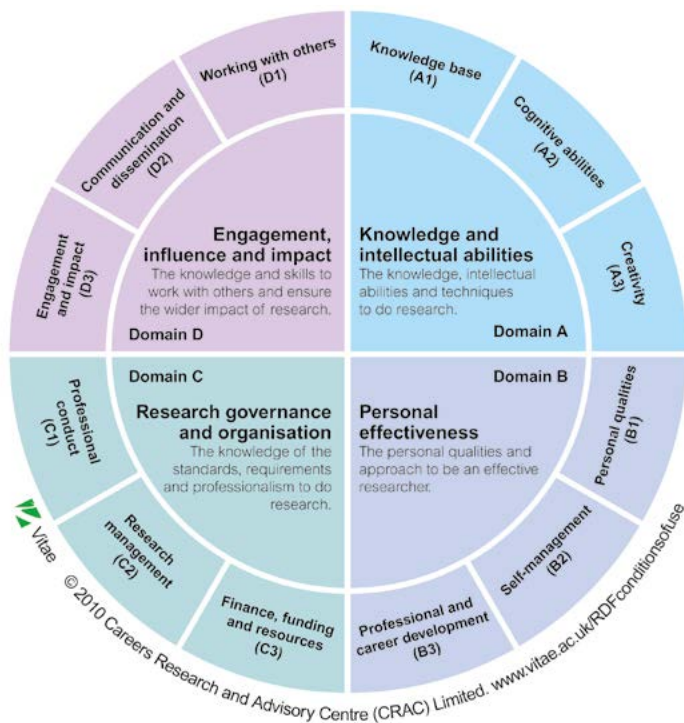
Director of the PhD Academy and ESRC Doctoral Training Partnerships at the LSE



“ I love the PhD Academy. I like to go there to unwind between classes when I'm teaching as I can have a cup of tea, relax, and gather my thoughts.”

Researcher Development Framework (RDF)

The Researcher Development Framework, which was launched in September 2010, is a professional development framework for planning and supporting the personal, professional and career development of researchers. It articulates the knowledge, behaviours and attributes of successful researchers and encourages them to aspire to excellence by achieving higher levels of development. It was developed by and for researchers, in consultation with academic and non-academic employers.



The RDF is structured in four main domains, each including three sub-domains and further detailed descriptors. The four main domains of the framework are:

- Domain A: Knowledge and intellectual abilities**
- Domain B: Personal effectiveness**
- Domain C: Research organisation and governance**
- Domain D: Communication, influence and impact**

All of the training offered by the PhD Academy meets the criteria set out within the RDF. The

following pages give an overview of some of the sessions we will be offering and the domain they fit into.

Throughout the year, we deliver a bold and dynamic programme of training and this booklet can only give a flavour of what's available. More information is on the PhD Academy's website: <https://info.lse.ac.uk/current-students/phd-academy/events-courses-and-training>.

Knowledge and Intellectual Abilities

Writing & Blogging

This full day workshop combines best-practice with tips and exercises to provide a quick primer on academic writing. Students should come away from this training confident in their ability to articulate ideas clearly to a range of audiences, formally and informally, through a variety of techniques.

The first part of the workshop explores some broad principles underlying academic writing – e.g., how to situate your argument within a broader literature, how to structure a coherent argument and how make your writing relevant to an array of external audiences.

The second half of the workshop looks at blogging as a tool for knowledge exchange. Students should come away from this training confident in their ability to articulate ideas clearly to a range of audiences, formally and informally, through a variety of techniques.

“ learning how to structure my thesis was so helpful ”

Writing for the Media

Run by Karla Adam, a correspondent for the Washington Post and LSE alumnus, the masterclasses will include guest speakers from national newspapers and industry experts. The last session included guest speakers from the LSE press office, the Guardian and the New York Times.

There will be two masterclasses that cover topics ranging from story structure to writing to pitching. You will have the opportunity to have your own writing reviewed and go through real-life pitches from previous students who landed stories and figure out why they worked. Previous participants have gone on to have pieces published by the Guardian and Al Jazeera.

“ I would advise anyone interested in writing for a non-academic audience enrol on Writing for the Media ”



Delia Lloyd



Delia Lloyd is a London-based communications expert with over 20 years of experience as a writer, editor and coach. She brings together an unusual mix of rigorous, analytic thinking with an authentic, accessible voice.

Delia holds a PhD. in political science from Stanford University and has taught public policy and international development at MIT and The University of Chicago. Most recently, Delia was the Head of Policy and Research Insight at BBC Media Action, the BBC's International development charity, where she oversaw commissioning, editing and disseminating all policy and research outputs. A seasoned journalist, Delia's reporting and commentaries have appeared in outlets including The New York Times, The Financial Times, The Washington Post and The BBC World Service. Delia has training in coaching, mentoring and creative facilitation.

Personal Effectiveness

Time Management

This session, led by Dr Claudine Provencher (Head of LSE LIFE), is designed to help PhD students manage their time most effectively and stay sane throughout the doctoral process! Claudine will draw on her own experience of being a PhD student, here at the LSE, to discuss techniques and tips to help you deal with the various demands on your time, be they working your research, teaching, working outside the LSE and/or being a parent. The session will start with a short presentation and will be followed by a Q&A.

“ Time Management workshop - great tip on keeping a bullet point journal ”

Wellness Workshops

Dr Serena Sharma delivers regular wellbeing sessions for PhD students with the intention of promoting wellness in institutions of higher learning. The aim is to tailor wellness tools to the specific types of stresses that students confront - whether it's exam stress, anxiety surrounding dissertation writing, delivering academic presentations, the pressures of publishing, or applying for academic jobs. The workshops are informal, run over lunchtimes and take a holistic approach to stress.

Some of the issues covered are:

- Doctoral De-Stress: Managing the Pressures of PhD Life
- Wellness While Writing: Procrastination, Perfectionism and Writer's Block
- Persisting with the PhD: How to Sustain Motivation During the Doctorate
- All Work and No Play: How to Cultivate a Healthy Work-Life Balance
- The Balancing Act: How to Effectively Juggle Your Competing Commitments
- Building Confidence: Working with Your Inner Critic
- Eat Well, Stress Less: Combatting Stress Through Nutrition
- The Science of Stress Management: How Meditation Can Change Your Brain

“ these workshops are great for sharing experiences with other students ”

Research Organisation and Governance

Project Management

While a PhD can be seen as a project, a temporary set of planned tasks done to achieve a specific aim, how can you manage it effectively to get your PhD done? Moreover, how can you manage multiple projects at once, from completing your research and thesis, to teaching successfully and attending seminars and conferences?

This one-day course aims to help you develop the relevant aspects of formal Project Management theory to give you a practical toolkit to use throughout your PhD. Outcomes include:

- Knowing how to plan your projects
- Knowing how to work well with others to complete projects
- Knowing how to manage your procrastination to get the project done
- Knowing how to cope and get back in control when things go wrong

“ Structure of the Project Management workshop helped me to organise my own thoughts and ideas ”

Ethics training

The PhD Academy hosts a programme entitled 'Hot topics in research ethics'. This comprises monthly sessions, led, usually, by an LSE academic, on issues relating to research ethics. These two-hour training sessions are informal, with a focus on discussion. Topics may vary from year to year, but currently include:

- Gathering qualitative data: the ethics of informed consent
- Conducting sensitive interviews
- Ethical issues when conducting research in developing countries
- Use of deception in research
- Ethical and other legal issues of using social media data in research
- Ethical issues in ethnographic research
- Ethical considerations and safeguards when working with children

“ great discussion on grey ethical areas ”

Communication, Influence and Impact

Broadcast Media Training

A media and communications workshop designed to ensure that, the next time you address a live mic, a rolling camera, an audience or an interview panel, you're equipped to get your message across effectively. This session covers a range of communication and broadcast skills including: taking control of your interview, developing and amplifying your messages, building confidence and presence, and dealing with hostile media or curveball questions.

This workshop will break down some interview examples and look at the media environment, exploring the different types of interview and how to best prepare for each one. By the end of the session, you will have the confidence and ability to take media requests - even at short notice.

“ I learned a huge deal about the mechanics of how being interviewed works ”

Public Speaking Workshop

A half-day workshop that plunges participants into a fun and fast-paced introduction public speaking. Ideal for students who may lack confidence, struggle with nerves or simply those who require experience communicating to a multi-disciplinary audience.

This workshop is suitable for students of all levels. Participants should come open, ready to move (to their ability) and willing to have fun. They should also be prepared to talk for 5 minutes about an area of their research. By the end of the session, students will leave with an understanding of what it takes to give a successful presentation and what they need to achieve in order to present themselves in public with confidence, style and good humour.

“ so useful to understand the idea of watchable personality and public speaking as a skill ”



Documentary Film Making

This workshop provides an introduction to documentary filmmaking approaches. The session will present an overview of different storytelling styles and provide participants with hands-on opportunities to practise technical aspects of documentary filmmaking.

We'll be considering:

- Researching and developing a project
- Preparing for a shoot
- Sound recording
- Interview techniques
- Shooting for the edit
- The language of filmmaking – cutaways, camera movements, types of shots

“ The practical aspects of film making such as going out for shooting and group discussion of work ”

Rachel Shabi



Rachel Shabi is award-winning political journalist, author and broadcaster, who has reported extensively on the Israeli-Palestinian conflict, including from the region for The Guardian for five years . Rachel contributes to a variety of international publications, including The New York Times, the Times, the Independent, Al Jazeera English, BuzzFeed, the New Statesman and the Nation.

She regularly contributes to news debates, papers reviews and on programmes such as the Andrew Marr Show, BBC Newsnight, Dateline London, Daily Politics and CNN Talk. Rachel is also a media and communications consultant, working with clients including international NGOs, thinktanks and academics to develop and enhance media and presentation skills

1-2-1 Sessions

As well as the regular termly workshops that we offer, students have the opportunity to sign up for a variety of 1-2-1 sessions with some of our regular trainers. The writing coaching allows students to submit a piece of work prior to the session and the coach will provide detailed feedback on how to improve the presentation and style. The public speaking session gives students the chance to work on a particular presentation and builds confidence in developing their unique public speaking persona.

“ I would have never dared to make such a speech without Anna’s help ”

Well-being and Student led events

The PhD Academy has two qualified coaches who work with students on a confidential basis over a range of issues that may come up during the four years of the programme. We also deliver a range of workshops that take a holistic approach to stress and to assist students in managing the pressures they face.

We encourage students to apply for funding from the PhD Academy to enable cohort building. In previous years students have organised a conference on the theme of Data and Disorder in collaboration with students from the Oxford Internet Institute. The PhD Academy have provided support to students who have set up Structured Writing Days allowing them to use the teaching room and funding refreshments.

“ I have developed assertiveness and confidence in my research as a result of the coaching sessions ”

Anna Tobert



Anna is a dynamic and creative public speaking coach. Her holistic and supportive approach enables participants to find their own voice, combat nerves and emboldens them to become powerful and engaging speakers. She is passionate about encouraging her students to uncover and embrace their own individuality on the path to developing their unique public speaking persona.

Anna’s skills are drawn from over 10 years’ experience as a performer, improviser and clown. She trained at the internationally renowned theatre schools, Ecole Philippe Gaulier and Ecole Jacques Lecoq, Paris and has worked both nationally and internationally. Uniquely she is able to combine practical theatre experience with a high academic record, having completed an MPhil at the University of Cambridge and an MA (Hons) from Edinburgh University.

Other Resources

Colleagues across the School work with and provide support to PhD students. Some provide drop-in or bookable sessions at the PhD Academy and others can be contacted directly.

Financial Support Office – Tuesdays 12-1, Thursdays 1-2 (drop in)

Careers - Wednesday and Friday afternoons (appointments)

Language Centre – Monday, Wednesday and Friday – 12-1 (appointments)

International Students Visa Advice Team – Mondays 11-12, Thursdays 3-4 (drop-in and appointments)

Methodology – Thursdays, 10 – 12 (drop-in)

Publishing

You can arrange with the Library, for help and advice on publishing and sharing your academic work. Contact L.Lambe@lse.ac.uk

Knowledge Exchange and Impact (KEI) funding for PhD students

Enhance your potential for impact by engaging and communicating with non-academics, at any point through your research project not just at the end.

As a PhD student you can apply for up to £2k towards your KEI activities. Find out more about the KEI Fund and get KEI inspiration at lse.ac.uk/kei

Students' Union

LSE Students' Union works with all students and can provide advice and support. There are two posts specific to research students – Graduate Teaching Assistant Officer and PhD Officer.

Disability and Wellbeing Service

DWS are the central hub for all students who are disabled, have a long-term medical condition, have a mental health condition or have a specific learning difficulty (such as dyslexia or dyspraxia).

They support LSE in its commitment to enabling all students to achieve their full potential in an environment characterised by dignity and mutual respect. We aim to ensure that all individuals are treated equitably.

Student Counselling

A free and confidential service offering individual, pre-booked appointments, daily drop-in sessions and a series of group workshops and other events throughout the year.

Peer to Peer Support

LSE Peer Supporters include LSE PhD students who have been trained to provide confidential listening support to their peers and are available to all research students.

LSE LIFE

LSE Life provide a range of support sessions, events, advice and workshops that are available to PhD students.

<https://info.lse.ac.uk/current-students/phd-academy>



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This information can be made available
in alternative formats, on request.
Please contact phdacademy@lse.ac.uk

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