Redefining Researcher Support: a new emphasis on community and wellbeing

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UoM’s Researcher Support Landscape

Manchester Doctoral College (MDC)

Faculty RD Teams
Library
S.L.D.
Methods/Arts Methods
S.U.
Careers
I.T.

*Additional support offered to all students and staff by the Counselling Service
My Research Essentials (MRE)

Reviewing our offer

• To build on existing resource and expertise with pedagogy and evaluation insight
• Establish and implement robust quality assurance processes and procedures
• Build on existing support and work in partnership e.g. on wider projects
• Investigate potential for expansion re: academic and wellbeing skills
Research: UoM support for researchers
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MRE: New methodology and principles

- Is the Library best placed to deliver or host this support?
- Is there a demonstrated need for this support?
- Does the delivery of the support promote a sense of community amongst researchers?
- Is the support delivered in a way that is inclusive and accessible?
- Is the delivery of this support sustainable?
Understanding our Audience

![Bar chart showing student records over FY 2016 to FY 2019]

- FY 2016: 100
- FY 2017: 200
- FY 2018: 800
- FY 2019: 600

Legend:
- Gray: Not in student records
- Yellow: PGRs
- Gray: PGTs
Understanding our Audience

![Bar chart showing data for FY 2016, FY 2017, FY 2018, and FY 2019. The categories include Not in student records, PGRs, PGTs, and Bespoke.]
Understanding our Audience

Individual attendees by student status

- Not in student records
- PGRs
- PGTs

Individual attendees by faculty (PGRs)

- FSE
- Humanities
- FBMH
The PGR Well-Beeing Project

Develop our knowledge and understanding to improve provision, support & resources

Prevention
- Survey
- Wellbeing Checks
- Six Ways to Wellbeing

Support
- Reps Training
- Resources
- Apps

Referral
- NHS - Student Mental Health Hub
Two key avenues for MRE

PGR Reps

Well-being support
Six Ways to Wellbeing

be active
learn and discover
connect
be healthy
give
take notice
Masterclass: Look After Your Mate...
PGR Reps Masterclass: Resilience Skills for Researchers
Mindfulness for Postgraduate Research

Kelly Birtwell
Centre for Primary Care, School of Health Sciences
The University of Manchester
Enhancing Public Speaking Skills with Improvisation Techniques

trembling, stuttering, rapid heartbeat, looking nervous, blushing, imposter syndrome, dry mouth, anxiety, fidgeting, being judged, sweating palms, talking too fast, squeaky voice
Postgraduate Research: Understanding What to Expect
Attendance and Evaluation

- Total combined attendance for wellbeing workshops and PGR Reps training is 131
- This accounts for 21.4% of the total attendance this year
- 96% of attendees found the PGR Reps training useful
- Attendees valued interaction with peers the most
- 4 PGRs delivered support to their peers
Co-creating as Partners
Thank You