

## TRAINING IN CAREER PLANNING FOR HDR CANDIDATES AT UQ: FURTHER INFORMATION

### What is the program?

- A tightly-focused career planning course with core material delivered online, designed to accommodate people already working full-time.
- A sure way to help you consider methodically your own drivers, strengths, personal priorities and employment options, to help you make active, well-informed career choices. The program makes no advance assumptions about career preferences, nor does it push specific career pathways.
- A structured opportunity to ask yourself searching questions about your future early in your career, to understand the paths that are open to you and establish realistic goals, whether these are within or outside academia.
- Practical training that encourages you to view your post-graduate study, training and skills as a platform for a range of career options, rather than a 'pipeline' into academic pathways where competition is intense and long-term, secure employment options are few.
- Delivered by the researcher training specialists, PostdocTraining, who have been leading career training programs for PhD students and postdocs in Australia and Europe since 2012.

### What will the program do for you as an HDR candidate?

- Enable you to be clear about where you intend to take your career, and map where and how you should focus your efforts to accelerate your progress.
- Guide you through a self-assessment process and creating a career plan that aligns with your strengths and personal preferences, using practical exercises and downloadable template tools. These plans capture both specific destinations and actions you need to take to reach your goals.
- Give you motivation, information and the tools you need to take charge, whether you do not yet know your preferred path or you already have a goal and are looking for the best way to reach it.

### What won't the program do?

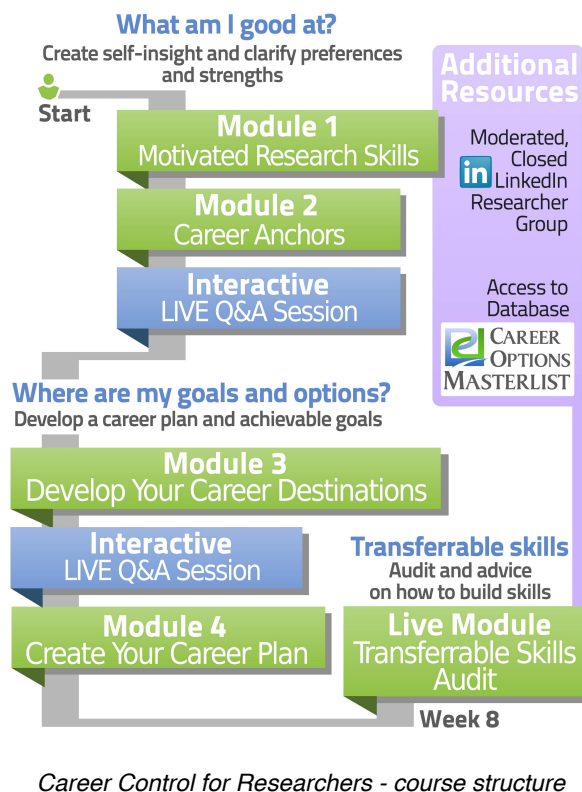
- Do the tough part for you! The course is part-time and on-demand, but there is real work and commitment involved: planning your future is not straightforward.
- Tell you what jobs are currently available, what to apply for or how to write applications for specific jobs - though it will give you the platform for making informed choices about these things, including how to present transferrable skills.
- It is a practically-focused course and does not lead to a formal training certification, though certificates of participation are available on request.

### Program timeframe and main elements

- The program runs twice annually over 8 weeks, generally April-June and October-November. You will find the dates of the next course and the registration link on the UQ Graduate School's website.
- Four modules, in a choice of online text, downloadable PDF and audio formats. One new module is released every two weeks, involving a commitment of about two hours each on average.
- Once published, content is accessible on demand to avoid diverting you from core study and research tasks.
- Three webinars of around 45 minutes each, to allow for live discussion of participants' questions, career strategies, pathways and key skills to support progress.
- Participants retain long-term access to all the resources, so you can revisit the modules, download fresh copies of exercise templates and planning tools, and review webinar recordings as you wish.
- The commitment of time required is less than 17 hours over 8 weeks including webinars, even for those taking advantage of 'buddy' arrangements and the program's private LinkedIn group (*see the course components overleaf*).

## Summary of components

- 4 online modules spaced over 8 weeks, in text and audio formats (1½-2 hours each to complete)
- 2 live, facilitated webinars for career planning-related Q&A, led by PostdocTraining
- An additional final live module for all participants on transferrable skills, led by PostdocTraining
- Access to a wide-ranging Masterlist of career options for people with research backgrounds, using case studies
- Voluntary matching with other HDR candidates at UQ to encourage career-related peer discussions
- Opportunity for all participants to join a LinkedIn career development forum moderated by PostdocTraining
- Open-ended access to course material, webinar recordings and the Masterlist, as ongoing support for participants' career planning and actions.



To register your interest and ask any questions not answered here, please visit the UQ Graduate School's [website](http://www.graduateschool.uq.edu.au) or email to [graduateschool@uq.edu.au](mailto:graduateschool@uq.edu.au)

## What participants say (all comments 2017-20)

*"I got a lot out of the programme, it was easy to do, flexible, didn't take up much time in the week and was very insightful! I would highly recommend to anyone wanting to learn more about their strengths, weaknesses and future work directions."*

*"Your course was fantastic, it helped me so much at a moment when I was totally puzzled about what to do next."*

*"Provided an opportunity for me to overview my working life from a 10,000 ft height. It made me think deeply about the real motivation of my life and helped me crystallize my career goals. More importantly, it showed me alternative career pathways and helped me map out a detailed action plan step-by-step toward my goals."*

*"Extremely useful information on how to start planning a clear career pathway post PhD/postdoc. Great interactive sessions to ask questions and listen to tips on how to network effectively, prepare job applications, etc."*

*"The step by step pace led to some in-depth soul searching and helped me focus on what I am good at. I have totally changed my expectations of career post-doc and feel very relieved that there are a lot more options out there for when I finish."*

*"The course also gives a hopeful and inspiring perspective on life as a PhD. Apart from general observations and statistics, the enormous batch of cases in the Career Options Masterlist is one of the top features of the course."*

*"We do not often stop to really look at ourselves diagnostically and see where we best fit in the world. The course reminded me that there is no shame in not feeling a particular, pre-defined path is the best for me - I need to follow my career anchor. I would recommend it because there are too many stressed/depressed researchers in the world who have not taken time to map a fulfilling career."*

*"This needs to be an integrated part of any RHD (research higher degree) programme. In a fast changing world, academics/researchers need to be aware of their transferable skills to be able to match them with the world beyond academia."*