

EARLY CAREER RESEARCHER NETWORK 2018 PROGRAM



CAREER MANAGEMENT

- Making the most of mentoring (April)
- In conversation with... interview and Q&A sessions (May, August, October)
- Job applications and interviews:
 - CVs and Job Applications (October)
 - Interview skills (October)

MANAGING YOUR WORKLOAD

- Getting things done without going crazy - goal setting and prioritisation – (Sept)

RELATIONSHIPS: Collaboration, Leadership and Supervision

- Developing pitches and proposals for industry, government and not for profit partners – Research Partnership Managers (28 March)

GETTING FUNDING

- Turning ACR competitive grant applications into philanthropic grants – Office of Advancement (August)

COMMUNICATION, OUTREACH AND ENGAGEMENT

- Creating bigger impact through storytelling – Group Marketing (May)
- Powerful and Practical Presentation Skills for ECRs (June, November)
- Develop your research “pitch” - preparation for FameLab & Pitch it Clever (October)

LOGISTICS

- ResBaz 2018 at Macquarie – Data Science and eResearch team (July)
- Data Science and eResearch workshops – Data Science and eResearch team (Various)

LIFE BALANCE

- Resilient Researcher (March, July)
- Panel session: Bouncing back from set-backs (Sept)
- Panel session: You don't have to give up life to be an academic (November)

SOCIAL EVENTS

- ECR BBQ Lunch (March)
- ECR End of Year Event (November)

More information and registrations:

<https://staff.mq.edu.au/research/resources-and-support/early-career-research-network>

ECR PROGRAM January – June 2018

MARCH

Good Friday 30 March

ECR BBQ Lunch – Lakeside, Thursday 15 March, 12pm – 2pm

Save the date to join fellow early career researchers for a BBQ lakeside on Thursday 15th March. Celebrate the start of the year, the end of the major grant round, relax in the sun with peers from across the University and meet Deputy Vice-Chancellor, Professor Sakkie Pretorius and Pro Vice-Chancellor, Professor Lesley Hughes. BBQ lunch, gelato and fresh juices are on us.

Resilient Researcher Workshop – Tuesday 20 March, 9.30am – 4.30pm

Facilitator: Dr Shari Walsh (Growth Psychology)

Resilient Researcher is a one-day workshop to help you maintain life balance and develop strategies for managing stress and maximise performance. Utilising evidence based psychological principles and a participant-centred approach, this workshop will cover topics including:

- *Identifying values and demands*
- *Juggling multiple roles and competing commitments*
- *Developing balance and boundaries*
- *Strategies to promote resilience and coping*
- *Understanding processes of anxiety and stress*
- *Identifying triggers and adaptive responses*
- *Turning perfectionism into realism*
- *Preventing procrastination*

Life Balance and Resilience Coaching (3 sessions over 3 months, commencing after 20 March workshop)

*Attendees of the Resilient Researcher workshop can opt to sign up to **three free 40 minute coaching sessions**. Coaching sessions will be led by Post-graduate students from Psychology learning coaching skills as part of the 'Coaching and Positive Psychology Unit' overseen by Dr Monique Crane. Dr Crane is a registered psychologist with expertise in occupational resilience. Over the course of three months, participants will meet one-to-one with their coach to discuss career objectives, foreseeable barriers to goal achievement, implement the strategies learnt in Resilient Researcher and monitor progress toward goals.*

Developing pitches and proposals for industry, government and not-for-profit partners, 28 March 12.30pm – 2pm

Facilitator: Research Partnership Managers with Macquarie researchers

Industry, government and not-for-profit partners request or accept proposals for funding in an infinite variety of formats. This session covers the essentials of developing these proposals from brief capability and concept "pitch" stage documents to complex and highly customised full proposals that are developed in close consultation with a member of the funding partner organisation. As needed, the session can also cover some of the essentials of tendering.

APRIL

Easter Monday 2 April
School holidays 14 – 30 April
Session Break 16 – 27 April

Making the most of mentoring – Wednesday 4 April, 10am – 1pm

Facilitator: A/Prof Clare Monagle (Macquarie University, Faculty of Arts Emerging Scholars Scheme)

This interactive mentoring workshop will provide you with information to help you find a mentor. A/Prof Clare Monagle established and leads the Faculty of Arts Emerging Scholars Scheme. She will use her experience as a mentee, mentor and as lead of this ECR mentoring program to explore:

- *The difference between a mentor and a boss/supervisor*
- *What it is you need from a mentor and what you can offer*
- *How to approach and engage potential mentors*
- *Etiquette for managing the mentoring relationship*
- *Different types of mentoring*

MAY**Creating a bigger impact through storytelling – date to be confirmed**

Facilitator: Emma Casey, Group Marketing

This 1.5 hour session will provide an introduction to story-telling and identify ways you can share the impact of your research with different audiences. Members of the Macquarie Communications portfolio will facilitate this session and outline how they can assist you to increase the reach of your research communications.

In conversation with... PROFESSOR BRONWYN CARLSON – Tuesday 29 May 12pm – 2pm

Facilitator: Professor Lesley Hughes, with Professor Bronwyn Carlson

In conversation with sessions expose ECRs and HDRs to different career pathways through interview and Q&A with experienced researchers or industry and government professionals. The series provides insights into career building, life-balance and broader career opportunities. Interviewees share their experiences of managing a career and responding to challenges and opportunities.

Professor Bronwyn Carlson is an Aboriginal woman who was born on and lives on D'harawal Country in NSW Australia. She is Head of Department of Indigenous Studies at Macquarie University and is a scholar with both a national and international reputation in her field. She has vast teaching and curriculum development experience and has published in scholarly journals, nationally and internationally. Her research interests include Indigenous identities, Digital Indigenous Humanities and Global Indigeneity. She is the recipient of the 2013 Stanner award administered by the Australian Institute of Aboriginal and Torres Strait Islander Studies for her Doctoral thesis on the politics of Indigenous identity. She has been awarded two consecutive solo ARC Discovery Indigenous grants focussing on Indigenous identity and community online on social media. A light lunch will be provided following the Q&A session.

JUNE

Exams 11 – 29 June

Powerful and Practical Presentation Skills for ECRs: present your research to make your audience want to know more – Friday 1st and Friday 8th June (2 x half days)

Facilitator: Mariette Rups-Donnelly

This workshop will help you prepare research presentations that engage the interest of your audience. Over two half days participants will:

- *develop skills and techniques to improve presence*
- *learn strategies for dealing with nerves*
- *understand how to structure a presentation and what content to include/leave out*
- *learn how to create engagement and influence audiences through storytelling*

*Participants need to be able to attend both half days.***More information and registrations**<https://staff.mq.edu.au/research/resources-and-support/early-career-research-network>

ECR PROGRAM July – December 2018

(dates to be confirmed 1 May 2018)

JULY

School holidays 7-22 July

Session Break 2 – 27 July

Session 2 30 July

ResBaz Sydney – Tuesday 3rd to Thursday 5th July

Host: Macquarie University Data Science and eResearch Team

The Research Bazaar is a free, 3-day intensive festival and conference where researchers come together to up-skill in next generation digital research tools and scholarship. In the spirit of a marketplace or bazaar, ResBaz is a highly participatory event where researchers from many different disciplines can learn, share knowledge and skills, and have fun.

Activities include:

- Software Carpentry workshops (R, Python, SQL, Shell, Git)
- Getting the most out of your data (with Excel, OpenRefine and R)
- eResearch services & tools (HPC, NectAR, tech info booths)
- Social activities (daytime & evening)
- The Humanities and Technology Camp (THATCamp)

The program is still in the making, and will appear soon.

Resilient Researcher (session break)

Facilitator: Dr Shari Walsh (Growth Psychology)

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- Identifying values and demands
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- Strategies to promote resilience and coping
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- Identifying triggers and adaptive responses
- Turning perfectionism into realism
- Preventing procrastination

AUGUST

In conversation with... (late afternoon session)

Industry/Government speaker.

Turning ACR competitive grant applications into philanthropic grants

Facilitator: Caitlin Crockford, Office of Advancement

More information to come.

SEPTEMBER

Session Break 17 -28 September

Panel: bouncing back from set-backs

Facilitator: Professor Lesley Hughes

Panel/seminar style session focusing on how speakers have maintained resilience in the face of set-backs (unsuccessful grant applications, rejected publications, unsuccessful recruitment). The seminar will feature speakers at mid-career level talking about how they have managed set-backs, and provide tips for attendees on management strategies and how to turn set-backs into building blocks for their goals.

Getting things done without going crazy - Goal Setting and Prioritisation

Facilitator: Professor Lesley Hughes & Emily Brennan

This short workshop provides participants with the opportunity to explore some practical strategies and methods for prioritising and managing time. The workshop will cover identifying values, setting goals, prioritising tasks and staying on track. We will explore tips, strategies and tools.

OCTOBER

School holidays 29 September – 14 October

In conversation with... (lunchtime session)

As above.

CVs and Applications

CVs and Job Applications is a 2 hour workshop to help ECRs craft a CV, cover letter and response to selection criteria. The session will be facilitated by the ECR Network and HoDs and will provide practical advice on developing written job applications. Participants will have the opportunity to have their CV or a cover letter reviewed and to receive feedback.

Interview Skills

Interview skills is a 2 hour workshop to build knowledge about the interview process and equip ECRs to prepare for interviews. The session will be facilitated by ECR Network staff and a MQ researcher and will provide advice on what interviewers are looking for through analysis of a number of common interview questions, as well as provide tips on how to prepare and how to present at interview.

Develop your research “pitch”

Facilitator: TBC

This short workshop will help participants refine their ‘elevator pitch’. Participants will:

- learn why it is important to tell the story of their research succinctly
- understand the value of their research to different prospective audiences or stakeholders
- find the most compelling aspect of their research story
- learn how to communicate this to inspire

This session will also cover tips on how to communicate using video.

This workshop is designed to assist researchers who might be considering applying for FameLab or Pitch it Clever competitions.

NOVEMBER

Exams 12 -30 November

Powerful and Practical Presentation Skills for ECRs: present your research to make your audience want to know more – Friday 1st and Friday 8th June (2 x half days)

Facilitator: Mariette Rups-Donnelly

This workshop will help you prepare research presentations that engage the interest of your audience. Over two half days participants will:

- *develop skills and techniques to improve presence*
- *learn strategies for dealing with nerves*
- *understand how to structure a presentation and what content to include/leave out*
- *learn how to create engagement and influence audiences through storytelling*

*Participants need to be able to attend both half days.***Life-Balance Panel: you don't have to give up life to be an academic**

Facilitator: Professor Lesley Hughes

*This panel session will give focus to life-balance between academia and leisure/outside interests. The panel will feature researchers who have actively pursue interests outside work while maintaining a successful academic career. Panellists tbc.***End of Year Social Event – TBC****DECEMBER**

School holidays 20 December –

Macquarie Minds will be held last week of November/first week December.