

Career and Research skills Training (CaRST)



Making Your HDR Work: CaRST Employability Series

2 November – 8 December 2021

Are you looking at preparing your next steps beyond your HDR? Wondering where your research degree can take you? Need practical advice about applying for jobs?

CaRST is presenting a range of career focused workshops and panels throughout November and December to *make your HDR work!*



	Monday	Tuesday	Wednesday	Thursday
Week 1: commencing 1 November		The Emotionally Intelligent (EI) Researcher 2 November 2021; 10:00am-11:00am	Understanding Skills 3 November 2021; 12:00pm-1:00pm	
Week 2: commencing 8 November	Planning your Next Career Steps 8 November 2021; 2:00pm-4:00pm			How to Navigate an Academic Career 11 November 2021; 10:00am-11:00am
Week 3 commencing 15 November		Sourcing Jobs Outside Academia 16 November 2021; 2:00pm-3:00pm		Creating an Outstanding LinkedIn Profile 18 November 2021; 10:30am-11:30am
Week 4: commencing 22 November		Writing your Resume 23 November 2021; 2:00pm-3:00pm	Responding to Selection Criteria 24 November 2021; 2:00pm-3:00pm	Ace your Interview 25 November 2021; 10:00am-11:00am
Week 5: commencing 29 November		Building Connections 30 November 2021; 12:00pm-1:00pm	Life after the PhD: Career Panel (Humanities) 1 December 2021; 12:00pm-1:00pm	
Week 6: commencing 6 December			Life after the PhD: Career Panel (STEM) 8 December 2021; 12:00pm-1:00pm	



The Emotionally Intelligent (EI) Researcher

Experience difficulties in your relationship with your supervisor and other people? Do you know how to use emotional intelligence to improve your communication and relationships?

This webinar will outline how to use emotional intelligence during your research degree. Content includes:

- Understanding 5 key elements of EI
- Reflecting on self and others
- Enhancing communication and relationships

Understanding Skills

Are you aware of the skills you are developing throughout your research degree and how they relate to employability in both academic and non-academic environments? Do you know how to articulate your skills and how they will be a benefit to employers?

This webinar focusses on building skills awareness and how to let employers know about your skill set. Content includes:

- Identifying and recording skills
- Recognising HDR skills valued by employers
- Articulating skills effectively

Planning your Next Career Steps

How do you plan and prepare for your next career steps after finishing your PhD? And how do you decide which career path is right for you - academia, government, industry or some other pathway? This interactive workshop will give you tools and strategies for tackling these questions based on your own interests, strengths and preferences. If you are unsure about preparing for life after the PhD, this event will help you start sharpening your focus and building the confidence to pursue a path best suited to your skills and priorities.

Though delivered online, this is a workshop, not a lecture, and breakout rooms will be used so that students can interact with each other. Please ensure audio and video is configured so you can participate. We recommend using a laptop or desktop computer, not a phone for this to work well.

How to Navigate an Academic Career

Are you wondering about the different career options available to you in academia, and how to navigate these pathways? This lecture offers an introduction to university-based careers and insights into the structures, dynamics and terminology you will encounter in the sector. It aims to provide clarity about career tracks and key issues to consider when it comes to developing your profile and track record to suit academic pathways.

Sourcing Job Outside Academia

Where do you start looking for jobs? Seek.com? LinkedIn? Simply looking at generic job search engines may mean you are missing out on opportunities that align with your skills and experience. This workshop will guide you through a range of opportunities that may be available to HDR students and your specific skill set. We will start the session with a brief skills audit and then we will move onto job search techniques, which will be useful for all disciplines. You will be shown specific websites and alternative job roles, which could be useful during the job hunting process.

Creating an Outstanding LinkedIn Profile

This session is intended to maximise your LinkedIn profile. Your LinkedIn profile is not just an online resume, it's a way to access a global network of professionals with more than 300 million members. It is the way that professionals connect, engage, access knowledge and career building resources.

Please note: As this session will focus on developing your profile, please create an account for LinkedIn prior to attending the workshop (www.linkedin.com).



Writing your Resume

Do you know the difference between academic and non-academic resumes? Are you able to articulate your skills and benefits clearly?

This webinar highlights different resume styles so that you can write your resume effectively. Content includes:

- Understanding different resume styles
- Highlighting skills and benefits
- Formatting strategies

Responding to Selection Criteria

Does the idea of responding to selection criteria daunt you? Are you aware of what to look for in selection criteria so that you can highlight your skills and abilities?

This webinar provides an overview of how to develop effective responses to selection criteria. Content includes:

- Understanding selection criteria and different response methods
- Recognising key requirements
- Writing a focussed response

Ace your Interview

This skills session will review preparation and techniques to use when getting ready for an interview.

In this session you will learn about:

- Type of interviews
- Tips for predicting questions
- Interview techniques for answering questions
- Learn about using the STAR method

Building Connections

Does the idea of forming connections a.k.a. networking make you quake? Do you have strategies for ongoing relationship building? While many postgraduate researchers experience difficulty with these activities, mastering them is vital for creating a positive research experience and post PhD future.

This webinar focusses on strategies to help you create positive connections. Content includes:

- Identifying potential connections
- Preparing for and making contact within your comfort zone
- Maintaining an ongoing relationship

Life after the PhD: Career Panels

Are you struggling to imagine life after your PhD? Wondering about your options beyond academia? Join us to hear from fellow PhDs as they share their career journey and transition from a PhD into other roles.

Panellists will discuss:

- How they got to their current position
- Their everyday life at work
- The essential skills they developed through their PhD
- Tips and strategies for current PhD candidates

These career panels will help you look at your PhD with new eyes!

ENQUIRIES

Career and Research Skills Training

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