



Newsletter

MARCH 2024

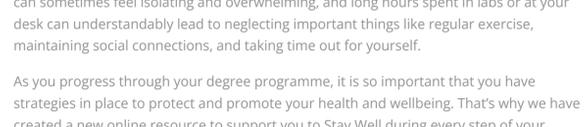
UCD GRADUATE STUDIES NEWSLETTER



WELCOME

Dean of Graduate Studies, Professor Barbara Dooley

University life continues and we are already past the middle of this trimester. Longer evenings are now noticeable, and our campus looks magnificent this time of the year. I am delighted to announce many updates and events that I hope you will find useful, particularly our new online Staying Well webpage.



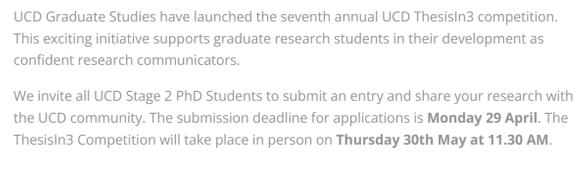
New online Staying Well resource now available

Embarking on an extended research project is exciting, but it also presents a unique set of challenges. For example, the independent, self-directed nature of graduate research can sometimes feel isolating and overwhelming, and long hours spent in labs or at your desk can understandably lead to neglecting important things like regular exercise, maintaining social connections, and taking time out for yourself.

As you progress through your degree programme, it is so important that you have strategies in place to protect and promote your health and wellbeing. That's why we have created a new online resource to support you to Stay Well during every step of your research journey. The Staying Well webpage includes advice on the following areas: Nurturing your mental health, Prioritising physical wellbeing, Cultivating social connections.

In addition to information, tips and strategies to nurture your mental, physical and social wellbeing, you will find plenty of external resources as well as information about UCD student supports. Your well-being matters. Explore the Staying Well webpage today for resources and support tailored to enhance every aspect of your research journey.

[Explore the Staying Well webpage](#)



ThesisIn3 Competition 2024

UCD Graduate Studies have launched the seventh annual UCD ThesisIn3 competition. This exciting initiative supports graduate research students in their development as confident research communicators.

We invite all UCD Stage 2 PhD Students to submit an entry and share your research with the UCD community. The submission deadline for applications is **Monday 29 April**. The ThesisIn3 Competition will take place in person on **Thursday 30th May at 11.30 AM**.

The winner of the UCD ThesisIn3 Competition will receive a €250 One-For-All voucher and will represent UCD in the National Irish Universities Association and the global Universitas 21 competitions in T1 2024-25.

Please find the application form and see all ThesisIn3 details on our website.

[UCD ThesisIn3 webpage](#)

UCD ThesisIn3 competitions Workshop

To help you prepare for these competitions, UCD Graduate Studies is hosting a [workshop](#) in April. The workshop is designed to enhance the presentation skills of PhD students and is open to all.

10 April 2024:
Practical presentation skills - workshop

[Please Book here](#)

**PGR StudentSurvey.ie 2023:
Academic Supports and Wellbeing**

It is of the utmost importance to raise awareness about the different university supports available to you.

According to PGR StudentSurvey.ie 2023 data

56.1%

of graduate research students report that they are 'very much' or 'quite a bit' aware of the various student supports [available](#).

Your supervisor is always the primary point of contact for your research and can best advise you regarding all queries on your studies. The members of your Research Studies Panel can also support you. Every School has also an administrator with responsibility for research students who can provide administrative support to activities at different points in your research degree as well as being a key contact on operations within your School. I am also here to support you as Dean of Graduate Studies with my team who can advise on training options & development.

I encourage you to visit our [Services and Supports for research students](#) page where you can find information about key support services tailored to research students, including a dedicated Student Adviser and Career and Skills Consultant, Library and Student Support and others. UCD also offers resources to maintain your health and wellbeing and a series of further services available to all registered students.



Online and in-person Graduate Studies workshops

Please find a [link](#) to the research student transferable skills workshops which run until May 2024. Also, Library and Careers workshops can be booked at this link. You can register for all TSkills workshops via [the Booking Centre](#).

A featured workshop is **Adaptability and Skills to Thrive** with **Dave Delaney**. Dave combines research in Neurology, Psychology and Physiology to introduce you to your own brain. He demonstrates in a practical way how it operates and can be used effectively to achieve desired outcomes for both academic and personal goals.

Wednesday 3 April 2024, 2pm - 4pm in the Red Room in the Student Centre It will be a hybrid session so students can attend in person or via zoom.

Una Europa Sustainability Summer School

The call for applications for the [Una Europa Sustainability Summer School](#) at the University of Bologna is set to close next **Friday the 29th of March 2024**. The summer school is aimed at doctoral researchers, currently working towards completing their PhD. With UCD Global funding up to five doctoral researchers to attend the summer school. PhD students interested in the opportunity should submit an application to Professor Enda Murphy (enda.murphy@ucd.ie) via email by the above deadline.

Applications should include the following:

1. A letter of motivation (max 400 words)
2. A copy of your CV (no more than 2 pages)

When sending applications please use the following subject line: **Application for Una Europa Sustainability Summer School**. Further information on the sustainability summer school can be found on the University of Bologna's [website](#).



The Lord Edward Fitzgerald Memorial fund

The Lord Edward Fitzgerald Memorial fund supports UCD graduate students who wish to spend periods of time studying outside Ireland.

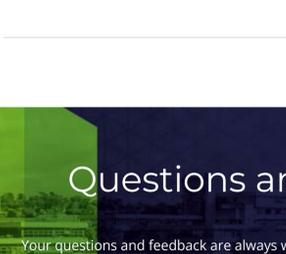
In Session 2023/2024, awards of up to €6,000 financed from the above fund may be offered to high quality applications in one or more of the following areas of graduate research, for the purpose of enabling overseas study designed to advance the candidate's research programme:

- Irish History
- Biotechnology
- Business Studies
- Environmental Studies
- Transportation
- Architecture (Housing)
- Engineering (Electronic)

[Preference will be given to electronic engineering but applications in other categories of engineering will be considered also.] Travel and overseas study must be completed by 1 January 2025. The closing date for this competition is 26 April 2024. Please see the application form and further details on our [website](#). Any inquiries to john.mccafferty@ucd.ie

Reminder about On-line Research Professional Planning (RPDP) Forms

The Research Professional and Development Planning (RPDP) form moved online over Summer 2023 and has proved very successful with faculty and students. Guidance on this form, and how to use the online version, can be found on the [Graduate Studies website](#). It is important to remember that students must sign off on this form, after the Chair has signed off on behalf of the RSP, to properly close out this process for a given meeting.



World Cafe Focus Group

Graduate Research Students are invited to share feedback on their experiences of the Research Culture at UCD at our World Cafe focus group on **9 April 2024, 2pm - 4pm**, Agriculture & Food Science Room 147. Places are limited, so please register here:

[Register here](#)

Questions and Feedback?

Your questions and feedback are always welcome via our Graduate Studies Connector.

[Graduate Studies Connector](#)

