



Marine Alliance for  
Science and Technology for Scotland  
a marine partnership for Scotland



# 10th Anniversary MASTS & SUPER Annual Postgraduate Retreat On-line via Zoom

Wed 17<sup>th</sup>, Fri 19<sup>th</sup>, Sat 20<sup>th</sup>, Tues 23<sup>rd</sup> & Thurs 25<sup>th</sup> March 2021

## Introduction

This is the 10<sup>th</sup> anniversary of our Annual PGR Retreat and we are delighted to welcome you to an interactive event with a focus on skills development and networking. There will be lots of opportunities to engage with your peers, hear about research and business in marine and environmental and learn and share skills for research development and personal growth. There are social activities, and we hope you will all make an effort to join us for our celebratory MASTS & SUPER MAST-erade Dinner!



## What Postgraduates thought of last year's Retreat...

"It was a great chance to meet other MASTS students, staff and scientists and have informal conversations. The guest talks were great and well chosen, it's always fascinating to know how successful scientists got to where they are today"

"I found the Citizen Science afternoon very useful and found the use of polls and interactive material very engaging."

"The icebreaker was a great way to get people talking and it was clear that it worked as people continued conversations later that evening in the quiz."

# MASTS & SUPER PGR Retreat - The Programme

Please note: All sessions will be recorded and made available via Slack, during and post-event.

## SLACK Skills Share – Professional, Personal, Social – Alex Cabanillas

*Please register for Slack (see below)*

What are you good at? You might know lots about GIS, or R, or seaweed identification, or you might have had experience in research ethics, IPR or writing grants. Maybe you've had experience, presenting, making e-posters, or infographics. Perhaps you're great at giving feedback, editing or reviewing. Or maybe you want to set up a group where you all get together on Zoom at the same time to support each other during the writing or other work process (e.g. SAMS has writing group). Or maybe it's a social skill; knitting, painting, debating or editing photographs or movies.

By Wed 17<sup>th</sup> Mar, you're invited to write a couple of sentences in the **NEW Skills Sharing Channel** about one or two strengths you have that you might be willing to share with others. You can add to this during the Retreat and we hope this could become a place to look when you need help with something, want to create a support group, want to learn a new skill, or just to socialise and relax. The Book Club is already there!

So, getting involved and sharing your skills:

- Please post an introduction for yourself in the **Slack Skills Sharing Channel**. The post should ideally be a minimum of a few sentences long.
- Include any skills you have and are happy to share with your colleagues.
- Some examples are things that you have tried and specifically any skills that you would like to teach the other members.
- You can also include examples of great courses or activities you've undertaken that others could benefit from, or you can ask others for ideas on courses and skills development you are looking for.
- The skills & sharing are not restricted to academic skills.
- Here is an example from Alex:
  - My skill set is centred around programming in R, I am confident with basic R and ggplot. Currently I am expanding my knowledge of tidyverse. As well as this, I am good at giving feedback on my colleagues written work and making visually pleasing presentations.

### Instructions to join Slack:

1. Go to <https://slack.com/downloads> to download Slack's desktop and mobile apps.
  - a. Or join from your browser
  - b. Check here for minimum requirements:  
<https://slack.com/intl/en-gb/help/articles/115002037526-Minimum-requirements-for-using-Slack>
2. Join our workspace ([graduateschoolspace.slack.com](https://graduateschoolspace.slack.com)) with your desired e-mail
3. Set up your profile with essential information.
  - a. Preferred name
  - b. Host university
  - c. Topic of research
  - d. Any other social media accounts you want people to see!
4. Join any channels of interest.
  - a. Introduce yourself in our introduction channel.
  - b. Join the skill sharing channel.

## Day 1 - Wednesday 17<sup>th</sup> March - afternoon

1300-1400	<p><b>MASTS webinar series</b></p> <p>Lydia McGill (SUPER PhD student) - Uni. Of Highlands and Islands – “Infaunal analyses and population connectivity of flame shell beds for monitoring and management of marine protected areas in Scotland” Sign up to attend <a href="#">here</a>.</p>
1415	<p><b>Zoom Login-</b></p> <p><a href="https://us02web.zoom.us/j/81824379429?pwd=MmZZNXU4K3QyaVFqekJKeilGNkZoQT09">https://us02web.zoom.us/j/81824379429?pwd=MmZZNXU4K3QyaVFqekJKeilGNkZoQT09</a></p>
1420	<p><b>Welcome from the Dean of MASTS-SUPER Graduate School, Dr Lois Calder</b></p> <p>Including introductions to the rest of the team – Dave, Mark, Emma and Yvonne, our newest team member.</p>  <p>Review of the on-line code of conduct for the event Reminder about posting in Slack</p>
1430	<p><b>Introductions on the Rocks with Hannah Lee</b></p> <p>Getting to know each other with an entertaining ice breaker (have paper/pens at the ready!).</p>
1500	<p><b>How to manage your supervisors... when you never actually meet</b></p> <p>An interactive session on how to achieve a good relationship with your supervisors that supports positive outcomes for both parties, and how to do this in a remote world.</p>
1600	<p><b>Coffee Break</b></p>
1620	 <p><b>Coffee Bar Stool Speaker. Professor Mark Inall, Director of SAGES, the Scottish Alliance for Geoscience, Environment and Society</b></p> <p>Perspectives on an environmental research career in Scotland; the emergence and benefits of the research Pools, the interface between scientists and policy advice mechanisms, and the challenges presented by Scottish Government policy plans for geoscience, marine and environmental science over the next decade.</p> <p><a href="#">Q&amp;A to follow</a></p>
1720	<p><b>Close of the day</b></p>

## Day 2 – Friday 19<sup>th</sup> March – morning

Zoom Login: <https://us02web.zoom.us/j/84150353616?pwd=U3VIMTJHaThhTmhvSGdvcjB2Uld0UT09>

0900	<b>Intro (with chat box icebreaker)</b>
0905	<b>Turbocharge Your Writing. Hugh Kearns - ThinkWell</b> <p>Would you like to know the secret to high output, low stress scholarly writing? In academia it is often assumed that writing comes naturally. However, an overwhelming body of research shows that there are very clear and practical strategies that can greatly increase your writing productivity.</p> <p>This workshop will help you to understand:</p> <ul style="list-style-type: none"><li>• why it's hard to get started</li><li>• how we deliberately use distractions to slow down writing</li><li>• the principles of quick starting</li><li>• how to deal with destructive internal beliefs</li><li>• how to set a writing plan and stick to it</li><li>• how to set achievable goals by writing in a silo</li><li>• how to greatly increase the number of actual words you produce</li><li>• how to clarify your thinking, and improve the quality of your work</li></ul>
1030	<b>Tea/ Coffee Break</b>
1050	<b>Turbocharge Your Writing. Hugh Kearns - ThinkWell</b>
1200	<b>Break</b>
1210	<b>Turbocharge Your Writing. Hugh Kearns - ThinkWell</b>
1300	<b>Close of the morning session</b>



## Day 2 – Friday 19<sup>th</sup> March – EVENING. Please register to attend.

1830-2000	<b>MASTS &amp; SUPER 'MAST-erade' Dinner in the Garden!</b>  <p>Unlike everywhere else, wearing a mask is NOT compulsory! But if you want to wear one for the introduction, please get creative! Dinner will start in Zoom, to make sure everyone is clear on what to do next, and then we will adjourn for dinner and conversation in the ambiance of the</p> <h1>GatherTown Rooftop Garden!</h1> <p>£10 offered to each attendee to buy a meal (keep your receipt for reclaim after the event! Details to follow).</p> <p>Please see separate instruction for GatherTown with an option for a pre-dinner walk through.</p>
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## Day 3 – Saturday 20th March - not mandatory. Please register to attend

1015-1130



### On-line Yoga - Annika Cortellini

Please indicate to Emma that you want to sign up for this session. Separate Zoom link to be provided.

Annika is a qualified yoga teacher living and working in Geneva. “The wellbeing you feel from a yoga class is a calm and relaxed energy in the body and a stilling of the incessant thoughts of the mind, resulting in more positivity and focus. In the class, aimed at beginners and above, I will lead us through some basic poses, which strengthen this body mind connection. Regular yoga will make you feel stronger, more energized, clearheaded and increase your concentration and overall wellbeing. Resilience to stress is improved and your immune system is boosted. Each yoga class ends with Savasana, the corpse pose, which is the total relaxation where you let everything go and let your body and mind reap the benefits from efforts of the class. I hope you will enjoy this class and look forward to seeing you on the mat.”

Comfortable clothing and a mat (if you have one) would be helpful.

## Day 4 – Tuesday 23<sup>rd</sup> March – morning

Zoom Login: <https://us02web.zoom.us/j/87639160792?pwd=TFdUazVjU0UvVEltT2FhYVBSRmc2UT09>

0900

### Intro & Daily Ice breaker – ‘Show & Tell’ with John Phelan

0915

### Positive Habits for Your Doctorate (PhD for your PhD!) - Marie Paterson

Do you want to learn some top tips to help you throughout your PhD? What are the habits that you need to get into, in order to arrive at submission day in good health and with a smile on your face? You know how much better you feel when you are organised, when you are taking exercise and eating well, and when life feels calm and happy. This workshop will guide you through three key areas that will lead to greater physical and mental wellbeing.

- Get organised
- Keep healthy
- Stay calm



1030

### Tea/Coffee Break

1100

### Positive Habits for Your Doctorate (ctd) - Marie Paterson

1300

### Close of the day

## Day 5 – Thursday 25<sup>th</sup> March – afternoon

Zoom Login:

<https://us02web.zoom.us/j/88673411846?pwd=RDNvMWdqRGt1TnM0Q0MzL2ZNS2VVQT09>

1400	<b>Intro &amp; Daily Ice breaker - ‘Where in the World’ with James Rimmer</b>
1415	<b>European Marine Board Ambassadors</b> Two Ambassadors, Natalija Dunić and Alessandro Cresci, will discuss how the EMB is strengthening collaboration and engagement with ECRs and the roles they take on within the EMB. <a href="https://www.marineboard.eu/emb-young-ambassador-programme">https://www.marineboard.eu/emb-young-ambassador-programme</a> Presentation with Q&A
1500	<b>Tea/Coffee Break</b>
1530	<b>Graduate Transitions and Internships</b> 4 presentations for recent graduates and interns, sharing their experiences and top tips for success. Laura Williamson Ocean, Science Consulting Ltd; Daniel Johnson BTO - Graduate Transitions Connie Simon Nutbrown (NatureScot), Lydia McGill - internships
1615	 <b>Coffee Bar Stool speaker - Dr Carol Sparling, Director Sea Mammal Research Unit (SMRU)</b> Carol will share her career perspective and more on her current role and why she believes her work makes a difference. <b>Q&amp;A to follow</b>
1715	<b>Final Remarks – Prof David Paterson</b>
1720	<b>Close of the Retreat</b>