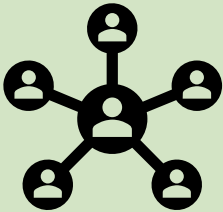


5 PRINCIPLES TO SUPPORT NEW PhD RESEARCHERS

Co-designed principles for induction programmes developed by Lincoln researchers to support mental health and wellbeing in doctoral researchers



PEER CONNECTIONS

Aim: help doctoral researchers to develop connections, feel part of the doctoral researcher community, and get support from peers

- Pre-arrival and induction socialisation activities
- Regular activities with peers in the first year
- Peer supporter scheme



SUPERVISOR RELATIONSHIPS

Aim: build high-quality supervisor-researcher relationships that enables doctoral researchers to obtain the support needed to address challenges

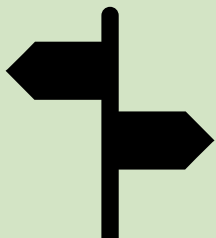
- Initiate and develop supervisor-researcher relationships
- Embed recommended practice into supervisor training



STUDENT SERVICES ADVICE & SUPPORT

Aim: raise awareness of support available, common concerns for doctoral researchers, and strategies to promote mental health and wellbeing

- Introduction to student support services activity
- Access to bespoke webpage and resources
- Regular student support interactions



INFORMATION AND RESOURCES

Aim: get access to relevant information and aid familiarisation with new institution and mode of study

- Pre-arrival and arrival information
- Long and thin induction
- Easy-to-navigate website with relevant resources and links



TRAINING AND DEVELOPMENT

Aim: identify areas for development and training opportunities

- Training needs analysis
- Doctoral development programme