TRAINING AND DEVELOPMENT FOR DPHIL STUDENTS & FTRS

Hilary Term Card, 2026

WELCOME TO HILARY TERM 2026!

Welcome to Hilary 2026!

We're excited to present a diverse and enriching programme designed to support your growth as researchers and future leaders in your fields. From refining your teaching skills to developing ethical research practices, from navigating crucial milestones to prioritising your well-being, our carefully curated themes offer something for everyone.

Join us for practical workshops that will enhance your fieldwork techniques, boost your communication skills, and strengthen your academic writing. Explore cutting-edge research methods that will set your work apart.

Don't overlook our Researcher Connect support at the end of this booklet - your path to peer support, accountability, and personalised development advice. Whether you're seeking collaborative co-working sessions or one-on-one guidance, we're here to support your unique journey.

HOW TO BOOK WORKSHOPS

Click on the workshop titles in the online brochure which will take you to the booking page, or scan the QR code below.

CONTACTS

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OTHER TRAINING PROVIDERS

Bodleian Libraries iSkills

IT Learning Centre

Oxford University Language Centre

The Careers Service

THEMES KEY

Teaching

Research Methods

Fieldwork

Ethics & Integrity

DPhil Milestones & Development

Academic Writing

Wellbeing

Communication

THEMES & WORKSHOPS

TEACHING

Developing teaching skills is crucial for your academic journey and beyond. Whether you're aiming for a career in academia or considering other paths, the ability to convey complex ideas clearly and engage diverse audiences is invaluable. Our teaching theme offers innovative pedagogical techniques, guidance on designing effective curricula, and opportunities to boost your confidence in the classroom. These skills can enhance your academic profile and translate well into various professional settings, potentially making you a more versatile and sought-after candidate in any field.

Introduction to Learning and Teaching at Oxford

DPHILS | ONLINE

Part 1 - 10 February 11:00 - 12:30
Part 2 - 12 February 11:00 - 12:30

The Divisional Introduction to Learning and Teaching is an interactive and discursive two-part course to prepare for teaching in Oxford. You do not need to be teaching in the term you take this course. Participants must attend both sessions to receive an attendance certificate.

Designing a Module

ALL | IN PERSON

24 February 13:30 - 16:30

This interactive workshop is intended to support you in your journey in higher education by providing you with an introduction to the main elements of module design and delivery.

Designing and Delivering a Lecture

ALL | IN PERSON

3 March 13:30 - 16:30

This interactive workshop is intended to support you in your journey to becoming a good and confident lecturer by providing you with an introduction to the main elements of effective lecture design and delivery.

FIELDWORK

Fieldwork is often where theory meets practice, offering unique challenges and opportunities. Our Fieldwork theme prepares researchers for the realities of conducting studies in diverse settings, from remote locations to urban environments. Essential skills training in data collection, cultural sensitivity, safety and adapting to unexpected situations are on offer. These experiences can not only enrich your research but also cultivate your adaptability, problem-solving, and intercultural competence - qualities highly valued in academia and beyond.

Overseas Fieldwork Safety
DPHILS | IN PERSON

4 February 09:30 - 13:00

4 March 13:00 – 16:30

There are two opportunities to attend during Michaelmas term. This course provides an essential overview of the approval process and equips you with the tools to plan and document safe fieldwork through appropriate risk assessments. Aimed at researchers conducting qualitative and ethnographic studies, particularly in areas where the FCDO advises against travel, this session offers valuable group activities and opportunities to learn from fellow researchers' experiences.

Positionality and Reflexivity in Research Practice
DPHILS | IN PERSON

16 February 14:00 – 16:00

For some of us, our research projects are situated back home or in locations where we have already spent considerable time. For the rest of us, our field sites could be in locations where we are visiting or living for the first time. Some of us work closely with people in our own communities, whilst others join local communities as external fieldworkers. Depending on our backgrounds, we may navigate fieldwork as "insider" researchers, "outsider" researchers, or both.

RESEARCH METHODS

A solid grounding in research methods is the cornerstone of impactful scholarship. Our Research Methods theme offers a deep dive into both established and cutting-edge methodologies relevant to social sciences. Explore quantitative and qualitative approaches, data analysis techniques, and emerging tools in digital research. This comprehensive understanding can not only strengthen your academic work but also equip you with highly transferable analytical and problem-solving skills prized across various sectors, from policy-making to industry research.

Quantitative Research for Qualitative Researchers

DPHILS | IN PERSON

20 February 09:30 – 16:45

This one-day course attempts to demystify quantitative methods for people who don't naturally think in numbers. Starting with a brief discussion on why using numbers to investigate a phenomenon may be useful (and not necessarily that tricky), the bulk of the course will use examples and thought experiments to explore the core set of quantitative methods that social scientists typically use.

Crucially, the course is aimed at giving participants a broad understanding of the available tools they could use to give them the confidence to engage with quantitative methods in the future, rather than a detailed look into each individual model

Python for Social Science Researchers

DPHILS | IN PERSON

5 March 09:30 – 16:45

This one-day, intensive course will help equip students with the essential skills to use Python for research and data-driven projects. Designed around the needs of social science researchers, the course assumes participants have some experience coding in another language (STATA, SPSS, or R) and are now looking to learn Python to enhance their data analysis capabilities.

Navigating the Interdisciplinary Research Landscape

DPHILS | IN PERSON

9 March 14:00– 16:00

Bringing together scholars from a range of research backgrounds, the session will offer practical insights, highlight common pitfalls, and outline best practices for navigating the interdisciplinary research landscape. Ample time will be allocated for audience questions and discussion. Academic staff and doctoral researchers currently engaged in or considering interdisciplinary work are warmly invited to join the conversation.

ETHICS & INTEGRITY

In today's complex research landscape, understanding and upholding ethical standards is more important than ever. Our Ethics and Research Integrity theme explores the world of responsible research practices, data management, and ethical decision-making. Participants can explore real-world scenarios, discuss emerging ethical challenges in their field, and develop a robust ethical framework for their work. This knowledge not only safeguards the integrity of your research but also enhances your credibility as a scholar and prepares you for leadership roles where ethical considerations are paramount.

Introduction to Research Ethics at Oxford

DPHILS | ONLINE

11 February 14:00 – 15:00

This termly session will give attendees an overview of the research ethics review process at Oxford. The trainer will also give you top tips on how to write good research ethics applications.

DPHIL MILESTONES & DEVELOPMENT

Navigating the DPhil journey can be daunting, but our Milestones theme is designed to guide you through each crucial stage. From proposal writing to viva preparation, this theme offers insights into what's expected and how to excel at each milestone. Gain valuable perspectives on time management, project planning, and strategies for overcoming common hurdles. This theme not only demystifies the DPhil process but also offers transferable skills in project management and goal-setting that can serve well in any future career path.

Preparing for the Viva and DPhil examination
DPHILS | ONLINE

9 February 14:00– 16:00

This workshop, designed for those who have submitted their thesis and anticipate their viva within three months, combines pre-reading with interactive sessions to demystify the viva process. We'll address practical issues surrounding the examination, helping you develop clearer expectations and increased confidence. By the end of the workshop, you'll have a comprehensive understanding of the viva system and be better prepared for this significant step in your academic journey.

Academic Life Management
DPHILS | ONLINE

Part 1 - 11 February 12:30 – 13:00

Part 2 - 18 February 12:30 – 13:00

Part 3 - 25 February 12:30 – 13:00

Part 4 - 4 March 12:30 – 13:00

Part 5 - 11 March 12:30 – 13:00

This five-session series cuts through academic overwhelm with practical systems that work for real researchers. We'll tackle the unique challenges of managing a multi-year project – from breaking down massive tasks into manageable chunks to building sustainable focus practices beyond caffeinated willpower

ACADEMIC WRITING

Mastering academic writing is essential for sharing your research with the world. Our Academic Writing theme offers a comprehensive approach to developing your scholarly voice. From crafting compelling arguments to navigating the publication process, gain insights that can elevate writing to new heights. These skills extend far beyond academia, enhancing the ability to produce clear, persuasive content in any professional context - a valuable asset in today's information-driven world.

From Draft to Clarity: Reverse Outlining for DPhil Students

DPHILS | ONLINE

11 February 10:00 - 12:00

Every DPhil student knows the moment when a piece of writing feels dense, confusing, or somehow "not quite landing." Reverse outlining is a deceptively simple but powerful tool that helps you see your work from the outside in. By creating a map of what your draft already says, you reveal its true structure — and discover exactly where clarity needs strengthening.

This online, two-part workshop combines learning and practice. In the first hour, you'll be introduced to reverse outlining: what it is, why it matters, and how to do it effectively. In the second hour, you'll apply it directly to a 2,000-word sample of your own writing in a supported co-working session. You'll leave with sharper insight into your draft, practical strategies for revision, and a technique you can use again and again.

WELLBEING

Mental and physical well-being forms the foundation of academic success and personal fulfillment. Our Well-being theme presents practical strategies for maintaining balance, managing stress, and fostering resilience in the face of academic pressures. Learn about techniques for mindfulness, time management, and self-care that can be applied throughout your career. By prioritizing well-being, you can potentially enhance academic performance and develop lifelong skills for maintaining a healthy work-life balance in any professional setting.

Vicarious [Secondary]Trauma Workshop
DPHILS | IN PERSON

19 February 09:30 – 16:30

The vicarious trauma workshop is designed for researchers whose work engages them with the traumatic experiences of others. It aims to help researchers reduce the risk of vicarious traumatisation and manage the exceptional emotional demands this kind of research can place on them.

It is particularly relevant to research contexts including conflict, genocide, natural disaster, domestic violence, imprisonment, sexual abuse, and displacement, but is open to anyone who feels it might be useful.

Mindfulness
ALL | ONLINE

26 January to 16 March

This practical course is taught by a teacher trained and qualified by the University of Oxford Mindfulness Foundation. Skills for supporting top performance, resilience, and good mental health will be taught through eight classes and one day of practice (for dates and times see below).

Participants will be introduced to mindfulness practices each week and will be asked to do home practice exercises, to consolidate learning. The evidence base shows mindfulness has protective effects on mental health at follow-up.

COMMUNICATION

In today's interconnected world, the ability to communicate your research effectively is paramount. Our Communication theme goes beyond academic writing, focusing on diverse forms of engagement with various audiences. Hone skills in public speaking, digital communication, and research dissemination through both traditional and innovative channels. These competencies can amplify the impact of your research and potentially open doors to exciting opportunities in research communication, policy advising, and thought leadership.

From Thesis to Conversation: Practical Communication for Researchers

DPHILS | IN PERSON

23 February 10:00 – 17:00

As DPhil students, you've mastered the art of academic writing—but what happens when you need to explain your groundbreaking research to a journalist, present to industry partners, or simply have your voice heard in adepartmental meeting?

This intensive workshop moves beyond traditional "communication skills" training to tackle the real challenges you face as emerging researchers. We'll explore why that brilliant conference presentation fell flat, how to navigate difficult conversations with supervisors, and what actually makes people listen when you're passionate about complex ideas.

STUDENT LED NETWORKS

DIFFICULT RESEARCH SUPPORT NETWORK

CONVENER - MARIA OBREBSKA
DPHIL STUDENT, CENTRE FOR SOCIO-LEGAL
STUDIES

Are you researching emotionally challenging topics?

Would you benefit from a safe environment to share your challenges and learn new coping strategies?

Join Difficult Research Support Network, a new student-led community within the Social Sciences Division.

As a known saying goes, 'the most important things are the hardest to say'; similarly, the most urgent social issues are often the hardest to research, precisely because of the personal and emotional involvement in the topic. DRSN has been established to help researchers to maximise their work's potential without compromising their own wellbeing. Through regular check-ins and events with experienced researchers, DRSN will support its members with developing healthy boundaries between themselves and their work.

DIFFICULT RESEARCH SUPPORT NETWORK EVENTS HT 26

Beyond 9–5: Unconventional Working Patterns in Difficult Research

DPHILS | ONLINE

11 February 15:00 - 16:00

Many researchers struggle with working hours that don't follow clear schedules. Knowing when to stop – or how to rest – can feel especially hard when there's no clear boundary of a 9–5 working day or 'annual leave', and when the work is tied to questions that personally matter to you.

Empathy in Interviews: Basics of Non-Violent Communication

DPHILS | ONLINE

25 February 15:00 - 16:00

Research interviews are often emotionally complex spaces. Researchers are asked to navigate care, power, and responsibility, while also meeting expectations around rigour and outcomes.

This workshop offers a gentle introduction to Non-Violent Communication (NVC) as a way of reflecting on empathy in interviews. Rather than treating empathy as a technique or skill, we'll explore it as a relational and ethical practice.

RESEARCHER CONNECT SUPPORT

ResearcherConnect events offer a more relaxed approach to your development journey, fostering a supportive community among peers. Under this theme we provide flexible, informal spaces for collaboration, problem-solving, and growth. Through DPhil1:1 appointments, offered weekly in term time, you can tap into personalised guidance on any training or development needs, helping you navigate your unique path with confidence. And our online Co-Working Sessions, held Mondays and Fridays during term time, create a virtual environment for shared productivity and mutual support. Whether you're seeking advice, accountability, or simply a change of pace, ResearcherConnect is your go-to resource for building connections and enhancing your research experience in a less structured, more organic way.

Co-Working Sessions

ALL | ONLINE

Mondays and Fridays during term, 09:30 - 12:30

Are you struggling with motivation and need some accountability?
Feeling isolated in your work and want some company and connection?
In search of some regular structure for your weeks?

Step into our Co-Working sessions, online gatherings where focus and progress are at the heart of every session. Twice a week, join a senior DPhil student facilitator in a virtual space dedicated to advancing your academic work. It's not about discussions or feedback; it's about setting a rhythm for productivity alongside fellow researchers. Each session is an opportunity to work independently yet not alone, in solidarity with your peers. There's no pressure to share or critique—just the collective energy of concentration that inspires personal motivation. Whether you're ploughing through literature, planning data collection, or writing up your findings, the Co-Working Sessions are your scheduled appointment with progress: make them a core part of your weekly routine.

DPhil 1:1 Appointments

DPHIL | ONLINE

Thursdays during term time, 15:00 - 16:00

If you've got questions about training, or developing yourself as a researcher while you're in Oxford, this drop-in session is the very place to ask an expert! For answers, signposting, suggestions and valuable connections, book a slot, and let's have a chat.

SSD TERM CARD TIMETABLE

EVENT	TIME	DATE
Mindfulness	19:00 - 21:15	Multi dates
Overseas Fieldwork Safety	09:30 - 13:00	4 February
Preparing for the Viva and DPhil Examination	14:00 - 16:00	9 February
Introduction to Learning and Teaching at Oxford 1/2	11:00 - 12:30	10 February
From Draft to Clarity: Reverse Outlining for DPhil Students	10:00 - 12:00	11 February
Academic life management: finding systems that stick	12:30 - 13:00	Multi dates
Introduction to Research Ethics at Oxford	14:00 - 15:00	11 February
DRSN - Beyond 9 to 5	15:00 - 16:00	11 February
Introduction to Learning and Teaching at Oxford 2/2	11:00 - 12:30	12 February
Positionality and Reflexivity in Research Practice	14:00 - 16:00	16 February
Vicarious (secondary) Trauma Workshop	09:30 - 16:30	19 February
Quantitative Research for Qualitative Researchers	09:30 - 16:45	20 February
From Thesis to Conversation: Practical Communication for Researchers	10:00 - 17:00	23 February
The Funding Landscape	11:00 - 12:00	24 February
Teaching - Designing a Module	13:30 - 16:30	24 February
DRSN - Empathy in Interviews	15:00 - 16:00	25 February
Teaching - Designing and Delivering a Lecture	13:30 - 16:30	3 March
Overseas Fieldwork Safety	13:00 - 16:30	4 March
Python for Social Sciences Researchers	09:30 - 16:45	5 March
Navigating the Interdisciplinary Research Landscape	14:00 - 16:00	9 March
Co-Working Sessions - Mondays and Fridays during term	09:30 - 12:30	
DPhil 1:1 Appointments - Thursdays during term	15:00 - 16:00	

SCAN THE QR CODE TO VIEW ALL OF OUR WORKSHOPS AND EVENTS