Mentoring Case Study
Dr Munitta Muthana

“Since participating in the Think Ahead Mentoring Programme I have made the transition from research associate, into an academic post, becoming a research group leader in my department. Mentoring gave me the confidence to apply for a lectureship, to which I was appointed, gaining the position of Non-clinical Lecturer in Rheumatology. My mentor recognised my potential and instilled confidence in me and in my mentoring meetings I was supported through my application and given great advice on how to drastically improve my CV and make the most of my skills, achievements and experiences. I can say that mentoring was the key to this appointment, if I hadn’t met my mentor I would not have had the confidence to apply. Mentoring allows you to consider all the options available to you as a post-doc. A good mentor can help you see what else is out there for you and is someone to talk too and give unbiased advice on your career.”

SURE Case Study
Dr Dan Hampshire

“An experience which gives you the opportunity to be sole supervisor (such as SURE) increases your confidence when supervising students. In addition, it has highlighted to me that different individuals require different types of supervision. The work conducted by my SURE students has contributed to my overall research data, to publications, and to abstracts presented at international meetings. The scheme provided me with the experience and confidence to formulate my own research ideas and translate them into a funding proposal. Since participating in SURE I have applied for several sources of funding as named PI:

- UoS ECR scheme
- European Association of Haematology / International Society on Thrombosis and Haemostasis fellowship
- Novo Nordisk Access to Insight grant
- BHF project grant
- Wellcome Trust career development fellowship

I think another positive aspect of SURE has been the training in the recruitment and interview processes as this was an area I was unfamiliar with, and the experience gained has been extremely beneficial. SURE has had a very positive impact on both my research and my career. I would sincerely hope that the scheme continues for many years to come and would greatly encourage post-doctoral researchers to get involved.”