Below are comments made by The University of Sheffield researchers about events they experienced under the Think Ahead under the framework during 2012-2013

**Broadening Horizons** (internally facilitated by RPDT)
- “The ‘vision of your career’ session really opened my eyes to the sort of jobs available outside academia.”
- “It was a chance to reflect and think about where I’m going & question whether I’m doing all I can.”
- “Group exercises were most useful - working as a team to review each other’s CVs.”

**Mentoring partnerships** (academic mentor, ECR mentee)
- “Mentoring helped me consider new ways to approach challenges. I think as soon as you start your career then you need a mentor.” *(Mentee)*
- “Having the space to discuss my thoughts openly and to receive constructive unbiased feedback is invaluable.” *(Mentee)*
- “I now have increased confidence in my ability to mentor my own students, postdocs and other people in my sphere of contact.” *(Mentor)*
- “It has taught me more about how to really listen to people and support them – rather than telling them what I think!” *(Mentor)*

**Mentor CPD** (internally facilitated by RPDT)
- “Just a short email to thank you for organising the mentoring workshop this morning. I thought it was very informative and stimulating and the time flew by. I learned a lot and am pretty sure that the session will change my practice, hopefully for the better!” *(Trainee Mentor)*

**Training for White Rose Social Sciences DTC poster competition** (internally facilitated by RPDT)
- “What was most useful was viewing examples. Loved the workbook - got you thinking; made it personal and interactive.”

**Healthcare Expo** (whole day event focusing on Healthcare careers, with 13 guest speakers)
- “I will now be more passionate about my career.”
- “The expo gave me clear, factual and practical information as to how to enter these careers.”

**The Sheffield Crucible** (internally facilitated by RPDT alongside an external consultant)
- “I feel I am involved in a really promising collaborative research relationship which has the potential to generate important research, which could inform the development of policies in relation to issues which are crucial to society.”
- “I loved some of the speakers, particularly Tony Ryan and Richard Jones. It felt like we were being invested in by the University - this investment was motivating for me in doing my research and in getting the most from the Crucible experience - i.e. I realised how lucky I was to be a participant.”
- “I could never imagine that I could develop two good project ideas with colleagues in just six days! Crucible made this happen! These ideas can potentially lead to two large projects!” *(Mentor)*

**Video:** [http://www.youtube.com/watch?v=Y9ldFOF1BQ&feature=youtu.be](http://www.youtube.com/watch?v=Y9ldFOF1BQ&feature=youtu.be)
Springboard for Women programme (internally facilitated by RPDT)
- “I have recognised patterns in my own behaviour and also on someone else's behaviour so that I do not react as I would have before.”
- “It gave me the push to be quite assertive about a couple of issues in the department - one of which will have a significant impact on me carving out a career for myself in that department.”
- “Started playing in the Uni Symphony Orchestra. More assertive with superiors. Began application process for EU Marie Curie grant. Participated in starting up a new science in Policy group.” VIDEO: http://www.youtube.com/watch?v=RqQPxweRc0M

Sheffield University GRAD school (internally facilitated by RPDT, within external Director)
- “I now feel confident that I will complete my PhD on time and be able to apply for jobs with more insight.”
- “I loved working with and meeting researchers from different disciplines.”

Fellowship & grant writing support group (internally facilitated by RPDT alongside TUoS academics)
- “Strength of the group: Heterogeneity of research fields and of personal experiences.”
- “Developed a better awareness of who I am and where I am in terms of career with compared to what is required to apply for fellowships.”
- “Being able to meet with people in a similar position to yourself and discuss things they were doing to improve their applications.” VIDEO: http://www.youtube.com/watch?v=W0ZqWbR5P2Y

Managing Your Career (external facilitator from Penny Clarke Consulting Ltd)
- “I gained - Clarity: understanding what I want to achieve. Structure: ways to plan and implement career progression. Confidence: belief that I can achieve my plan.”
- “Hearing other people in different areas but same position/situation with new points of view and solutions brought insight and alternatives.”

Sheffield Undergraduate Research Experience (SURE) (designed and delivered by RPDT)
- “It was a good opportunity to get experience of supervision and to do work I wouldn't have done otherwise.”
- “Everything is micro focussed so you can see the whole process. You get to see a project from start to finish. Very different from anything else I have done.”

Making the most of your postdoc induction (internally facilitated by RPDT)
- “Surprisingly, I have found confidence. I think the tools to start the development of my Postdoc are there and I have had the opportunity of discovering it through the session.”
- “Planning my career and setting future goals. Developing skills and networking.”

Effective Researcher (external facilitator from Kingswood Plus & based on Vitae materials)
- “Step back from the routine and get some perspective, structure some ideas/thoughts getting accessible models.”
- “I have gained SO much in terms of tips to be effective both in terms of project and people management.”

First Grants workshop (internally facilitated by RPDT alongside TUoS academics)
- “The most interesting part for me was learning about how panels work and how they analyze and process the grant proposals.”
- “The advice from Prof S was invaluable.”

Mock interview panels (internally facilitated by RPDT supported by TUoS academics)
- “The mock interview was a great help in preparing me for the ARUK interview. The interviews were similar in format and there were some very similar questions asked. I would strongly recommend candidates who are preparing for research interviews to go through this process.”