



12th Anniversary MASTS & SUPER Annual Postgraduate Retreat

Wed 15th – Fri 17th March 2023
MacDonald Resort Aviemore

[Registration link](#)



It's been a while but at last, we are getting together face to face!

After 3 online Retreats, this year we are heading to Aviemore. It's a chance to meet old friends and make some new ones, and for some of our PGRs to meet the rest of the Graduate School in person for the first time.

MASTS & SUPER Retreat Loch Insh,
2019



The Programme

Day 1 - Wednesday 15 th March	
1230	Arrival and registration
1300	Lunch
1400	<p>Welcome from Prof David Paterson, Director of MASTS & SUPER</p>  <p>Introductions to the Graduate School team – Lois, Dave, Mark, Emma and Bethan</p>
1410	An Ice breaker with Lois Calder, Dean of the MASTS & SUPER Graduate School
1430	<p>Project management, governance and finance: You need to know this!</p> <p>Mark James and Dave Paterson</p> <p>Exploring key aspects of managing a research (or other) project, including budgets, governance, managing risk, and communications, internal and external, to keep the project on track.</p>
1530	Coffee Break
1600	Interactive session – creating a budget
1700	Break
1800	 <p>Bar Stool Speaker – Professor Eric Verspoor</p> <p>Eric was Director of the University of Highlands and Islands Rivers and Lochs Institute in Inverness, now the Institute for Biodiversity and Freshwater Conservation. Eric will share aspect of his career, motivations and the challenges in getting to where he is now.</p> <p>Q&A to follow</p>
Evening Event	
1900-late	Dinner & Conversation

Day 2 – Thursday 16th March

0900	Intro to the day, Dr Lois Calder		
0905	Key skills for presenting in person and online – Dr Elizabeth Mills An interactive session on presentation options for academic and science communication, including tips for communicating your message for different audiences, creating connection with your audience and some technical aspects Elizabeth has learned along the way.		
1030	Tea/Coffee Break		
1100	Key skills for presenting in person and online continued		
1200	Key skills for presenting continued	OR	PGCert Q&A session/supported work Q&A and supported work to make progress, plus Strathclyde PGCert team available from 1230-1300 for drop-in support
1300	Lunch (continue networkign over lunch)		
1400	OUTDOOR ACTIVITY Options with sign up: <ul style="list-style-type: none"> • Cycle hire • Walk • Free time for conversation 		
			 
1700	Break		
1800	Bar Stool Speaker – Elle Sibthorpe Elle from Mindfully Wired Communications shares her career journey and lessons learned along the way.		
Evening Event			
1900-late	Dinner & Conversation		

Day 3 – Friday 17th March

0900 **Intro to the day, Lois Calder**

0905



Dr Kate Wade, Marine Science & Evidence Office, JNCC & Welsh Government

Government, conservation, and the science policy interface.

1000

Organising and running a meeting, Dave Paterson & Mark James

Tips for running a meeting smoothly and effectively.

1100 **Coffee Break**

1130

What you never knew but wish you did!

Graduate Transition to Employment - Julia Wouters

Internship Experiences - Ella Benninghaus, Alexandra Bulgakova, Alex Houston

4 x 10 minute presentations and discussion (continuing over lunch).

1230 **Lunch**

1330

Introduction to Laughter - Anna Hatchard, the Laughter Lab (delivered virtually)

Laughter is an under-researched but impactful behaviour. In this workshop Anna will explore the power of laughter and how it improves self-awareness, changes mood and build relationships. She will show how laughter can be a tool to reduce stress and overwhelm and increase productivity.



1530

Close of the day, Dr Lois Calder & Prof David Paterson

1545

Depart for train station (1630 train)

Optional - Sat 18th March - The Saturday Social Space



PGRs organised hill walk or other activity

The snowy days of 2017!