

Careers support for Postgraduate Researchers at QMUL

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Welcome to Your Doctoral Journey



Your research path will be unique — and so will your career path.
We're here to help you explore and plan for both.

What Career Development Means for Researchers

Reflect → Explore → Plan → Act → Reflect

- Career development is a continuous process that runs *alongside* your research, not just at the end.
- Skills and learning what motivates you
- Curious and reflective



Welcome to EAST London – this model for career development consists of four stages:

Explore your own interests/motivations and career options

What motivated you to start this doctorate?

What do you hope it will lead to?

What possibilities interest you – within or beyond academia?

Who could you talk to about them?

Acquire experience

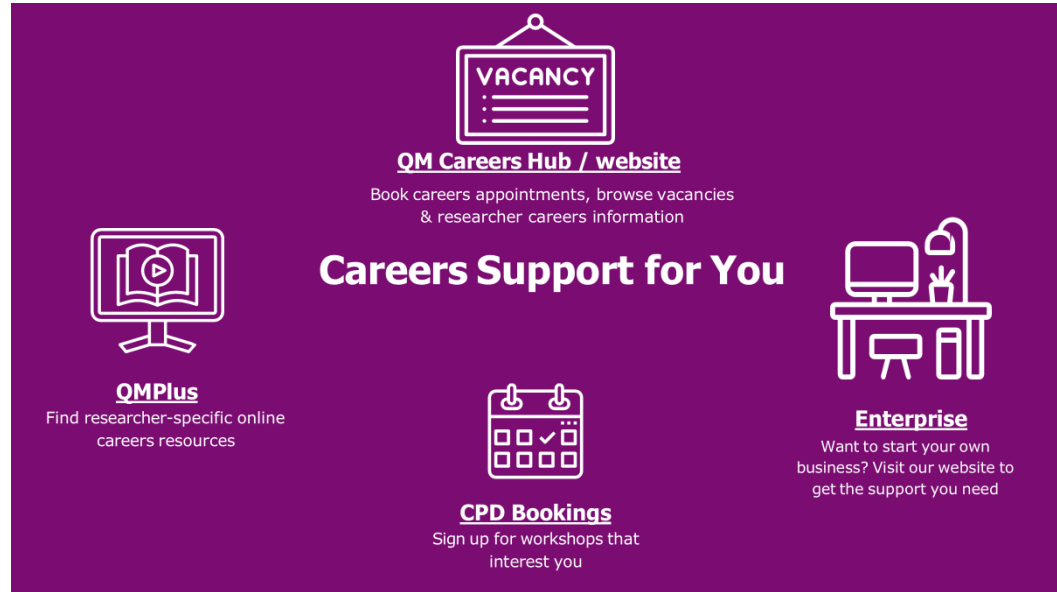
Showcase your skills and experience

Transition towards your next steps.



How We Can Help

- 1:1 confidential career guidance and coaching
- Workshops /activities at different stages
- Online resources and recordings
- Employer and alumni events
- Support for academic *and* non-academic careers



VACANCY

QM Careers Hub / website
Book careers appointments, browse vacancies
& researcher careers information

QMPlus
Find researcher-specific online
careers resources

CPD Bookings
Sign up for workshops that
interest you

Enterprise
Want to start your own
business? Visit our website to
get the support you need

Careers Support for You

Where to get support

- **CPD booking**

[Researcher-specific workshops and events](#)

- **Resources for QM Researchers**

[QM Plus Researcher Careers Management](#)

- **Careers Hub =**

[For PhDs and Early Career Researchers - Careers and Enterprise](#)

- one-to-ones, events with larger recruiters and covering a broad range of sectors
- Events for international students
- Tools for support CVs and interviews



Introduction to Narrative CVs



Adapting your CV for roles in industry and academia



Strategies for career success after your doctorate



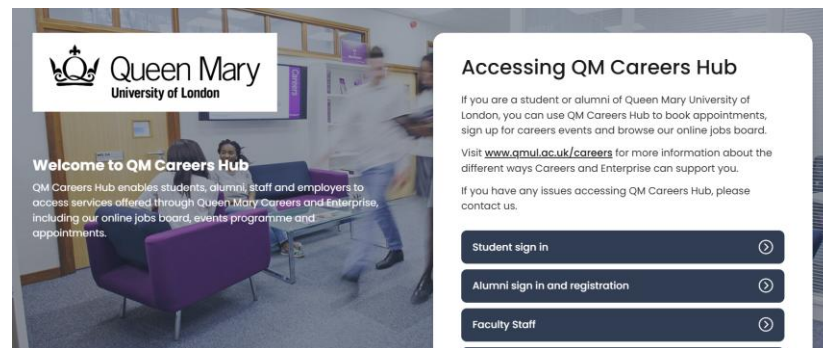
Using your doctorate in industry and beyond



Finding your career direction after your doctorate



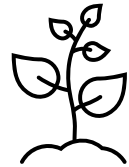
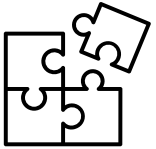
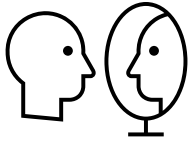
Researcher Futures panel events



How You Can Help Yourself



- **Stay curious** — keep exploring possibilities
- **Use your research experiences** to build skills and stories
- **Reflect regularly** on what you're learning about yourself
- **Say yes** to opportunities that help you grow
- **Reach out early** — don't wait until the final year



Your PhD is a time of discovery — in your research and in yourself.

We'll support you to:

- Explore career possibilities
- Build skills and confidence
- Plan your next steps





QMUL GOS 2025 2022/2023 PGR leavers



99% in Highly Skilled jobs



89% 'my activity is meaningful'



85% 'fits with my future plans'



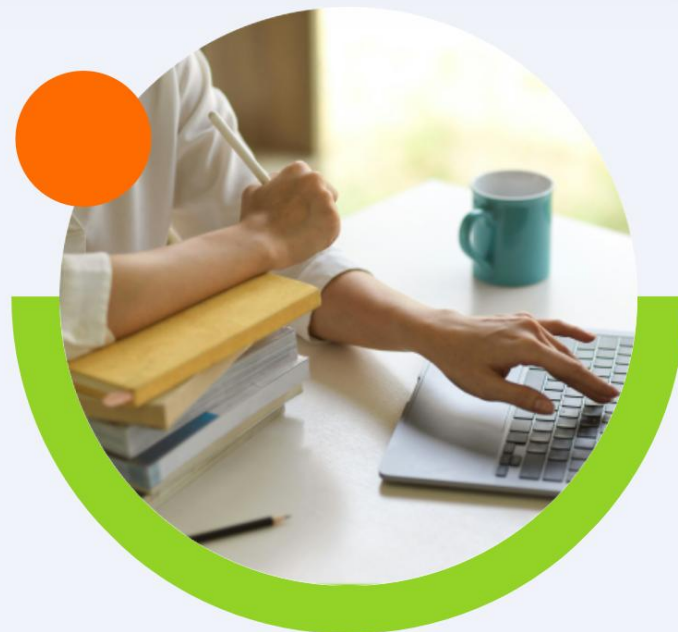
80% Uses Skills I learned



Average UK salary £54,300

Resources for all career stages

Careers in research look different for everyone. Your career journey might not be linear, and your professional development needs will be individual to you.



Resources

- [Vitae](#) – Realising the potential of Researchers
- [What do researchers do?](#) – Vitae.ac.uk resources exploring career paths
- [Careers in your ears](#) - The Careers Podcast for PhD Students and Research Staff at King's College London.
- [From PhD to life. Recommended Reading List from Jennifer Polk.](#) A list of books for PhDs and researchers looking to career pivot.
- [Imagine PhD Job Families.](#) Career options for humanities and social science PhDs. You will need to sign up to the website, but this US resource is free.
- [10 Top Non-Academic Jobs for STEM PhDs](#) and [PhD Jobs for People who Hate People.](#) Two lists from the US – based [Cheeky Scientist.](#) Some useful resources and videos but subscribing to the email list results in unwanted emails/SPAM.
- [Research Careers.](#) Career profiles from more than 90 people, many of whom have been early career researchers and moved to different careers. Collated by PhD students and postdoctoral researchers at Oxford University.



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