UNIVERSITY OF CAMBRIDGE

Postgraduate School of Life Sciences

Development Log

Name	
Course	
Department	
Supervisor	
Adviser	

Record of Meetings with Supervisor and Advisor

Students and Supervisors are expected to meet regularly, and though the exact timing will be agreed with the Supervisor, we expect it to be at least twice per term.

The frequency of meetings with your Advisor will vary, but we expect it to be at least twice per year.

You should use this record to log your meetings.

Date	Supervisor / Advisor	Comments

Recording Your Researcher Development

Researcher Development (RD) encompasses all of the learning and development that you acquire and apply during your time in Cambridge. It will provide you with the skills and experiences that you need as a professional researcher, both today for your degree, and for the future, whatever that might be!

The Cambridge Researcher Development Framework (CamRDF) presents these skills as 15 core competencies. You can use the CamRDF to explore why these skills are helpful for a researcher, understand what they look like in the real world and discover ways you can further develop them. You can find the CamRDF at www.rdp.cam.ac.uk.

The Core Skills Training Programme (CSTP)

The Postgraduate School of Life Sciences (PSLS) has developed a Core Skills Training Programme (CSTP), comprising five components, which you are strongly recommended to complete in your first year. Completing the CSTP will ensure that you are informed of the range of RD opportunities available in Cambridge and provide the foundational skills in personal effectiveness and scientific communication that are essential for progression.

You will be enrolled onto the CSTP Introductory Moodle in early October, which can be accessed from your dashboard at www.vle.cam.ac.uk with your Raven login. This will provide you with all the information you need about the CSTP. The first component of the CSTP is the online Skills Analysis Survey, which introduces you to the CamRDF, helps you identify your training needs, and allows you to create a personal development plan.

You will receive regular updates about CSTP activities throughout the first year of your studies and can always book a one-to-one appointment with the Researcher Developer for Life Sciences should you wish to discuss your development needs.

The Advanced Skills Training Programme (ASTP)

The Advanced Skills Training Programme (ASTP) is provided to structure your continued engagement with Researcher Development throughout your PhD. The ASTP allows you to focus on developing the skills you need for your future career direction by attending training you have identified and reflecting on how you can apply these skills. Further details will be provided for those continuing with a PhD after the completion of the first year of studies.

Using this Development Log

The following checklist is provided as a reminder to complete key tasks to help you make continued progress throughout your studies. All activities run by the Researcher Development Programme or PSLS (including CSTP components) will be logged online automatically and can be downloaded as a transcript (see next page). Other external or departmental activities should be logged by you in the following sections of this logbook.

Skills Analysis Survey and Personal Development Plans

The Skills Analysis Survey and Personal Development Plan should be completed at the start of each year. You can then print your Personal Development Plan and use it as a launch-pad for discussing your training needs with your supervisor.
Personal Development Plan attached:

1st Year   ☐
2nd Year   ☐
3rd Year   ☐
Final   ☐

Transcript of Researcher Development Activities

Your RD transcript will automatically list any centrally-run activities that you attend. You can view and print your transcript at www.rdlog.admin.cam.ac.uk; we recommend doing this at the end of each year to check that it is up to date.

RD Transcript attached:

1st Year   ☐
2nd Year   ☐
3rd Year   ☐
Final   ☐

Completion of Skills Training Programmes

When you complete the Core Skills Training Programme (first year) or Advanced Skills Training Programme (later years) you will receive a certificate. We recommend keeping those certificates with this document for future inspection.

Certificate attached:

CSTP   ☐
ASTP   ☐

If you have any questions about researcher development you should contact the Researcher Developer for Life Sciences. Details are available from the Researcher Development Programme website at www.rdp.cam.ac.uk.

Department Induction and Events

Your Department will likely have a list of compulsory induction events and training, further compulsory events throughout your programme, and recommended departmental training. You should use this record to log your attendance.

Date	Event	Comments

Other Events

Throughout your programme you are likely to attend other events, conferences, external training etc. Keeping a record of these will be beneficial when putting together a CV in the future. You should use this record to log your attendance.

Date	Event	Comments