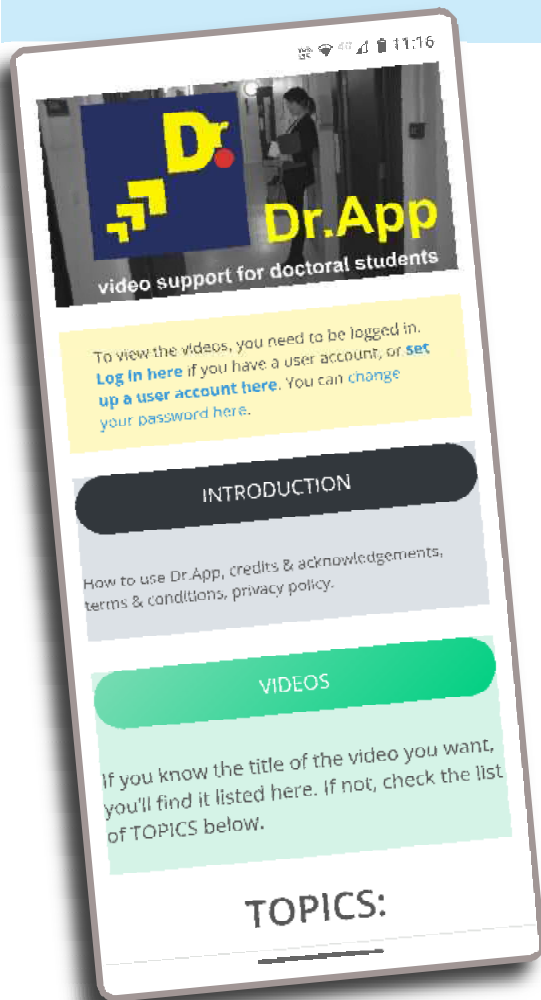


Dr.App: video support for doctoral students

The university has bought licences for our research students and staff supervising research degrees to use **Dr.App**, the 'PhD companion in your pocket'. **Dr.App** is an online resource with videos covering everything from working with supervisors and preparing for the viva examination to coping with stress and mental health challenges, from research impact to networking skills. It has content you should find helpful at every stage of a research degree, in any discipline. More than 8 hours of videos are organised into topics for easy reference, and the producers are keen to hear your suggestions for new content.



Topics include:

- **Thinking about a doctorate:** how do you know if a PhD is right for you, and what do students wish they had known before they started?
- **Starting a doctorate:** everything you need to consider in your first year.
- **Success stories:** case studies to keep you motivated on those days when you need reasons to be optimistic!
- **Supervisors & supervision:** how to work with your supervisors, what to expect from them, and what to do if the relationship goes wrong. Also helpful advice for supervisors themselves.
- **Planning ahead:** taking the long view to complete your doctorate on time, to build real-world impact into it, and to ensure your employability once you've finished it.
- **Examinations:** the upgrade process that marks the first major landmark in most doctorates, and how to approach your viva with good preparation instead of panic!
- **Skills:** how to write a thesis, presentation skills and how to network to become part of the wider academic community.
- **Wellbeing:** how to look after yourself and where to find help if you are finding your PhD stressful, lonely or overwhelming.
- **International students:** how to understand the UK's academic culture and the way PhDs are structured if you are arriving from a different culture.
- **Professional doctorates:** the growing range of alternative doctorates for teachers, health professionals and many other professional careers.

Find Dr.App at angelproductions.co.uk/drapp or use the QR code below.

To get free access, log in with your university email address. You can use **Dr.App** on your phone, your tablet or your computer. If you have any difficulty accessing Dr.App, email drapp@angelproductions.co.uk for support.



Dr.App is produced by Angel Productions. The video content is produced by Angel Productions in partnerships with institutions including University College London, Birkbeck College and Royal Holloway, with editorial advice from Prof John Wakeford of The Missenden Centre. www.angelproductions.co.uk