Journeying well through academia: a personal perspective
Katrina Turner
Presentation

- Academic journey
- The challenges
- What helped
- Questions and discussion
Academic journey

- Research Associate, Heriot Watt University
- Research Associate, MRC
- Research Fellow, University of Glasgow
- Research Fellow, University of Bristol
- Lecturer, University of Bristol
- Senior Lecturer, University of Bristol
- Reader, University of Bristol
- Professor, University of Bristol
What I planned.
what I planned.

what happened.

Julia
The Challenges

• No sense of where I was going
• Methodologist working across studies
• Too many tasks and too many projects
• Lacked motivation, energy and confidence
Write a strap line

I am a qualitative researcher who...
Build a pyramid

Clark A, Sousa B (2018) How to be a happy academic
Worked example

- **Success indicator**
  - Be internationally known for my research area

- **Priorities**
  - Publish continuously, credibly and visibly

- **Goals**
  - Keep Fridays free for writing
  - Aim to publish strategically

- **Task**
  - Don’t answer emails on a Friday
  - Don’t schedule meetings on a Friday
Find your WHY (rather than your WHAT)

Sinek – TED talk. Start with why
Build your teams

- Good teams
- Work hard, work well
- Mentor, line manager, coach
- Mental health research
  - Peer researchers
  - Counsellor
  - Clinicians
- ‘Big believers’
Strengthen your base

- Upskill and learn
- Be balanced
- Self energise
- Have a home team
Seize opportunities

- There are few super heroes
- Leap then learn
- Practice confidence
- Trust colleague’s judgement
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