



Marine Alliance for
Science and Technology for Scotland
a marine partnership for Scotland

Eighth MASTS Annual Graduate Retreat

Breaking the Mould

**Loch Insh Outdoor Centre
Kincaig, Kingussie,
Inverness-shire, PH21 1NU
Wed 13th- Fri 15th March 2019**



Introduction

The current generation of marine researchers will face some tough challenges in the coming years and the future of our oceans lies in our own hands. We will need creative, resourceful people willing to push boundaries and think differently - and at this year's Annual Retreat, we hope to do just that. We have a packed programme of speakers from varied sectors in marine science research, business, policy and more, together with opportunities to develop your personal and professional skills and understanding. We'll encourage you to think differently and we hope to nurture and inspire you as the next generation of MASTS Graduates. With sessions designed to build your knowledge and skills, encourage lateral and creative thinking, develop networks and support your wider career aspirations, this is a great opportunity to meet other members of the MASTS Graduate School and broader marine science community in a relaxed and fun environment. This year we are meeting at the Loch Insh Outdoor Centre and will be sending you outdoors, with some exciting activities on offer to push your boundaries!

What Postgraduates thought about previous Retreats

"The MASTS retreat gave us an exciting overview of several career pathways that will be available to us once we complete our PhDs. It was inspirational to hear the experiences of young professionals excelling in their fields, spanning from academia to policy and consultancy".

"The retreat has been a great opportunity to establish fruitful personal and professional links within the MASTS postgraduate community, which will hopefully set the scene for future collaborations and knowledge exchange".

"I found the MASTS postgraduate retreat to be extremely rewarding because it promoted not only sharing ideas within the MASTS community, but it also opened up our horizons towards policy makers, governmental departments, charities and funding bodies. I believe such gatherings are highly valuable for our personal development and for future networking opportunities."

"The Retreat was grand, extremely interesting, well organized, [with] plenty of wonderful people. MASTS community has a real power and we can feel it, especially during this kind of event."



The Programme

| Wednesday 13 th March | |
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| 1130 | Arrival |
| 1230 | Lunch |
| 1330 | Welcome from the Dean of MASTS Graduate School Dr Lois Calder |
| 1335 | Introductions with ice breaker TBC (Can you save the world?) |
| 1415 | Budgets: Your Worst Nightmare! Dr Mark James, MASTS Grant success not only depends on innovative research ideas but also on demonstrating that the work is achievable and that resources are in place to deliver results. In this interactive and entertaining session Mark will give tips and insights on the dos and don'ts of successful budgeting. |
| 1515 | Tea/Coffee Break |
| 1545 | Continued - Budgets: Your Worst Nightmare! |
| 1630 | Top tips for a happy life! Hannah Lee Hannah will share her approach to managing her day and her diary to achieve a good work-life balance and keep making make progress, particularly under pressure. We would also love to hear some of your top tips, so please come prepared to share. |

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| 1650 | Close of formal activities |
| 1800 | <p>Stories from the Bar – Dr Polly Douglas, Aquaculture Innovation Manager, SAIC</p> <p>With a background in innovation management, Polly will guide us through her career journey, from a degree in Environmental Biology and a PhD from the University of Stirling's Institute of Aquaculture, to the NHS, her own business and her current role with the Aquaculture Innovation Centre.</p> |
| 1900 | Dinner and conversations |
| 2100 | <p>MASTS Gathering</p> <p>Can you play a musical instrument, perhaps you enjoy singing or can you recite a favourite poem? Join us a traditional ceilidh evening of song, dance and other contributions.</p> |
| Thursday 14th March | |
| 0800 | Breakfast |
| 0900 | <p>Innovation in Aquaculture. Dr Polly Douglas, Aquaculture Innovation Manager, Scottish Aquaculture Innovation Centre</p> <p>What is SAIC, what are its aims and how is SAIC changing the aquaculture industry. Polly will highlight how MASTS students can become more involved, through internships, the SAIC Academy and other opportunities.</p> |
| 1000 | <p>How to Run a Meeting - Professor David Paterson, University of St Andrews</p> <p>Good chairing can make the difference between a productive meeting and chaos! David will discuss the chair's role and responsibilities, the qualities of a good chair and uncover a few secrets on how to deliver an effective meeting or conference session.</p> |
| 1045 | Tea/Coffee Break |
| 1115 | <p>Science, Society and Dolphins. Dr Fiona McIntyre, Greyhope Bay TBC</p> <p>Fiona, founder of the charity, Greyhope Bay, will share her journey from PhD student to social entrepreneur and the vision she has for a marine environmental education and visitor centre near Aberdeen.</p> |
| 1215 | <p>The MASTS Postgraduate Certificate in Researcher Professional Development: An introduction, Dr Lois Calder, Dean of the MASTS Graduate School</p> <p>Lois will introduce our unique PG Cert to new PGRs and give you an opportunity for those already registered to share their experiences so far.</p> |
| 1300 | Lunch |
| 1400 | <p>Getting Out and Active!</p> <p>Spend an afternoon with friends doing something fun, active and outdoors. Choose from:</p> |

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| | <ul style="list-style-type: none"> • 3 hours of mountain biking • 1.5hrs Skiing/snowboarding on the Loch Insh dryslope • 1 hr of archery • Walking • Or you choose – perhaps you have a favourite activity e.g. photography, running, birdwatching, identifying the other local flora and fauna, or just enjoying the gorgeous views. <p>Loch Insh instructors will teach you the basics and then you go wild, challenging yourself in the great outdoors, followed by free time before the evening's events.</p> |
| 1700 | Free time |
| 1800 | <p>Stories from the Bar - Professor Carron Shankland, Computing Science, University of Stirling.</p> <p>Carron will share aspects of her career including a cautionary tale about her own experiences of stress and depression and how she overcame these. She will discuss the qualities that make us successful but that can turn against us if we let them dominate.</p> |
| 1900 | Dinner and conversations |
| Friday 15th March | |
| 0800 | Breakfast |
| 0900 | <p>Seven Habits for Surviving a PhD: Research, Relationships, Relaxation and Resilience. Dr Caron Fraser Wood, Mind Set Method.</p> <p>Caron will discuss how to create good habits, behaviours, and tools/skills that support progress and good health and well-being, embedding these into a PhD studentship.</p> |
| 1045 | Tea/Coffee Break |
| 1100 | Continued - Seven Habits for Surviving a PhD |
| 1230 | Lunch |
| 1330 | <p>Science, Society and Inspiration Abroad - Dr Hannah Grist, Director, Mercurious Consultancy</p> <p>Hannah will talk about citizen science, public engagement and her Churchill Fellowship overseas, including how citizen science can provide new ways to carry out research, influence behaviour and make real change.</p> |
| 1430 | <p>Recent Graduate Perspectives and Internships</p> <p>Dr Joanna Gosling a recent MASTS graduate, talks frankly about her experiences of PhD study and transitions into employment, whilst current PhD student, Hazel Smith, discusses the challenges and benefits of her recent internship with SNH.</p> |

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| 1500 | Tea/Coffee Break |
| 1520 | What do you think? What would you like from the MASTS Graduate School, for future Retreats and other MASTS opportunities and events? Feedback and discussion. |
| 1540 | Closing remarks Dr Lois Calder DGS & Prof Dave Paterson, Director of MASTS |
| 1600 | Depart/ Transport to Train Station Aviemore train south leaves 1635. Transport to the station offered. |