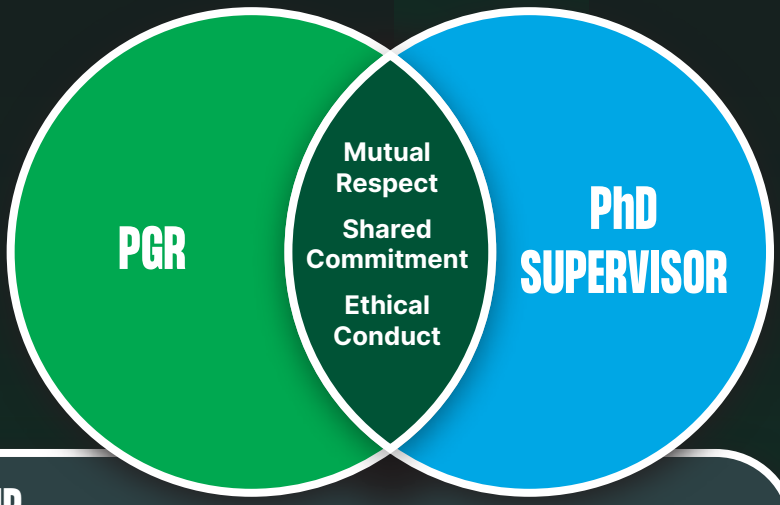
# BEST PRACTICE GUIDE

## PhD Supervision Lifecycle

UNIVERSITY OF LIMERICK
OLLSCOIL LUIMNIGH

Coláiste Dochtúireachta
Doctoral College

## PGR and PhD Supervisor Relationship




### 1. GUIDANCE AND MENTORSHIP

**PGR**

- Show independence and critical thinking
- Actively seek and implement feedback
- Regularly update supervisor on progress

**SUPERVISOR**

- Define and refine research topics
- Advise on methodology and analysis
- Set realistic timelines and milestones

### 2. REGULAR COMMUNICATION

- Schedule regular meetings
- Provide timely and constructive feedback
- Encourage open and honest dialogue
- Address concerns and disagreements early

### 3. PROFESSIONAL DEVELOPMENT

- Support conference attendance and publication of academic papers
- Guide career planning: academia, industry
- Encourage upskilling and networking

### 4. EMOTIONAL SUPPORT

- Recognise pressures of doctoral study
- Signpost support resources
- Maintain open communication about personal or academic difficulties
- Do not act as professional counsellor, but take appropriate action

## UL SUPPORT RESOURCES

- Counselling and Mental Health
- Academic Skills Workshops
- Peer Support Networks
- Career Development Networks

#PostGradAtUL