

RGU research degree students benefit from 'Tougher Minds'



The 2015 Research Student Gathering at the Burn

RGU research degree students and researchers from a wide range of disciplines recently benefited from a special training session as part of the '2015 Research Student Gathering'.

The three day training event, which took place last month at the Burn, Edzell, was based on a Tougher Minds Personal Brain Management programme.

Each year, RGU's Graduate Studies Office organises a training event at the Burn, a picturesque country estate retreat in Aberdeenshire, to bring the university's Postgraduate research students together.

The Research Student Association (RSA) organise the popular evening entertainment programme which this year included a quiz and a pirate theme treasure hunt.

The Tougher Minds Personal Brain Management programme was designed to introduce the students to the process of developing improved thinking habits and, as a consequence, improved personal productivity, efficiency and effectiveness.

The group were also introduced to the Tougher Minds Personal Performance Planner, a self-watching tool which allows users to monitor their own

behaviour in order to support positive changes and improvements with the use of simple and practical techniques.

Dorothy McDonald, RGU's Postgraduate Programme Co-ordinator who organises the annual training event, says: "Not only does the annual trip provide students with personal development but it also gives them the opportunity to connect with fellow research degree students from across the university – which is key for networking and research collaboration".

"The bespoke programme was relevant, engaging and had a powerful message that we can change our habits

and become more productive and achieve our dreams. It was fantastic training that I am putting into practice already."

Dr Andrew Lamb, a Senior Lecturer at RGU, added: "Tougher Minds provided a very thought provoking programme illustrating a series of practical, personal skills to improve work performance and output in my area of higher education.

"Their programme is grounded with recent relevant research as well as having a very practical basis for addressing personal working practices.

"We had an enjoyable few days that were very worthwhile and I hope to be able to be more effective in my work in future as a result of what I learned about myself."

Tougher Minds and RGU worked together to develop a formal accreditation for those participating in the training. All attendees received the Personal Brain Management certificate.

Next year's training event is taking place in May, 11 to 13 2016. All postgraduate research degree students will be contacted in due course with further information.