

**Phase 1: Months 0 - 24**

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| Month(s) | Expected milestones | Useful contacts |
| 1 | Research topic agreed | **Supervisory team** |
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| 1-3 | Training needs discussed and logged using the Researcher Development email (3 months) as guidance | **Supervisory Team**  [PGRS Training and Development Team](https://www.abdn.ac.uk/pgrs/training-development/index.php)  [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php) |
| 6 | Progress reviewed as a part of the [Six Month Review](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php#panel428) Form. Researcher and project development needs and objectives discussed and agreed with supervisory team and returned to PGRS Engagement Team within one month (month 7).  [Mandatory training](https://www.abdn.ac.uk/pgrs/training-development/mandatory-training-307.php) completed. | **Supervisory Team**  [PGRS Training and Development Team](https://www.abdn.ac.uk/pgrs/training-development/index.php)  [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php) |
| 18 | Email check-in from [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php), to confirm with student and supervisor that progress and engagement is satisfactory and to highlight any support that may be required. | **Supervisory Team**  [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php) |
| ~21 | Through the [Annual Progression Exercise](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php#panel429), the student is expected to:  i) Have undertaken an in-depth academic review ii) Established a research and/or thesis plan iii) Report on academic progress iv) Demonstrate understanding of good research practice | **Supervisory Team**  [School PGR Admin Officer](https://www.abdn.ac.uk/pgrs/pgr-handbook/key-contacts-497.php)  [School PGC](https://www.abdn.ac.uk/pgrs/pgr-handbook/key-contacts-497.php) |

**Phase 2: Months 24 - 48**

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| Month(s) | Expected milestones | Useful contacts\* |
| 26 | Training needs discussed and logged using the Researcher Development email (3 months) as guidance | **Supervisory Team**  [PGRS Training and Development Team](https://www.abdn.ac.uk/pgrs/training-development/index.php)  [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php) |
| 30 | Email check-in from [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php), to confirm with student and supervisor that progress and engagement is satisfactory and to highlight any support that may be required. | **Supervisory Team**  [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php) |
| 36 | Progress reviewed as a part of the [Six Month Review](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php#panel428) Form. Project and researcher development needs discussed and mental health and wellbeing reflected on. Objectives agreed with supervisory team, and returned to PGRS within one month (month 19). | **Supervisory Team**  [PGRS Training and Development Team](https://www.abdn.ac.uk/pgrs/training-development/index.php)  [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php) |
| ~42 | Through the [Annual Progression Exercise](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php#panel429), the student is expected to:  i) Have undertaken an in depth academic review  ii) Established a research and/or thesis plan  iii) Report on academic progress  iv) Demonstrate understanding of good research practice | **Supervisory Team**  [School PGR Admin Officer](https://www.abdn.ac.uk/pgrs/pgr-handbook/key-contacts-497.php)  [School PGC](https://www.abdn.ac.uk/pgrs/pgr-handbook/key-contacts-497.php) |

**Phase 3: Months 48 - 74**

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| Month(s) | Expected milestones | Useful contacts\* |
| 50 | Training needs discussed and logged using the Researcher Development email (3 months) as guidance | **Supervisory Team**  [PGRS Training and Development Team](https://www.abdn.ac.uk/pgrs/training-development/index.php)  [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php) |
| 54 | Email check-in from [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php), to confirm with student and supervisor that progress and engagement is satisfactory and to highlight any support that may be required. | **Supervisory Team**  [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php) |
| 60 | Progress reviewed as a part of the Six Month Review Form. Project and researcher development needs discussed and objectives set for thesis completion, career planning and preparation for viva reflected on. Discussions and objectives agreed with supervisory team, and returned to PGRS within one month (month 31). | **Supervisory Team**  [PGRS Training and Development Team](https://www.abdn.ac.uk/pgrs/training-development/index.php)  [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php) |
| 64 | Email check-in from [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php), to confirm with student and supervisor that progress and engagement is satisfactory and to highlight any support that may be required. | **Supervisory Team**  [PGRS Engagement Team](https://www.abdn.ac.uk/pgrs/pgr-engagement/index.php) |
| 70 - 71 | Intention to submit | **Supervisory Team**  [Registry](https://www.abdn.ac.uk/staffnet/teaching/registry-972.php) |
| 72 | Submission of Thesis | [Registry](https://www.abdn.ac.uk/staffnet/teaching/registry-972.php) |
| ~Month 74 | Viva | Supervisory team, Registry |