

FACULTY NEWS BULLETIN

11 June 2021

ANNOUNCEMENTS

PhD Approvals

Many congratulations to the following students who have recently completed their PhD's:



Alexis Bellot	DAMTP	Hypothesis testing and causal inference with heterogeneous medical data
Amelia Drew	DAMTP	Cosmic String Radiation with Adaptive Mesh Refinement

Congratulations to Malcolm Perry who has been elected as a member of the [American Academy of Arts and Science](#).

Academic Career Pathways Scheme 2022

Research and teaching academics who are considering applying for promotion are invited to attend one of two briefings in June on the University's Academic Career Pathways (ACP) scheme (replacing Senior Academic Promotions), ahead of the ACP 2022 exercise launch in September 2021. The sessions will be hosted by Professor Eilís Ferran and will provide an overview of the scheme, highlight key aspects of this process, provide an overview of the ACP CV Mentoring Scheme, and address some common misconceptions. Prospective applicants can sign up to attend on either [11 June](#) or [14 June 2021](#).

EVENTS

2021 Annual WiSETI Lecture: How COVID Changed the World

28 June, 5pm-6pm

This year's WiSETI lecture, 'How Covid Changed The World,' is hosted by Professor Dame Athene Donald DBE FRS and welcomes Dr Charlotte Summers who led the critical care response to COVID at Addenbrooke's Hospital. Charlotte will share her scientific journey alongside a commentary on what it's like to be a woman scientist today. To attend, book [here](#).

Returning Confidently

15 July, 11am-12pm

Some of us have been working at home since last March, others have been working full-time on-site since then with very reduced numbers of colleagues around, others have been doing a bit of both and some have been on furlough or flexi-furlough. At this point, national restrictions are easing and more changes to our ways of working lie ahead. How are you feeling about returning to the workplace? How are you feeling about other people returning?

Join this session to understand the scientific perspective about why these changes might be stressful, and identify the main sources of stress for you. Take some time to plan how you can manage these feelings and learn some techniques to help cope with the tough moments.

The session is followed by a three day Nudge Course. This is one technique per day to help attendees convert proven techniques into useful habits. Also, for 48 hours following the session, participants will have the opportunity to contact Joy, a mental health nurse with over 40 years' experience to help signpost them on to a recognised next step. Further details will be provided on the day.

See [here](#) for more information and to book a place.

Festival of Wellbeing 2021

This years Festival of Wellbeing runs from 28 June until 9 July with lots of events. See details of the programme [here](#).

GENERAL INFORMATION

Digital Wellbeing

A number of recordings are available to support our digital well being.

[Digital productivity/high performance in an 'always-on' world](#)

In this recording digital wellbeing techniques and tools to improve your focus and ability to switch off are discussed. This session talks about a framework of how we work with technology collectively. The concept of Digital Culture - Work Design was introduced, to show how to create positive digital habits when remote working, leading to a healthy, creative and productive digital life.

[Digital Resilience when remote working](#)

How have your work habits changed since lockdown? This recording explores how to ensure a healthy balance of work/life habits, especially at a time when we are spending more time online than ever before. In this session some practical tips and strategies about how to control digital burnout, and how to manage your time and energy while working remotely are discussed.

[Managing digital distractions when remote working](#)

Are you more distracted these days? We often find ourselves multi-tasking and juggling multiple digital tasks and distractions during the course of our everyday work and lives. So how can we create positive digital habits that allow us to focus and make the best of our time on screen? This recording answers these questions and provides links to related resources.

Impacts of COVID-19 - Postdocs

The Postdoc Academy is leading a project to investigate the impacts of COVID-19 on postdocs at Cambridge and how the University can best respond to the needs which are emerging.

They are seeking to understand how the pandemic's impacts have differed, and how its after-effects will continue to differ, across groups within our community.

The Postdoc Academy want to build a highly nuanced, inclusive understanding of the challenges experienced and potential future issues, so that they can shape responses in ways which fully respect the extraordinary diversity of the University's postdocs.

They are looking for volunteers to participate in a series of community focus groups. These sessions will be facilitated by two expert equity and inclusion consultants, Suzy Levy and Diane Stephen. Sessions will last 90-120 minutes and will take place on Zoom. For more information, please see [here](#).
