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Welcome Message from Prof Sir Stephen O’Rahilly, MRL Director

Welcome to the University of Cambridge Metabolic Research Laboratories (MRL), which is housed in the purpose-built Wellcome Trust-MRC Institute of Metabolic Sciences (IMS) on the Cambridge Biomedical Campus (Addenbrooke’s Hospital site). The mission of both the MRL and the IMS is to undertake basic and translational research relevant to the understanding, prevention and treatment of diabetes, obesity and other related endocrine and metabolic disorders. The MRL also hosts the MRC Metabolic Diseases Unit (MDU), which supports many of our key core facilities, and brings together investigators at the MRL, several Cambridge-based MRC Units and the Wellcome Trust Sanger Institute.

The MRL is a cross-departmental institute within the School of Clinical Medicine, University of Cambridge. It currently includes approximately 150 scientists, organized into 20 research groups. Each group is led by a principal investigator who is also a member of a ‘home’ University department. At present MRL investigators include members of the departments of Clinical Biochemistry, Medicine, Paediatrics, Obstetrics and Gynaecology, and Clinical Neurosciences.

All students at the University are also members of a University Department, usually this is the same department as their supervisor, although occasionally students will be registered in the Clinical Biochemistry Dept even though their supervisor is not. This handbook is intended for all students based at the MRL, regardless of the ‘home’ department. It sets out the responsibilities of individual students, their supervisors, and the systems in place at the MRL, Clinical School and University to help you progress from the more structured undergraduate environment towards independent research where you are able to identify your goals and plan your work on a day-to-day basis to achieve these.

The general information in the booklet applies to all students. However each department has a slightly different procedure for assessing students progress during the 1st year, so the detailed information on assessment procedures applies to students registered in Clinical Biochemistry. Sections that do not apply to all students are clearly marked.

I hope you find studying at the MRL an enjoyable and rewarding experience.

Professor Sir Stephen O’Rahilly
Director of the University of Cambridge Metabolic Research Laboratories
Director of the MRC Metabolic Diseases Unit
Head of Clinical Biochemistry Department
Welcome Message from Prof Fiona Gribble, Director of Graduate Education at the School of Clinical Medicine

As Director of Graduate Education, I would like to welcome you to the Metabolic Research Laboratories. I hope, for each of you, the next few years will be stimulating, career-building and even life-changing. During the first months of your project you will find yourselves on a steep learning curve, with lots of new ideas and techniques to master. As you progress deeper into your PhD, we hope that you will start to think creatively and exercise your curiosity. Following instructions and obtaining novel and interesting results is exciting, but I can guarantee that it is infinitely more rewarding when the idea was your own in the first place!

Do take advantage of the multiple opportunities in Cambridge to improve your transferable as well as your scientific skills. To be a successful scientist you need to be able to communicate your work confidently to scientific colleagues, lay audiences, school children and even the media. You should receive plenty of experience at presenting your work to different audiences. Initially this will be in the setting of small lab meetings, but as your science progresses you will be encouraged to present it to the wider department and at national or international conferences.

I urge all of you to go to, and participate in, meetings in your field. Introduce yourselves (or better, be introduced) to the international experts you respect most. These are the people who will review your papers and grants, who might be future employers, and who might be called upon in later life to write references on your behalf, so go out and socialise with them if you have the opportunity.

Most of all, I hope your experience here will be stimulating and rewarding and that your science will be fun and relevant.

Professor Fiona Gribble
Director of Graduate Education
Professor of Endocrine Physiology
Aim of This Handbook

The aim of this handbook is to provide students with an introductory reference point for many of the important pieces of information associated with being a graduate student at the University of Cambridge.

This handbook should be read in conjunction with the Code of Practice for Research Students, which sets out the University’s expectations of students and the staff who teach them; see:

http://www.cambridgestudents.cam.ac.uk/new-students/manage-your-student-information/graduate-students/code

Structure and Governance of Graduate Education

Graduate education is governed by a number of bodies and committees:

- The University’s Board of Graduate Studies and the Student Registry
- The Faculty Board for the School of Clinical Medicine
- The Graduate Operations Committee (School of Clinical Medicine)
- The Graduate and Clinical Academic Training Section
- The Degree Committee for the Faculties of Clinical Medicine & Veterinary Medicine
- Departmental Graduate Education Committees

The Board of Graduate Studies and Student Registry

The Board of Graduate Studies meets 9 times a year and is charged with the admission, registration and approval of the University's graduate students; that is, those students studying for the PhD, MSc, MLitt or MPhil degree and other graduate qualifications.

Administrative support for the Board of Graduate Studies is provided by the Student Registry. The Student Registry’s website for students, which contains comprehensive information for students at Cambridge, is at:

http://www.cambridgestudents.cam.ac.uk/

Faculty Board

Reporting to the Council of the School, and to the University’s General Board Education Committee, the Faculty Board is the key educational body within the Clinical School. Its remit includes both medical education and graduate students.

Faculty Board, chaired by the Head of School, the Regius Professor of Physic, delegates operational business to the Degree Committee for the Faculties of Clinical & Veterinary Medicine and to the Graduate Operations Committee, which also advises on policy matters.

Graduate Operations Committee

The Graduate Operations Committee has oversight of quality assurance and implementation of best practice; communications and information, sustainability of the academic mission, consistency of the student experience and support for staff, courses and programmes, across all departments and institutes within the Clinical School.
Graduate and Clinical Academic Training Section

GCAT has a broad remit which includes: the co-ordination of research training programmes for clinicians on an integrated academic training pathway; administration of a number of University graduate programmes; and oversight, through the Degree Committee for the Faculties of Clinical Medicine and Veterinary Medicine, of graduate student progress and processes across the numerous different University departments and institutes which exist within the School of Clinical Medicine.

The Degree Committee for the Faculties of Clinical Medicine & Veterinary Medicine

The Committee encompasses academics from within the Faculties of Clinical Medicine and Veterinary Medicine and reports to the Board of Graduate Studies (BGS).

This Committee is responsible for:

- Recommending candidates for admission to courses;
- Monitoring students’ progress;
- Recommending continuation after a probationary period of research for the PhD;
- Recommending candidates for PhD degrees;
- Approving candidates for MPhil and MRes degrees;
- Appointing Supervisors and Examiners;
- Considering and responding to consultations by the Board of Graduate Studies on matters of educational policy concerning graduate education; and
- Submitting to the Board proposals concerning existing and new graduate courses.

Graduate School of Life Sciences

The Graduate School of Life Sciences is a strategic partnership between the School of Biological Sciences and the School of Clinical Medicine. It facilitates the operation of certain joint PhD programmes and promotes the educational and career needs of graduate students and early career researchers in the Faculties of Biology, Clinical Medicine and Veterinary Medicine and their affiliated institutes. It is the focal point for researcher development training and the host for the Graduate Student and Post-Doctoral Forum, GRASP.

Key People in Graduate Education Within the MRL

- Prof Fiona Gribble, Director of Graduate Education, Clinical Schools (fmg23@cam.ac.uk)
- David Savage, Head of Graduate Education, MRL (dbs23@medschl.cam.ac.uk)
- Ms Laura Boxall, MRL Graduate Administrator (ljb90@cam.ac.uk)
- Dr Maria Adams, Head of Science Operations (ma454@medschl.cam.ac.uk)
- Mr Chris Ford, Departmental Administrator (cmf28@cam.ac.uk)
- Mr Mark Chaldecott, Accounts clerk (mc533@medschl.cam.ac.uk)
- Mrs Madeline Umpleby (jmu23@medschl.cam.ac.uk) and Mrs Celia Child (clc63@medschl.cam.ac.uk), MRL receptionists
**Induction**

In order to ensure that new students are provided with all the information required to successfully complete their course of study, a number of induction events are arranged.

**Clinical School Face-to-Face Induction**

An induction event is held twice a year in the Clinical School; in the Michaelmas and Lent Terms. This provides an opportunity to hear talks by academic representatives of the School of Clinical Medicine and other University members aimed at drawing your attention to some key aspects you should be aware of as a graduate student. It also provides an opportunity to meet other students and to discover more about the facilities available in the School building.

**Graduate of School of Life Sciences Online Induction**

Online induction training is provided by the Graduate School of Life Sciences, via Moodle, the University’s Virtual learning environment. If you do not receive notification that you have been enrolled on this course, or if you cannot see it within your Moodle account, please speak to your departmental graduate administrator in the first instance.

**Departmental and Lab Induction**

Please see details in your induction pack.

**University Graduate Safety Course**

All graduate students are required to attend the Graduate Safety Course, unless they are excused following a request by their Head of Department. Details of the course are sent directly to students, and are available at [http://www.safety.admin.cam.ac.uk/training/graduate-safety-course](http://www.safety.admin.cam.ac.uk/training/graduate-safety-course)

**College Induction Events, Including Matriculation**

You should be aware that your College may also expect or require you to attend induction events.

**Course Structures & Timetables**

**Master of Philosophy (MPhil)**

The MPhil in Medical Science is research-based and lasts for 12 months (full time). During this time, you must complete a research project, which is submitted as a written Dissertation of less than 20,000 words (not including Tables, References, Figure legends and Appendices), on a subject approved by the Degree Committee for the Faculties of Clinical Medicine and Veterinary Medicine. You will be assessed by oral examination on both your Dissertation and broader knowledge of your chosen area of research. The thesis shall provide evidence to satisfy the Examiners that a candidate can design and carry out an original investigation, assess and interpret the results obtained, and place the work in the wider perspective of the subject.

The ideal programme of study for a Masters degree will:

- Comprise in-depth study of a specific topic
- Require the student to critically examine the background literature relevant to their specific research area
• Provide the student with an environment that encourages originality and creativity in their research
• Give the student an opportunity to develop skills in making and testing hypotheses, in developing new theories, and in planning and conducting experiments
• Provide the opportunity to enlarge the student’s view of their broader research area, its theoretical foundations and the specific techniques used to study it
• Provide, through constructive feedback of written work and oral presentations, an opportunity for the student to develop skills in written work, oral presentation and in publishing the results of their research in high-profile scientific journals.

You should attend internal and external seminars and opportunities, as for 1st year PhD students and are encouraged to attend transferable skills training to broaden your experience further.

In mid-November, you will receive an email asking you to complete a brief, self-assessment report, based broadly under the terms ‘progress’, ‘problems’ and ‘plans’, that will be reviewed by your Supervisor and College Graduate Tutor simultaneously for feedback and comment as necessary.
<table>
<thead>
<tr>
<th>Date*</th>
<th>Supervisor responsibilities</th>
<th>MPhil student responsibilities</th>
</tr>
</thead>
</table>
| Pre-Oct    | • Inform Laura Boxall of students arrival  
• Select Advisor and inform Laura Boxall                                                      |                                                                                               |
| Oct        | • Meet with student to discuss project and any training required                             | • Attend Compulsory University Safety course  
• Attend Clinical School induction  
• Complete Compulsory Graduate School induction course  
• Meet with supervisor to discuss project and any training required  
• Meet with advisor |
| Nov        | • Review and discuss the self-assessment report with the student                             | • submit a brief, self-assessment report, outlining your progress, any issues identified, and future plans |
| Dec        | • Formal meeting with student to discuss progress  
• Complete termly progress report on CAMSIS                                                | • Review Skills Analysis Survey and plan accordingly                                             |
| April      | • Formal meeting with student to discuss structure of MPhil dissertation and timeline for completion  
• Complete termly progress report on CAMSIS                                                 | • Formal meeting with supervisor to discuss structure of MPhil dissertation and timeline for completion  
• Start to prepare dissertation                                                             |
| July       |                                                                                              | • Attend and present work at the annual MRL Student symposium                                 |
| May-Sept   | • Send ‘Appointment of Examiners Form’ to the Higher Degrees Office. The Higher Degrees Office will then ask you to complete and return a ‘Nomination of Examiners’ form. This should be done asap. | • Send ‘Appointment of Examiners Student Application Form’ form to the Degree Office 2 months before you are due to submit  
• Remind supervisor to nominate your examiners and get their agreement to examine you  
• Bind and submit your thesis                                                               |
| Throughout the year | • Complete termly reports outlining student progress on CAMSIS. Reports required in December, April and August-September | • Identify and attend relevant transferable skills courses. Record courses attended  
• Meet regularly with your supervisor and record outcomes  
• Attend internal and external IMS seminars  
• Attend Hot Topics sessions  
• Attend other seminars as relevant                                                        |

*Assumes October start date, Dates should be adjusted for students starting in Jan or April.
Submission of dissertation
The final deadline for submission of your MPhil thesis is the last day of your 3rd term (ie 12 months of study). If the end of your 12 months is approaching and you know you will not make this deadline you should discuss with your Supervisor and apply to the Degree Committee in good time to extend the deadline. The Degree Committee assess applications for extensions on a case-by-case basis.

If you do not do this, the Degree Committee may take you off the register.

Information about how to submit your thesis, arrange for appointment of your examiners and apply for a deferral of submission is available on the Student Registry website http://www.admin.cam.ac.uk/students/studentregistry/current/

MRes (Wellcome Trust PhD programme in Metabolic and Cardiovascular Disease)

The MRL is the base for inter-disciplinary, 4-year Wellcome Trust PhD Programme in Metabolic and Cardiovascular Disease. Students on this programme enroll for an MRes degree in the 1st year. After successfully completing this first year, and following the recommendation of the course examiners and with the support of a PhD supervisor, students undertake a 3 year PhD project in years 2-4.

Master of Research (MRes)

During the first year programme students undertake three mini-projects in different laboratories, selected to gain experience of different experimental approaches and working environments. You will spend 10-11 weeks in the lab during each project, following which you prepare a written report (Michaelmas- and Lent-term projects) or poster presentation (Easter-term project) for formal assessment and feedback. Michaelmas- and Lent-term projects are assessed in short vivas, and you will present your Easter-term poster at the MRL Student symposium.

Arranging rotation projects

Shortly before the start of each term you should contact supervisors whose work particularly interests you and arrange to speak to them about potential projects in their lab. Supervisors are generally very happy to make time to discuss potential rotation projects. However, you need to bear in mind that PIs are busy people, with many academic, administrative and, often, clinical commitments. It is not realistic to expect them to rearrange appointments to make time to see you, and always let them know as far in advance as possible if you are not able make an arranged meeting.

Clearly, it is advisable to do some background research into the area before you meet a potential supervisor. You should also be aware that there is no obligation for a supervisor to accept a student, no matter how much you might want to work with them.

Core course

Alongside your lab rotations students attend weekly 'hot topics' sessions together with modules focussing on experimental techniques. Attendance is compulsory - if you are not able to make a session because of illness or other good reason, you should email Karen Laurence and the session leader in advance to let them know.
Research Seminars

Students are expected to attend lab group meetings and research seminars in the department or institute where you undertake your rotation projects.

PhD Programme Symposium

MRes students will present a poster of their Easter term research project at the annual MRL Student Symposium. Other students will either present a poster or give a short oral presentation, depending on their stage of research.

Choosing your PhD project

The experience gained during your rotation projects is invaluable when deciding the project you wish to pursue for your PhD. You should discuss the possibilities with prospective supervisors before coming to a decision in early June and, once the decision is finalised, writing a research proposal in the form of a grant application. This PhD proposal forms a major part of your first year assessment. For students funded by the Wellcome Trust, it is also used as a basis for a request for additional funding to cover the costs of animal work for the 3 years of your research project.

MRes Assessment

Michaelmas and Lent term projects

Reports for rotation projects for Michaelmas and Lent terms should be written in the style of a paper in a journal appropriate to the topic. Normally this will include a Title page, Abstract, Introduction, Methods, Results, Conclusions, References, Tables and Figures and, if necessary, Appendices. The word limit is 8000 words (not including References and Appendices), but this is the absolute maximum and most reports are far shorter. For a report on a short project, the Introduction is likely to be longer and the Results section shorter than in a published paper.

You should include the following statement (signed and dated) following the title page:

I confirm that the material in this Project Report is not copied from any published material, nor is it a paraphrase or abstract of any published material unless it is identified as such and a full source reference is given. I confirm that, other than where indicated, this document is my own work.

The report is essentially your own work, but your project supervisor will offer general guidance in writing, and should see and comment on a draft. Make sure you send your draft to your supervisor in good time for them to do read the report and make meaningful comments. We strongly advise you to stay in Cambridge while preparing each report so you are able to access journals, as well as discuss your work and its wider implications with your supervisor and lab colleagues.

You should prepare 3 print copies of your report, keep one for yourself, and hand in the 2 remaining copies. Please also email an electronic (pdf) copy to Laura Boxall to keep on file. There’s no need for elaborate binding, either use the ring-binding machine kept behind the level 4 reception (ask Karen Laurence, Madeline Umpleby or Celia Childs to show you how), or use a hole punch and plastic wallet to keep the papers in place.
Your report will be sent to both the supervisor of the current project and the supervisor of your next rotation who will then arrange a VIVA in the early part of the following term.

Easter term project

The report for the Easter term project will be in the form of a poster, which is assessed at the annual student symposium in July.

**MRes Timetable 2018-2019**

**Michaelmas Term 2018**
- **Mon 1 – 12 October** Induction programme
- **12 October** Michaelmas term project-selection deadline
- **15 October – 21 December** Michaelmas project (1st lab rotation)
- **20-21 December** catch-up meeting with programme organisers (exact date and times tbc)

**22 December – 6 January** No timetabled activity (holiday and time to write up 1st rotation project)

**Lent Term 2019**
- **4 January** Lent term project-selection deadline
- **7 January** Michaelmas project report deadline
- **7 January – 22 March** Lent project (2nd lab rotation)
- **21-22 March** catch-up meeting with programme organisers (exact date and times tbc)
- **23 March – 7 April** No timetabled activity (holiday and time to write up 2nd rotation project)

**Easter Term 2019** (Easter weekend 19-22 April)
- **5 April** Easter term project selection deadline
- **8 April** Lent term report deadline
- **8 April – 21 June** Easter project (3rd lab rotation)
- **20-21 June** catch-up meeting with programme organisers (exact date and times tbc)
- **10 June** PhD selection deadline
- **24 June – 1 August** PhD proposal write-up
- **15 July** Easter project (poster) deadline

**Mid-late July (date tbc)** IMS Student symposium
- **1 August** submission deadline for PhD proposal for MRes Degree

**1 August – 1 September** No timetabled activity

**1 – 18 September** MRes vivas with external examiner (specific dates to be confirmed in July)

*All students continuing to a PhD must be in Cambridge from 1 September 2019*

MRes students should expect to take up to 8 weeks holiday throughout the course of the year, arranged in advance with the Course Administrator.
Please respect the report deadlines; they have been set so that the report from one project is complete before you become seriously immersed in the next.

If you think you might be delayed in handing in a report then let Laura Boxall know as soon as you can.

Your reports will be read by two assessors (the supervisor of the project, plus the supervisor of your next rotation project). There will also be a short ‘viva’ with the two assessors, after which they will submit brief written comments. Both the report itself and the written assessments will be available as part of the material seen by the MRes examiner. You will also have copies of the written assessments for feedback.

**Final MRes Assessment**

The final MRes assessments take place in September of the first year based on the reports from rotation projects and PhD proposal plus a viva examination with internal and external examiners. Students must successfully complete the MRes and be accepted into a lab for doctoral research to continue to the PhD.

**Transfer to PhD**

At the start of the second year, programme students, as all PhDs in the University, are registered as probationary PhD students. Students whose primary supervisors are not based at the MRL will transfer their registration to their supervisor’s home dept, and continuation after the 1st (probationary) year depends on satisfactory performance following the assessment procedures in place in the home department. The procedures that apply in the MRL (ie, students registered in the Clinical Biochemistry Dept) are outlined on p20-21.

**PhD**

All PhD students at the University of Cambridge are initially enrolled as ‘probationary’ PhD students. Only after successfully completing your 1st year will you be registered as a ‘full’ PhD student.

**Outline of procedures for probationary PhD students**

<table>
<thead>
<tr>
<th>Date</th>
<th>Supervisor responsibilities</th>
<th>PhD student responsibilities</th>
</tr>
</thead>
</table>
| Pre Oct | • Inform Laura Boxall of students arrival  
 • Select Advisor and inform Laura Boxall |  |
| Oct | • Meet with student to discuss project and any training required | • Attend Compulsory University Safety course  
 • Take online induction course from the Graduate School  
 • Attend Clinical School Induction  
 • Meet with supervisor to discuss project and any training required  
 • Meet with Advisor  
 • Complete your Skills Analysis Survey |
<p>| Dec | • Formal meeting with student to discuss progress | • Review Skills Analysis Survey |</p>
<table>
<thead>
<tr>
<th>Period</th>
<th>Actions</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td>• Complete termly progress report on CAMSIS</td>
<td>• Identify areas for training and attend courses/other training as appropriate</td>
</tr>
<tr>
<td></td>
<td>• Formal meeting with student</td>
<td>• Review Skills Analysis Survey</td>
</tr>
<tr>
<td></td>
<td>• Complete termly progress report on CAMSIS</td>
<td>• Identify areas for training and attend courses/other training as appropriate</td>
</tr>
<tr>
<td>June</td>
<td>• Start to prepare 1st year report Students not registered in the Dept of Clinical Biochemistry should follow 1st-year report guidelines in their ‘home’ dept</td>
<td></td>
</tr>
<tr>
<td>July</td>
<td></td>
<td>• Make and present poster at the annual MRL Student symposium All students at the MRL regardless of the home dept</td>
</tr>
<tr>
<td>July</td>
<td>• Select 2 ‘internal’ examiners and arrange date for the 1st year viva Supervisors from depts other than Dept of Clinical Biochemistry should follow 1st-year report guidelines from their home dept</td>
<td></td>
</tr>
<tr>
<td>July-Aug</td>
<td>• Send the 1st year examiners report to Laura Boxall</td>
<td>• 1st year viva</td>
</tr>
<tr>
<td></td>
<td>• Submit registration report on CAMSIS including a statement about the student’s suitability to continue with a PhD</td>
<td>• Meet with supervisor and/or advisor to address any matters arising from viva</td>
</tr>
<tr>
<td></td>
<td>• Meet with student to discuss any matters arising from viva</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Highlight any concerns to Laura Boxall</td>
<td></td>
</tr>
<tr>
<td>Throughout the year</td>
<td>• Complete termly reports outlining student progress on CAMSIS. Reports required in December, April and August-September</td>
<td>• Identify and attend relevant transferable skills courses. Record courses attended</td>
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<tr>
<td></td>
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<td>• Attend internal and external IMS seminars</td>
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<tr>
<td></td>
<td></td>
<td>• Attend Hot Topics sessions Attend other seminars as relevant</td>
</tr>
</tbody>
</table>

**First Year Assessment for PhD Candidates**

On joining the University of Cambridge, all Graduate Students and Clinical Fellows who are PhD candidates are required to successfully complete an initial probationary period before they are registered for the PhD.
degree. This is to ensure that the study you have embarked upon suits you and that you are making satisfactory progress. This involves undergoing a First Year Assessment.

The purpose of the first year assessment is to provide evidence of your suitability for registration for a PhD and involves the submission of a first year report, followed by a viva with two independent assessors. Since the first year report involves the production of a piece of scientific writing it is an opportunity for you to reflect upon the progress and direction of your research. The assessors will submit a report on the viva and make a recommendation to your Supervisor as to whether you should be registered for the PhD degree. Your supervisor will then make a recommendation via CamSIS to the Degree Committee which in turn will make a recommendation to the Board of Graduate Studies.

The first year assessment must be completed before the start of your 4th term at Cambridge and preferably by the 10th month.

Reasonable Adjustments

If you wish to notify assessors of any disability or request adjustments on account of such disability for your viva voce examination, you can do this via your Degree Committee by completing and submitting a Voluntary Disclosure Form, which can be downloaded from the following link:

https://www.cambridgestudents.cam.ac.uk/your-course/examinations/graduate-exam-information/submitting-and-examination/phd-msc-mlitt/oral

Once you have submitted the form, your Degree Committee will contact the University’s Disability Resource Centre (DRC) who will advise the Degree Committee on the appropriate course of action.

The information provided on the voluntary disclosure form will be kept confidential and will not be used for any other purpose.

Format of First Year Report (Students registered in Clinical Biochemistry Department)

You should discuss the content of your 1st year report with your supervisor at an early stage and start writing it by June of your 1st year (Sept for Jan starters, and Dec for April starters). The main purpose of your report is to assess your suitability for registration for a PhD. It also provides an opportunity for a thorough review of project objectives and progress by both student and supervisor. The assessment is based on a written report that is read by two PIs (one of whom is normally your second supervisor) and discussed with you in a viva. Your project supervisor can also be present at the viva as an observer, but is not one of the assessors.

Your report should be in the general form of a research paper in an appropriate journal (such as Diabetes or J Biol Chem), using the Instructions to Authors provided by the journal. You should find it useful experience of assembling a manuscript for journal publication (although the balance of text at this stage will probably be weighted more towards Introduction and Methods than Results).

The report should include:

- Title of the project, with names of student and supervisor
- Abstract (<1 page)
- Introduction (3-5 pages) describing the background to the project and aims of your studies
- Methods (including clinical material where relevant)
- Results giving a concise account of data obtained to date
- Discussion (3-5 pages), in which results are interpreted and related to relevant literature, and plans for future studies are outlined
- Appropriate Figures and Tables, each with a title and full legend
• A list of references cited in the style of your chosen journal
• A list of abbreviations where necessary
• A statement of the total word count of text

The total length of text (Introduction, Methods, Results, Discussion) should be ~5000 words.

You are not expected to spend more than three weeks preparing your report and should complete it in less if you are efficient and have been organizing your thoughts and data in advance.

Copies of your finished report and your Personal Progress Log should be given to both your assessors and to your supervisor a week before your viva. Following your viva, copies of the approved and, if necessary, corrected report should be bound and one copy given to Laura Boxall for the Departmental records, and another to your supervisor for use in your lab.

Possible Outcomes
There are a number of possible outcomes:

• Registered for the PhD degree (the registration is back dated to the term of admission)
• Resubmit and undergo a second viva
• Write up the first year work for a lower degree, such as an MPhil degree
• Withdraw from the University

2nd year PhD students (students with 4-years PhD funding should also follow this plan in year 3)

<table>
<thead>
<tr>
<th>Date</th>
<th>Supervisor responsibilities</th>
<th>PhD student responsibilities</th>
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</thead>
<tbody>
<tr>
<td>Dec</td>
<td>• Meet regularly with student to discuss progress</td>
<td>• Review Skills Analysis Survey and plan accordingly</td>
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<tr>
<td></td>
<td>• Complete termly reports outlining student progress on CAMSIS.</td>
<td>• Give a research talk at the annual MRL Student symposium</td>
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<td></td>
<td>Reports required in December, April and September</td>
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<tr>
<td>July-Aug</td>
<td>• Meet regularly with student to discuss progress</td>
<td>• Identify and attend relevant transferable skills courses. Record courses attended</td>
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<td></td>
<td>• Complete termly reports outlining student progress on CAMSIS.</td>
<td>• Meet regularly with your supervisor and advisor and record outcomes</td>
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<tr>
<td></td>
<td>Reports required in December, April and September</td>
<td>• Attend internal and external IMS seminars</td>
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<td>• Attend other relevant events</td>
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Final year PhD students

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<tr>
<th>Date</th>
<th>Supervisor responsibilities</th>
<th>PhD student responsibilities</th>
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</thead>
<tbody>
<tr>
<td>Oct</td>
<td>• Formal meeting with student to discuss time-frame for</td>
<td>• Make a thesis plan identifying and detailing any work still to be done</td>
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<td>completion and structure of thesis</td>
<td>• Review this plan with your supervisor and advisor</td>
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<td></td>
<td></td>
<td>• Review Skills Analysis Survey and plan accordingly</td>
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<tr>
<td>Month</td>
<td>Events</td>
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<td>------------</td>
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<tr>
<td>April</td>
<td>• Formal meeting with student to review structure of thesis and plan time-frame for completion</td>
<td></td>
</tr>
<tr>
<td>July</td>
<td>• Formal meeting with supervisor to review structure of thesis and plan time-frame for completion</td>
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<tr>
<td>May-Sept</td>
<td>• Send ‘Appointment of Examiners Form’ to the Higher Degrees Office. The Higher Degrees Office will then ask you to complete a ‘Nomination of Examiners’ form. This should be done asap to avoid unexpected delays</td>
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<td></td>
<td>• Send ‘Appointment of Examiners Student Application Form’ form to the Degree Office 2 months before you are due to submit</td>
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<td>• Remind supervisor to nominate your examiners</td>
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<td></td>
<td>• Bind and submit your thesis to the Degree Office</td>
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<tr>
<td>Throughout the year</td>
<td>• Complete termly reports outlining student progress on CAMSIS. Reports required in December, April and September</td>
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<td>• Identify and attend relevant transferable skills courses. Record courses attended</td>
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<td>• Meet regularly with your supervisor and record outcomes</td>
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<td></td>
<td>• Attend internal and external IMS seminars</td>
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<td></td>
<td>• Attend other seminars as relevant</td>
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**SUBMITTING YOUR THESIS**

PhD theses are submitted to the Board of Graduate Studies. MPhil theses are submitted directly to the Degree Committee in the Graduate and Clinical Academic Training section. MRes documents are submitted to the Course Administrator.

Guidance on the submission and examination of PhD theses can be found at
[www.cambridgestudents.cam.ac.uk/your-course/examinations/graduate-exam-information/submitting-and-examination/phd-msc-mlitt/](http://www.cambridgestudents.cam.ac.uk/your-course/examinations/graduate-exam-information/submitting-and-examination/phd-msc-mlitt/)

Guidance on the submission and examination of MPhil by Research and MRes theses can be found at
[www.cambridgestudents.cam.ac.uk/your-course/examinations/graduate-exam-information/submitting-and-examination/mphilmres](http://www.cambridgestudents.cam.ac.uk/your-course/examinations/graduate-exam-information/submitting-and-examination/mphilmres)

Approximately 2 months before submitting your thesis, you should complete an ‘Intention to Submit’ form and send it to the Degree Committee at degree_committee@medschl.cam.ac.uk.

The Degree Committee will then request the nomination of suitable examiners from the department.

**Reasonable Adjustments**

If you wish to notify examiners of any disability or request adjustments on account of such disability for your viva voce examination, you can do this via your Degree Committee by completing and submitting a Voluntary Disclosure Form, which can be downloaded from the following link:

[https://www.cambridgestudents.cam.ac.uk/your-course/examinations/graduate-exam-information/submitting-and-examination/phd-msc-mlitt/oral](https://www.cambridgestudents.cam.ac.uk/your-course/examinations/graduate-exam-information/submitting-and-examination/phd-msc-mlitt/oral)
Once you have submitted the form, your Degree Committee will contact the University’s Disability Resource Centre (DRC) who will advise the Degree Committee on the appropriate course of action.

The information provided on the voluntary disclosure form will be kept confidential and will not be used for any other purpose.

**ASSESSMENT & EXAMINATION**

Once your thesis has been submitted, the Degree Committee will formally appoint the examiners/assessors and send them all relevant material.

It is the responsibility of the Internal Examiner to arrange the date and venue for the viva exam (oral exam) at which you will be asked questions on your thesis and the general field of your research.

**PhD**

Following the viva exam, your Examiners will make a joint recommendation to the Degree Committee, which in turn will make a recommendation to the Board of Graduate Studies. The Board of Graduate Studies will consider the recommendation at their next meeting and then contact you directly to confirm the outcome of the Board’s deliberations. You will be sent a copy of your examiners’ reports which should include details of any corrections you may be required to make to your dissertation.

Further details about what to expect at the viva and the possible outcomes following the viva examination are available at [www.cambridgestudents.cam.ac.uk/your-course/examinations/graduate-exam-information/submitting-and-examination/phd-msc-mlitt/oral](http://www.cambridgestudents.cam.ac.uk/your-course/examinations/graduate-exam-information/submitting-and-examination/phd-msc-mlitt/oral)

**MPhil by Research**

Once you have been examined for your degree, reports and marks are sent to the Degree Committee for consideration at their next meeting. The Degree Committee will send you a letter/email to confirm their decision and any further action you need to take.

It is your responsibility to keep your mailing addresses on CamSIS up to date, which can be done via your CamSIS Self Service account.

There are a number of possible outcomes, following the viva examination:

- You will be approved for the degree without correction;
- You will be approved for the degree subject to minor corrections, which must be completed within 3 weeks of notification by the Degree Committee;
- You will be approved for the degree subject to more substantial corrections, which must be completed within 6 weeks of notification by the Degree Committee;
- You will be allowed to revise and resubmit for the degree, which must be completed within 10 weeks of notification by the Degree Committee;
- You will not be approved for the degree.
Academic Facilities

Libraries
There are numerous university libraries which you can access. The University Library (on West Road), the Medical Library (in the Clinical School building) and your own College library will be particularly useful. Further details are at:

http://www.lib.cam.ac.uk/camlibraries/index.php

Cambridge University Library, http://www.lib.cam.ac.uk/
From the home page you can follow links to the Library Catalogue, the Cambridge Digital Library, e-journals and other e-resources.

It is also possible to book an orientation tour
http://www.training.cam.ac.uk/cul/theme/orient?providerId=119246

Medical Library http://library.medschl.cam.ac.uk/
The Medical Library collections support all aspects of medicine and healthcare. The book collection, over 50,000 volumes, contains core text books and specialty titles many of which are available electronically and in print. The journal collection is increasingly weighted towards electronic access, with over 104,000 e-titles. The Library also facilitates access to the NHS Core Content collection of electronic resources.

Training sessions are available in:

- Literature search (from formulating basic search to systematic review)
- Finding full-text papers
- Current awareness
- Reference management

The Librarian presents a session at the Clinical School induction, introducing the library and its facilities. This also includes important information to ensure that the full text of journal articles is available to students performing online searches.

Computing Facilities
The ‘Hot desk’ area on level 4 of the MRL is available for all students to use. Hot desk computers are for short term use. If you are likely to spend longer at a computer, such as when writing your thesis, please use the student computers in the annexe.

Other computing facilities
The Medical Library provides a number of computers for student use. These are equipped with common Office applications, the SPSS statistical package and the EndNote referencing tool. Printing facilities and a scanner are also available. Students can also bring their own devices.

University Information Services manage a wide range of services, including the CRSid system, Raven authentication and the university-wide wi-fi network. They also provide a wide range of training courses, face-to-face and online, which are free to access for students.
The UIS services are described at [https://help.uis.cam.ac.uk/new-starters/it-for-students/student-it-services](https://help.uis.cam.ac.uk/new-starters/it-for-students/student-it-services) This also provides information on how to obtain free copies of MS Office for students to install on their personal devices.

**Biomedical Campus Facilities**

**FOOD AND DRINK**

The Postgraduate Lounge in the Clinical School was refurbished in 2017, and is open to staff and students from across the school. A lunchtime cafeteria provides hot drinks, sandwiches and cooked lunches Monday-Friday, and tables and microwave ovens are available for those who wish to bring their own food. A side room can be booked by graduate students for meetings and events.

Addenbrooke’s Hospital has a number of public catering facilities. The majority of these are located in the concourse, close to the main entrance, with additional facilities at either end of the building in the Outpatients area and in the Addenbrooke’s Treatment Centre.

Many larger departments and institutes have catering facilities, most of which are only accessible to members of that department and their guests.

Within the MRL, the Nick Hales Social Room is a space to sit, chat and meet people. Tea, coffee, milk and newspapers are provided, and a fridge/freezer and microwaves and are available to store and heat food.

**FRANK LEE LEISURE & FITNESS CENTRE**

The Frank Lee Centre offers a range of leisure activities, including a swimming pool, tennis and squash courts and a gym. Membership is open to all those who work on the Biomedical Campus, but the centre is not affiliated to the University, and does not offer student discounts.

Access to the bar and restaurant facilities is available to non-members for a small entry fee.

**Student Support & Welfare**

There are a number of mechanisms to provide formal and informal support to graduate students on both academic and pastoral matters. Whether you have serious personal or scientific problems or are simply unsure how best to proceed, we encourage you to use the knowledge and experience of those around you to find a solution.

**ACADEMIC SUPPORT**

**Supervisor**

All PhD students have a Principal Supervisor, who is appointed by the Degree Committee to direct and assist you in your research.

**Second Supervisor**

If your research is inter-disciplinary, involves a University Partner Institute, or is in a field where group work is the norm, a second supervisor may be appointed to provide day-to-day support.
Advisers
If you are studying for a PhD, your Department will appoint an Adviser for you. Your Adviser will be able to bring sufficient expertise to your Supervisory Team to act as a second point of contact for you for academic advice (after your Supervisor); and to provide supervisory cover in the absence of your Principal Supervisor.

Graduate and Clinical Academic Training Section
The Graduate & Clinical Academic Training Section can provide support regarding any student matters related to University academic processes or to matters that concern the Degree Committee. This includes leave to work away, intermission, and notification of your intent to submit your thesis. Most matters can be dealt with via your CamSIS self-service account, but CGAT are available to help with any queries that arise.

For students undertaking an MB/PhD programme, and for certain other joint courses, GCAT will work with your departmental graduate administrator to manage the administration of your course.

Departmental Graduate Administrators
Graduate Administrators within your department or institute are the first port of call for matters within your department.

Laura Boxall is Graduate Administrator at the MRL.

Self-Evaluation (for Masters’ students)
Around the middle of the Michaelmas Term, you will be invited to complete a self-evaluation process within the CamSIS system. This is an opportunity to inform your Supervisor and College Graduate Tutor how you are progressing and to raise any issues. This process was established to enable the early detection and resolution of any problems or difficulties MPhil students might be facing, and to facilitate a dialogue between Colleges and Departments regarding each MPhil student.

Student Welfare & Pastoral Support
While it is hoped that your time at Cambridge will be an untroubled one, there may be occasions when you need additional help and support.

College Tutors
All students in Cambridge have a College Tutor who has general oversight of student welfare, with regard to academic, administrative and pastoral care, see:

http://www.cambridgestudents.cam.ac.uk/welfare-and-wellbeing/college-tutorial-support

Clinical School Mental Health First Aiders
A team of around 15 trained volunteers from a number of departments are available to speak to any member of the School who believes that they are in or will soon be facing a mental health crisis. The
Clinical School Mental Health First Aiders (MHFA) are available to offer help and advice in times of need. Though not a 24 hour emergency service, the First Aiders are equipped with the following skills:

- Spot the early signs of a mental health issue
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental health issue from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health issues

Contact details are available at www.medschl.cam.ac.uk/human-resources/staff-wellbeing/mental-health-first-aiders/.

University Counselling Service
The University of Cambridge Counselling Service exists to provide a professional service to students and staff of the College and University communities. The Service supports the mission of the University by offering:

- Counselling and mental health support - to students and staff, both individually and in groups, and, with strict regard to clients’ confidentiality, working in collaboration with Colleges, the University and NHS provision.
- Educational work - to help students and staff make the best personal use of the opportunities offered by the Colleges and University.
- Preventive work - consultation, guidance and training to those with a pastoral role in the Colleges and University, and provision of general feedback and recommendations to help promote a healthy working environment for both students and staff.

Students’ Unions’ Advice Service
The Students' Unions' Advice Service offers free, confidential and independent support to all Cambridge University students, and employs two professional advisors. Contact and service details are available at http://www.studentadvice.cam.ac.uk.

University Occupational Health
Occupational Health assists in ensuring that the work environment is safe and that a person's health is not adversely affected by their work activities. The occupational health team comprises a small number of occupational health specialist doctors and nurses and administrative personnel who:

- Devise preventative strategies for identifying and controlling hazards to health arising from work.
- Advise on fitness for work, vocational placement, return to work after illness, ill health retirement, work-related illness and the control of occupational hazards.
- Assist in fulfilling statutory (e.g. health surveillance) and regulatory requirements (e.g. guidance on food safety, the application of the Equality Act) to ensure that the health of staff and others is not adversely affected by their work.
- Ensure that work health issues are appropriately managed.
- Promote health and wellbeing at work.
Departmental Graduate Administrators
Not everything will go according to plan and it is important to discuss any problems or concerns you might have sooner rather than later. Most problems can be resolved quickly by simple discussion with the right person. In addition to your principal supervisors and advisor, other members of staff are also able to offer help and advice. Laura Boxall (Graduate Administrator) and Dr Maria Adams (Head of Science Operations) are independent and always happy to listen.

Clinical School Wellbeing Programme
The Clinical School runs a series of events each year to promote physical, mental and social wellbeing. Details of current and future events are available at www.medschl.cam.ac.uk/human-resources/staff-wellbeing/.

Fitness to Study
The phrase 'fitness to study' refers to a student's capacity to fully engage with University life, both academically and otherwise, without unreasonable detriment to their wellbeing and whilst maintaining appropriate standards of behaviour. Where there are concerns regarding a student's fitness to study, the University acts within a particular procedure, detailed at http://www.admin.cam.ac.uk/univ/so/2017/chapter02-section27.html.

If you are a matriculated student, your College may use its own Fitness to Study Procedure. However, the University's Procedure can be used where the College Procedure is not appropriate, or a student does not have a College.

Complaints and Appeals
Most problems or complaints can be resolved quickly and efficiently with the support, involvement or intervention of University staff or your College Tutor. You may also seek independent advice from the Students' Union Advice Service. You are expected to exhaust all avenues of early informal resolution before initiating any formal complaint, review or appeal processes.

In the first instance, you should consult and seek the advice of appropriate departmental members of staff.

The officer responsible for receiving student complaints for the Faculty of Clinical Medicine is the Director of Graduate Education (for Cluster 5, Prof Folma Buss]). The deputy responsible officer for student complaints in the Faculty of Clinical Medicine is the Secretary to the Degree Committee (Ms Lesley Dixon). The Office of Student Conduct, Complaints and Appeals (OSCCA) provides procedural advice, case handling and oversight of a number of student procedures including: complaints and the review of examination results.

Information concerning the Student Complaint Procedure is at: https://www.studentcomplaints.admin.cam.ac.uk/student-complaints

Information concerning the Examination Review Procedure is at: https://www.studentcomplaints.admin.cam.ac.uk/examination-reviews
Important Information

ACADEMIC INFORMATION

University Regulations on Plagiarism

Plagiarism is defined as submitting as one's own work, irrespective of intent to deceive, that which derives in part or in its entirety from the work of others without due acknowledgement. It is both poor scholarship and a breach of academic integrity.

Examples of plagiarism include copying (using another person's language and/or ideas as if they are a candidate's own), by:

- quoting verbatim another person's work without due acknowledgement of the source;
- paraphrasing another person's work by changing some of the words, or the order of the words, without due acknowledgement of the source;
- using ideas taken from someone else without reference to the originator;
- cutting and pasting from the Internet to make a pastiche of online sources;
- submitting someone else's work as part of a candidate's own without identifying clearly who did the work. For example, buying or commissioning work via professional agencies such as 'essay banks' or 'paper mills', or not attributing research contributed by others to a joint project.

Plagiarism might also arise from colluding with another person, including another candidate, other than as permitted for joint project work (i.e. where collaboration is concealed or has been forbidden). A candidate should include a general acknowledgement where he or she has received substantial help, for example with the language and style of a piece of written work.

It is every student's responsibility to:

- Read, and ensure that you understand, the University-wide Statement on plagiarism (see http://www.plagiarism.admin.cam.ac.uk) which defines plagiarism and the forms that it can take. The statement follows the Regulations for discipline in Statutes and Ordinances.
- Familiarise yourself with guidance issued by your faculty or department which outlines the referencing techniques and other academic conventions that you will be expected to adhere to. This will be given to you in your handbook or other induction materials, but if you are in doubt ask your Director of Studies or Tutor.
- Ensure that you always follow these conventions, and ask for clarification or support if you need it from your Director of Studies or Tutor. If in doubt about any aspect of academic integrity it is always best to seek clarification at an early stage.

Cambridge Graduate Supervision Reporting System (CGSRS)

The CGSRS system is the means by which supervisors record and report the progress of their graduate students. Your supervisor will complete a report on a termly basis, and this will be reviewed by your department, College, and the Degree Committee. Completed reviews are available to students.

Terms of Study

University statutes require all students to complete a minimum number of terms of study, three terms for an MPhil degree and nine for a PhD (different requirements apply to part-time students). Details of these requirements can be found at www.cambridgestudents.cam.ac.uk/new-students/manage-your-student-information/graduate-students/terms-study
Leave to Work Away (research courses only)
As a graduate research student you are expected to be in residence in Cambridge working on your research throughout the year. You do not have breaks between terms or a long summer break. You are entitled to take holiday at times agreed with your supervisor, provided that these do not exceed 8 weeks in a given year.

If you need to work away from Cambridge, you should apply via CamSIS (Self-Service Page/Apply for Things/Application Forms) at least 2-3 months before you go. You will need to upload a School of Clinical Medicine Application for Leave to Work Away Form in support of your on-line application. Forms can be obtained from your Graduate Administrator. Leave to work away is not required for holidays, conferences or other short trips of under 2 weeks' duration.

Full details are available at www.cambridgestudents.cam.ac.uk/your-course/graduate-study/your-student-status/work-away-cambridge

Taking Time Out of the Course
The University allows students to take time out of their studies (intermission) for a variety of medical and non-medical reasons. A guide is available at www.cambridgestudents.cam.ac.uk/your-course/graduate-study/your-student-status/intermission-medical-and-non-medical.

You should ensure that you understand possible implications for your course funding and visa status.

Travel and Fieldwork Funding (research courses only)
A small number of competitive funds are available within the School, University and Colleges to support student travel, both for conferences and for research fieldwork. A database of funds is available at www.student-funding.cam.ac.uk/.

Within the Clinical School, the Fearnside and Isabelle Bouhon funds may be able to provide assistance; details are at https://gcat.medschl.cam.ac.uk/travel-grants/

Intellectual Property
The University’s IP policy allows it to fulfil its duty of care to employees and students by requiring disclosure, setting conditions for ownership of intellectual property arising from collaborative environments, and specifying a dispute resolution procedure, to which all parties within the University have access, see:


Student Conduct
The University’s core values encompass freedom of thought and expression, and freedom from discrimination. As a place of learning, teaching and research, the University provides an environment in which to exchange ideas, opinions and views. The University is committed to maintaining a learning and working environment in which the rights and dignity of all members of the University community are respected.
The University expects all members of its community to treat each other with respect, courtesy and consideration at all times. All members of the University community have the right to expect professional behaviour from others, and have a corresponding responsibility to behave professionally towards others.

Guidance, intended primarily for students who have complaints concerning the behaviour of others (e.g. a member of University staff, another student), is available at [www.cambridgestudents.cam.ac.uk/welfare-and-wellbeing/dignitystudy](http://www.cambridgestudents.cam.ac.uk/welfare-and-wellbeing/dignitystudy)

Colleges are legally independent of the University and as such have established their own complaints and review procedures. Complaints, including allegations of harassment or bullying, which arise within the college teaching, learning and working environment will normally be dealt with under the appropriate college procedure.

**Student Feedback**

The University subscribes to a national graduate student survey, the annual Student Barometer. You will be sent details of the survey by email, and the Clinical School encourages you to participate.

Within the MRL, the Student Committee organises various events for students, including the Annual Postgraduate Symposium and a student journal club as well as social events such as cake days, Christmas celebrations, and others – all of which help create an enjoyable environment in which to be a student as well as providing organisers with valuable transferable skills including event management, effective communication and teamwork. Members of the Student Committee also represent the views of students on various MRL committees, including the MRL Management, Graduate Education, IT and General Purposes Committees, to ensure student opinion is taken into account in management decisions.

Sophie Buller ([sab236@medschl.cam.ac.uk](mailto:sab236@medschl.cam.ac.uk)) currently leads the MRL Student Committee. Please get in touch with one or both if you would like to get involved, suggest events, etc.

**Researcher Development**

The Cambridge Researcher Development Framework (CamRDF) provides you with the skills and training you need, in 15 core competencies, to be a professional researcher; see [www.rdp.cam.ac.uk/camrdf](http://www.rdp.cam.ac.uk/camrdf)

**The Core Skills Training Programme (CSTP)**

The Graduate School of Life Sciences (GSLS) has developed a Core Skills Training Programme (CSTP), which you are strongly recommended to complete in your first year. Completing the CSTP will ensure that you are informed of the range of development opportunities available in Cambridge and provide the foundational skills in personal effectiveness and scientific communication that are essential for progression.

You will be enrolled onto the CSTP Introductory Moodle in early October, which can be accessed from your moodle dashboard at [www.vle.cam.ac.uk](http://www.vle.cam.ac.uk) with your Raven login. This will provide you with all the information you need about the components of the CSTP. The first is the online Skills Analysis Survey, which introduces you to the CamRDF, helps you identify your training needs, and allows you to create a personal development plan. The other components will be available from November and you will receive regular updates by email.

**Completing the CSTP**

Completion of the CSTP is sufficient for the training requirements that are assessed in your First Year Report. The RD team will track your engagement, update your department on your progress and present
you with a certificate when you finish the CSTP. You should also maintain a training log of other activities that contribute to your professional development, and be aware of any department-specific requirements.

**Other RD Opportunities**
The Graduate School of Life Sciences also runs specific events for life scientists throughout the year. For further details, contact Dr Sam Byers (Samantha.Byers@admin.cam.ac.uk), who is responsible for Researcher Development training in the Life Sciences. There is a one-to-one consultation service available for all GSLS members.

**Talks, Seminars & Conferences**
All students are expected to attend the weekly ‘internal’ and ‘external’ seminars that take place at the MRL to learn about research taking place throughout the Institute and elsewhere. You should also attend and present your work at lab group meetings and more experienced students will present their work at internal seminars.

Students at the MRL also participate in the annual MRL Student Symposium and the IMS Retreat, presenting either a poster or giving a short talk, depending on their stage of research.

Attendance at the weekly ‘Hot Topic’ sessions is compulsory for 1st year students.

**GENERAL**

**University and Public Lectures**
Members of the University are entitled to attend any undergraduate lectures (but not seminars or practicals) taking place across the University, see the timetable at: timetable.cam.ac.uk/.

**Clinical School Equality Champions Network**
The Clinical School has had Equality Champions in every department since 2011. The Equality Champions have been instrumental in increasing awareness of the School’s Equality, Diversity and Inclusion Programme by promoting Athena SWAN and Equality, Diversity and Inclusion matters throughout the school.

With the growth of the Clinical School in recent years we are looking to recruit additional Equality Champions, including Graduate Student representatives, in each department. Please consider becoming an Equality Champion. The time commitment is small and you will find yourself part of an active community of individuals who are committed to promoting good practice and a better working environment for all. Equality Champions meet once a term to support one another and share experiences. If you would like to join our friendly network please contact Nakita Gilbert (csdiversity@admin.cam.ac.uk), Equality and Diversity Coordinator.

More information about the Equality Champions Network and Equality, Diversity and Inclusion in the Clinical School can be found on the School’s Athena SWAN website: athena-swan.medschl.cam.ac.uk

**Travel within Cambridge**
Cambridge is a flat and relatively compact city, and most journeys within the city can easily be completed on foot or by bicycle. There is information at www.camcycle.org.uk/resources/training/ regarding training for adults who are new or nervous cyclists.
A frequent bus service, ‘U’, runs from the North-West Cambridge (Eddington) Madingley Road Park and Ride to the Biomedical Campus via the West Cambridge site, town centre and the station. Tickets are half-price for staff and students on production of a University card.

Car Parking
There is no dedicated car parking facility for students on the Cambridge Biomedical Campus. Students should note that the University prohibits students from keeping cars in Cambridge without written permission. Refer to your College tutor or to www.proctors.cam.ac.uk/motor-proctor for further information.

Healthcare in the UK
The National Health Service (NHS) is the UK’s state healthcare system providing a wide range of health care services including appointments with a doctor, hospital treatment and dental care. You should register with a doctor as soon as possible after your arrival in Cambridge; your College will give advice on this.

International and EEA students should read the information on the University’s International Students’ website at: https://www.internationalstudents.cam.ac.uk/arriving/healthcare-uk

International students on a Tier 4 visa will be subject to an immigration health surcharge, which will enable them to access NHS healthcare free of charge.

European Economic Area (EEA) and Swiss nationals should obtain a European Health Insurance Card (EHIC) before coming to the UK in order to ensure access to NHS healthcare free of charge.

Data Protection
Please see the following webpages for information about how the University will use your personal information whilst you are a student at the University of Cambridge:

https://www.information-compliance.admin.cam.ac.uk/data-protection/student-data

https://www.information-compliance.admin.cam.ac.uk/data-protection/general-data