Responsibilities of a Postgraduate Research Student in improving research culture

**Career**
- Be proactive in acquiring knowledge and training
- Set achievable goals and communicate challenges
- Monitor your progress and keep to deadlines

**Teamwork**
- Commit to building a positive relationship with others
- Be critical of research and not of people
- Practice care and respect for all
- Beware of misleading others or withdrawing from all communication

**Wellbeing**
- Socialise with others and broaden your perspectives
- Don't suffer in silence - reach out for help and support
- Resist hard work at the expense of wellbeing

**Integrity**
- Complete necessary training
- Be honest and transparent
- Follow guidelines on good research practice
- Critically review your research and avoid questionable research practices

**Supervisor Relationship**
- Avoid unreasonable expectations on supervisors
- You are responsible for your own research integrity and supervisors are there to support you
- Review data / materials with supervisor for quality and integrity
- Be open minded and take criticisms positively

Learn more about research integrity at ukrio.org