Make the Most of M-Skills!
Don’t just take our word for it though, here’s what last year’s students said…

“I’ve found the M-Skills workshops I attended to be a great way to meet other postgrad students and learn skills that are helpful to me right now, and into the future.”

“I found my first semester to be a whirlwind. Having a chance to learn about how to organise my time and work has been great. I know I’ll use these skills after graduation too.”

“The Postgraduate Committee is delighted to support the implementation of the M-Skills programme, which has not only been designed to help taught postgraduates make the most of their time at St Andrews, but also to look ahead to their future after graduation – often a daunting prospect! This comprehensive programme, divided into four useful parts, meets what we feel has been a pressing need to improve and enhance the taught postgraduate experience by offering exciting opportunities and additional resources.”  PG Society President

What else does CAPOD do for Masters students?
CAPOD doesn’t just offer the M-Skills programme. It also provides academic support for students, for example help with essay writing, citing and referencing, and study techniques.

CAPOD also help students who need support with the maths or stats components of their academic courses.

You can find out much more at our website: www.st-andrews.ac.uk/capod

How do I find out more?
There are two main way to keep up-to-date with what’s going on with M-Skills:

You can visit the M-Skills website: www.st-andrews.ac.uk/pgstudents/academic/advice/mskills

Or you can follow M-Skills on facebook for the latest information about what’s happening each week and additional resources. Go to: facebook.com/MSkills

Finally, you can come and meet us, and find out more at the Societies’ Fayre.

Funding opportunity – Presenting at Conferences
These funds are allocated to support you to present a paper or posters and/or deliver a presentation at an external conference linked to your discipline and relevant to your academic studies. Funding maximum per academic year £150 Apply through CAPOD funding webpage.

CAPOD, 75 North Street, Hebdomadar’s Block, St Salvator’s Quad, St Andrews, Fife KY16 9AJ, Scotland, UK
E: cat.wilson@st-andrews.ac.uk T: 01334 462558 W: www.st-andrews.ac.uk/capod

The University of St Andrews is a charity registered in Scotland, No. SC013332
About M-Skills

M-Skills, which stands for Masters’ Skills, is a new extra-curricular programme for all taught postgraduate (Masters) students at the University of St Andrews.

It brings together Masters students from all Schools and disciplines to help equip them with a range of useful skills and experiences for their year at St Andrews, and beyond!

The 4 M-Skills strands
M-Skills comprises 4 separate strands, which pull together resources from the Schools and Units across the University.

The 4 strands are;
- **Making the most of St Andrews**: networking events and community skills
- **Getting through your course**: Academic and study skills
- **What comes next**: Skills and events to help you find a job, continue in academia, or become an entrepreneur
- **Getting set for the workplace**: professional skills

Free study skills books for all students.
Recycle- Reuse- Return.
Joint initiative with Student Services. Available from CAPOD Admin office.

Making the most of St Andrews
This strand helps you connect with other Masters students and get the most from your limited time in St Andrews.

From the welcome events running in Orientation Week (check out the Orientation Week events webpage), through to on-going opportunities for networking throughout the year, this strand helps you plug in and connect to the University community.

In particular look out for the ‘kick-starter’ sessions on offer at the beginning of semester 1 to help you set some goals for your year ahead, pick up some self-coaching and resilience techniques and formulate a strategy for staying on top of your intensive workload.

What comes next
This strand will support you in your career aspirations, whether they include continuing in academia, finding a job of becoming an entrepreneur.

Masters students have access to a suite of online enterprise and entrepreneurship workshops.

Finally, there will also be a series of events for Masters students interested in going on to study for a PhD in future, including ‘A St Andrews PhD’ event in semester 1.

Getting set for the workplace
This strand helps you learn about the kinds of workplace skills employers value. A series of 30 skills topics are presented through a scheme called the Professional Skills Curriculum, which Masters students can tap into. Find out more at the PSC webpage: www.st-andrews.ac.uk/students/careermatters/professionalskills

Masters students can also develop their IT skills during their year in St Andrews by working online for their Microsoft Office Specialist qualification. Look out for the launch event in week 4.