**Social Media: a resource for researchers**

## **Worksheet 1: Where do I need social media to add value?**

***Where do I see myself in the next stage of my career?***

***What do I need start doing or do differently to achieve this?***

***What factors are limiting me?*** *(These might include geography, limits to mobility, working in a small field)*

***Thinking about my experience of communicating with others and building my network, what has worked well for me?***

***What do I struggle with?***

*Researchers using social media talk about its value for building communities, engaging stakeholders, targeted dissemination of research, reflecting on their practice and developing ideas.* ***Do I have strategies to do these things already?***

**Next steps:**

Talk to someone who has (ideally recently) progressed to the next stage about the challenges they now face.

Discuss your current concerns and challenges with colleagues and ask about their strategies. Note any mentions of social media – worksheet 2 contains more questions to understand which sites may work for you.