

Performance Research Lab

Applicant's overview

Overview

The Performance Research Lab is a supervised initiative for second- and third-year students interested in applied research. Under Sam's guidance, students will work in small groups to explore real-world topics, build practical research skills, and work toward producing publishable outcomes. The lab offers a pathway for students to carry out applied research within *Legion Esports*, the university's competitive esports programme, giving students the chance to develop both academic and coaching skills in a live, authentic environment.

While students are expected to take ownership of their projects and drive the work forward, staff supervision will be supportive and consistent throughout the process. Sam will provide guidance at each stage, from shaping initial ideas and forming groups to navigating ethics, methodology, and final outputs. Regular check-ins will help students stay on track, and support will be available for those aiming to present or publish their work.

How does it benefit the students?

The research lab helps students build stronger CVs and portfolios through hands-on experience. It can lead to personalised reference letters, opportunities to attend or present at conferences, and even co-author publications. Students benefit from mentorship and may be invited to join staff-led projects, all of which support their development and provide a pathway into postgraduate study and research.

Application and selection

The Performance Research Lab will run as a pilot from September, with up to three students selected to take part. Interested students will be invited to apply through a short interview process. Applicants should be prepared to discuss their areas of interest, their motivation for joining the lab, and how they plan to manage their time alongside other academic commitments. Selection will be based on a combination of factors, including academic performance, attendance record, demonstrated interest in research, and readiness to collaborate and take initiative. This opportunity is ideal for students who are curious, committed, and eager to grow through hands-on research.