



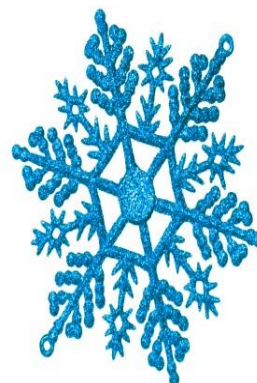
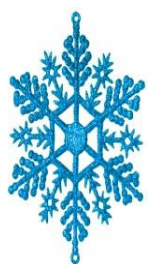
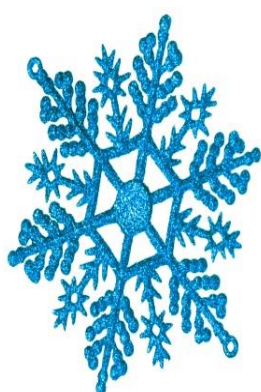
Programme 3rd Nordic PhD meeting 2017

February 8-10th in Copenhagen



For PhD students, newly graduated PhD students and post docs together with their supervisors in Clinical and Social Pharmacy.

Section for Social and Clinical Pharmacy, Department of Pharmacy, University of Copenhagen, Copenhagen, Denmark

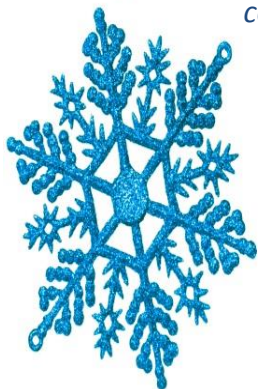
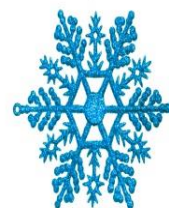


Reaching your goals

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Approaching thesis writing, oral defense and theory

Time flies and suddenly it is time for thesis writing. But where to start? How to find a common thread for the individual papers and tell your story from a larger perspective? During the 3 days we will elaborate on many aspects of thesis writing and defense and also how to cope with stress during your academic life. Thereafter, we will once again endorse theory in the context of clinical and social pharmacy, but this time with the eyes of professionals from other disciplines than pharmacy which will contribute to advancing our skills of using theory in research.



**We look forward to welcoming you in
Copenhagen ☺**

Wednesday February 8th - How to write your PhD thesis

11.00-11.15 **Welcome**

Anna Birna Almarsdóttir, Professor and Head of Section, Section for Social and Clinical Pharmacy, University of Copenhagen

11.15-11.30 **Introduction**

Organizing Committee: Karin Svensberg, PhD candidate, University of Oslo and Rikke Rishøj, PhD candidate, University of Southern Denmark

11.30-12.30 **Tell us about yourself and your PhD project (5 min. speed presentations)**

People from Pharmakon and the Danish Pharmacy Association will be in the audience: an opportunity to spread the word about your project.

12.30-13.45 **Free lunch and networking**

13.45-15.15 **Writing up your PhD thesis – structure, content and enthusiasm**

Open Drug Academy Lecture

We focus on the depth and length of our thesis, discussions and reflections, how to build a bridge between our own research and your references and so much more. Your thesis – your opinion (dare to show it!) and keep your reader's attention.

Anne Gerd Granås, Associate Professor, University of Oslo

15.15-15.30 **Coffee break (fika)**

15.30-16.15 **Writing up your PhD thesis – student activating activities**

Open Drug Academy Lecture

We will work on the layout of our own thesis (or article if more relevant). Help is provided as we team up two-and-two and give constructive feedback to each other.

Anne Gerd Granås, Associate Professor, University of Oslo and Cecilie Johannessen Landmark, Associate Professor, Oslo and Akershus University College

16:15-17.15 **Coping with stress**

Writing a PhD thesis can cause internal and external stress. Some burn out. Some suffer from "always could have done more" by the end of the day. Which strategies can you develop to better cope with stress in the writing process? How do you remain creative and not too critical? How do you keep up your spirits?

Anna Birna Almarsdóttir, Professor and Janine Traulsen, Professor, Section for Social and Clinical Pharmacy, University of Copenhagen

19.00 **Dinner at Social Alabama**

Join us for a lovely evening out in the city of Copenhagen. Please note that the event is a self-payment event.

Address: Sortedam Dossering 3, 2200 København N

Information and menu: <http://madklubben.dk/en/alabama-social/>



Thursday February 9th – Thesis writing and defending your thesis

09.00-09.15 **Introduction**

Organizing Committee: Karin Svensberg, PhD candidate, University of Oslo and Rikke Rishøj, PhD candidate, University of Southern Denmark



09.15-11.15 **What makes an outstanding PhD thesis? A view from an opponent**

Senior researchers present their strategies during critical evaluation of PhD theses and give you tips and tricks for your writing process.

Anna Birna Almarsdóttir, Sofia Källemark Sporrøng and Susanne Kaae, Section for Social and Clinical Pharmacy, University of Copenhagen, Ingunn Björnsdóttir, Associate Professor, University of Oslo and Cecilie Johannessen Landmark, Associate Professor, Oslo and Akershus University College

11.15-11.30 **Coffee break (fika)**

11.30-12.00 **Preparing for the defence: How to present 3 years in 30 minutes?**

Acquiring presentation skills and get a great layout and design of your presentation

Ingunn Björnsdóttir, Associate Professor, University of Oslo and Cecilie Johannessen Landmark, Associate Professor, Oslo and Akershus University College

12.00-12.45 **Lunch**

12.45-13.30 **Presentation workshop**

Structure and organize your presentation for your thesis or another oral presentation. Feedback will be provided from one of your colleagues.

Ingunn Björnsdóttir, Associate Professor, University of Oslo and Cecilie Johannessen Landmark, Associate Professor, Oslo and Akershus University College

13.30-13.45 **Coffee break (fika)**

13.45-14.15 **Develop your communication skills for your defense**

We talk about creating a good dynamic with your opponent and your role during the defense; how do you want to be during the defense? How to handle tricky questions?

Anne Gerd Granås, Associate Professor, University of Oslo and Lotte Stig Nørgaard, Section for Social and Clinical Pharmacy, University of Copenhagen

14.15-15.15 **Defense workshop**

Pair-wise opposing of one published/manuscript paper with feedback

Anne Gerd Granås, Associate Professor, University of Oslo and Lotte Stig Nørgaard, Section for Social and Clinical Pharmacy, University of Copenhagen

15.15-15.45 **Coffee break (fika)**

15.45-17.00 **Work on your project and meet fellow/senior researchers**

Unique chances of supervision from own or others' supervisors and discussing possibilities of comparative studies with old or new colleagues.

View list of participants (will be sent out later) and book a meeting with one of your colleagues.

19.00 **Dinner: Chez Källemark Sporrøng, Nørrebrogade 49A, 2200 Copenhagen**

Do not miss the festivities of this nice tradition with delicious food and amazing company at Sofia's home.

Friday February 10th - Theory in research: Views from other disciplines

- 09.00-09.15 **Introduction and short summary of previous year's sessions on theory**
Organizing committee: Karin Svensberg, PhD candidate, University of Oslo and Rikke Rishøj, PhD candidate, University of Southern Denmark
- 09.15-10.15 **How are theories used by PhD students from another discipline?**
Maria Mortensen, PhD, Department for the Study of Culture, University of Southern Denmark
- 10.15-10.30 **Coffee break (fika)**
- 10.30-11.30 **Theory in research: Views from a different profession**
Tine Tjørnhøj-Thomsen, Professor, Anthropologist, National Institute of Public Health, University of Southern Denmark
- 11.30-12.00 **Plenum discussion about use of theory**
Organizing committee: Karin Svensberg, PhD candidate, University of Oslo and Rikke Rishøj, PhD candidate University of Southern Denmark
- 12.00-12.45 **Lunch**
- 12.45-15.00 **Joint feedback session**
It will be possible to send in drafts beforehand for feedback from peers.
Quotes from last year's session:
"Positive to get feedback on things I have been pounding on myself"
"Open forum – people listen and give constructive feedback"
- 15.00-16.00 **Coffee break (fika) and evaluation**



Thank you for being here and have a safe trip back home!



Practical information

Deadline for registration: 25th January 2017

For registration and further information please contact:

- Rikke Mie Rishøj: rmrishoj@health.sdu.dk
- Karin Svensberg: karin.svensberg@farmasi.uio.no



Location

All three days: Mødesal A, Building 10, 3rd Floor, Universitetsparken 2, Copenhagen

Transport

From Copenhagen Airport, Kastrup to School of Pharmaceutical Sciences, Universitetsparken 2, 2100 Copenhagen Ø :

- Metro M2 from Copenhagen Airport, Kastrup to Nørreport station.
- From Nørreport station to Universitetsparken 2:
 - Either Bus 184, 185, 150s to Universitetsparken (Nørre Allé) or Bus 42 to Jagtvej (Lersø Parkallé).



Overview of bus stops and walking route to Universitetsparken 2 in Copenhagen

Buy tickets (valid for transport by Metro, Bus and S-train):

- Download App "Mobilbilletter" by DOT for Apple or Android [language: English or Danish] and buy a 3-zone ticket (36 DKK) or a Multiride ticket (20 zones for 150 DKK) (20 zones)

OR

- Buy a 3-zone ticket at the vending machine at the airport (Note: you cannot buy a return ticket)

Please notice: 3-zone tickets can be purchased in busses only with DKK cash payment.

Recommended hotels

Recommended hotels located near our venue (note differences in prices):

- Ibsens hotel (<http://www.arthurhotels.dk/dk/Ibsens-hotel/>)
- Hotel Kong Arthur (<http://www.arthurhotels.dk/dk/hotel-kong-arthur/>)
- Hotel Windsor (<http://www.hotelwindsor.dk/>)
- CABINN Scandinavia Hotel (<https://www.cabinn.com/hotel/sca-hotel-koebenhavn-copenhagen>) [Cheapest offers]