



UiO : **Department of Mathematics**
University of Oslo

Being a PhD

A survival guide

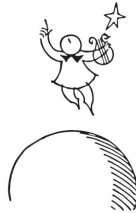
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First piece of advice:

Take the advice that helps

Leave the rest



*Shun advice
at any price.
That's what I
call good advice.*

Piet Hein

Welcome to Norway: Snakker du norsk?

Should you learn norwegian?

If you plan to stay long term: The quicker the better!

Why you should learn the language:

- 1 Norwegians will appreciate it,
- 2 You get to teach,
- 3 You can actually join all conversations and discussions,
- 4 You can use the language café to meet new people.

Why you should NOT learn the language:

- 1 Learning a new language is hard. It will consume a lot of time!
- 2 English will get you a long way,
- 3 Scandinavia make up only a very tiny bit of the world population.

Welcome to Norway: Where to find x?

IKEA

- Everything for your house
- Affordable
- There is a free bus



Finn.no

- Everything
- Really... everything
- Great place to find housing



Søk etter elbil, elsykkel eller FINN-kode



Eiendom

Bil

Torget

Jobb

Shopping

MC

Båt

Småjobber

Reise

Oppdrag

Nyttekjøretøy

Kart

Meteplassen

Økonomi

Good to know at UiO

Need help with anything? Ask local administration or IT

Need to find anything on the webpage? Search “UiO + ...”

What's on? Check your mail!

- PhD and postdoc bulletin
- UiODoc Newsletter [▶ About UiODoc](#)
- Social committee

What is..? Our PhD and postdoc Seminar [▶ About 'What is..?'](#)

- Sign up for the newsletter! [▶ Sign up here](#)



PhD work

Read You want to be an expert in your field

Write Start writing early!

Take notes and keep track of all your ideas, insights, calculations, etc...

When it works out: Write it up nicely so that your future self can also understand.



PhD work

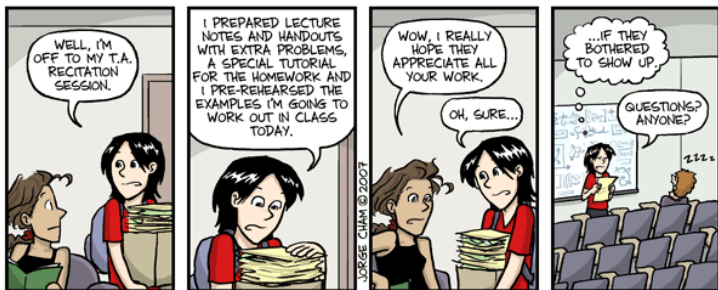
Seminars Attend some but not *all* seminars.

- You should attend the seminar of your group.

Teaching Do it, but don't overdo it.

Coursework 30 ECTS incl. Ethics.

Service Learn to say NO! But maybe say yes sometimes.



WWW.PHDCOMICS.COM

Conferences and workshops

- Find conferences to go to: Advisor, websites and mailing lists, people you met at previous conferences
- Apply for funding (there is usually enough for anything relevant)
- Make friends, find collaborators, become independent, broaden your perspectives, learn what other people are interested in
- The most important event in the schedule is probably the conference dinner

Present

Treat presentation and communication skills as skills you have to and can learn. Take opportunities to practice.

When you have a paper:

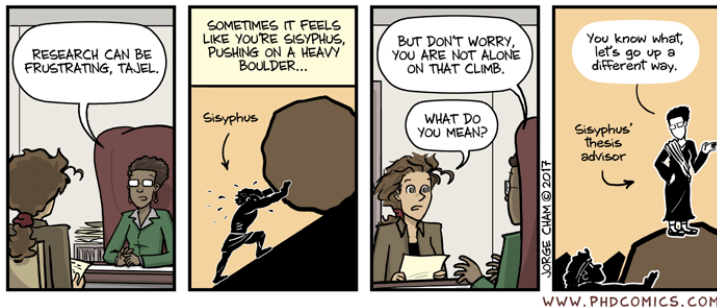
- Present it at you group seminar
- Apply to give a contributed talk at a conference
- Get yourself invited to visit your collaborators

Before you have a paper:

- Explain what you are learning to your supeviser
- Give a talk at your group seminar on that paper you are reading
- Help organize a working group on some topic and contribute actively
- Give a talk at 'What is..?'

Supervision

- Meet regularly
- Remember that the meetings are for you!
- Tell your supervisor where you are, where you are coming from and where you are going
- Don't be afraid to say if you are stuck
- Build a good human relation with your supervisor
- Let your supervisor know if you are not OK!



Balance: Life is more than math!

Be social Take time to meet with and talk to people

- Join the group lunch
- Go to events

Stay active Take care of your body. Do sports.

- Trening i arbeidstiden [▶ About](#) [▶ Mailing list](#)
- SiO Athletica [▶ About](#)
- Outdoor activities [▶ Visit Oslo](#) [▶ The Norwegian Trekking Association](#)

Stay sane Mind your mental health.

- Take breaks
- Don't work too hard
- Rest and other activities are important
- Ask for help when you need it

Be you Do what you need to do to be you

- Don't forget your hobbies

T.T.T.

Put up in a place
where it's easy to see
the cryptic admonishment T.T.T.
When you feel how depressingly
slowly you climb,
it's well to remember that
Things Take Time
(Piet Hein)



*Mind
these three:
T. T. T.!
Hear
their chime:
Things Take Time!
Piet Hein*

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