



MN programseminar for nye ph.d.-kandidater 8.-9. februar 2019

Forskerutdanning, MN-fakultet



Jean Raphael Martinez
Natalia Utkina
Stian Engen



Ph.d.-kandidater ved MN



~ 40% kvinner

~ 50% utenlandske

~ 20-25% eksterne

MN Faculty PhD Programme Seminar

The overall aim of this seminar is to provide the participants with tools relevant for the doctoral education and insight in future career prospects. It also presents a unique opportunity to meet and engage with your PhD fellows and broaden your social and scientific network.

Time and place: Feb. 8, 2019 9:00 AM - Feb. 9, 2019 5:00 PM, [Holmen Fjordhotell](#)

Målgruppen

**177 kandidater
med start i 2018**

2017

2019





De som stod bak det hele...



Mozhdeh



Finn-Eirik



Pernille



Biljana



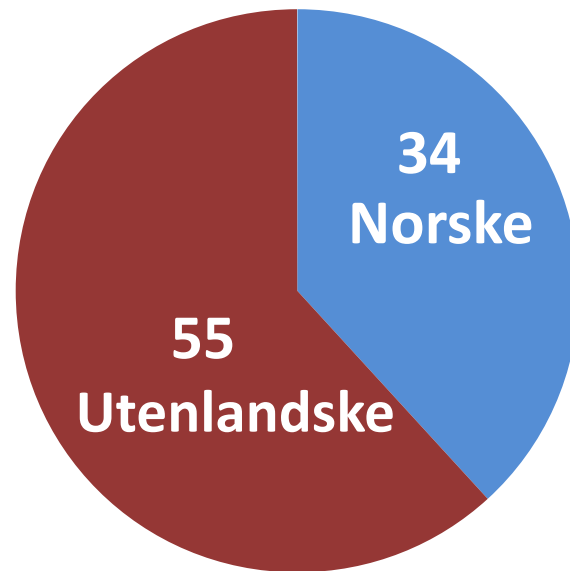
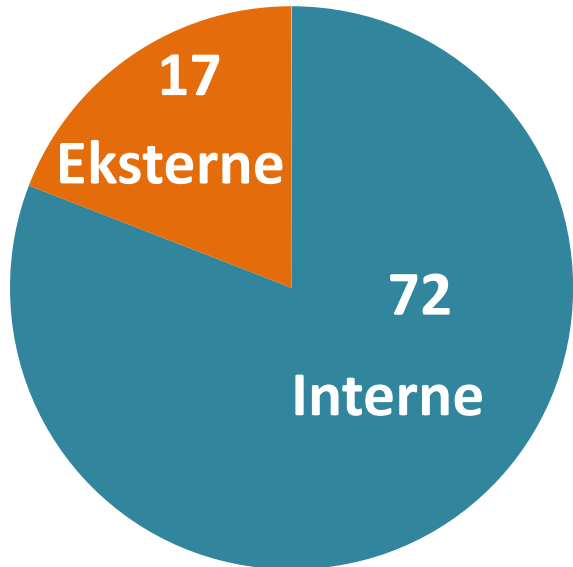
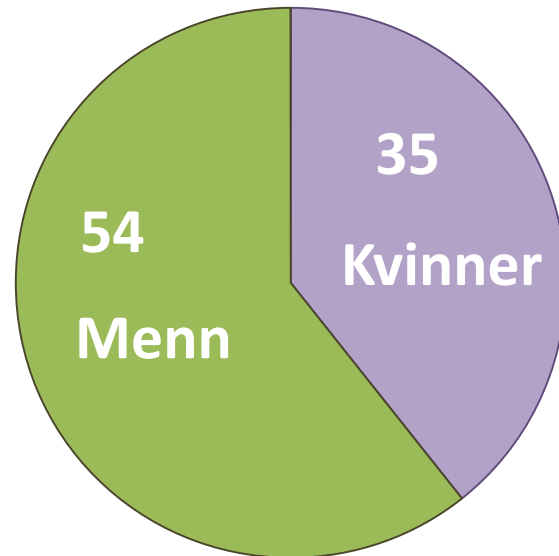
Ilan



Victoria



Ida



DAG 1

Intro (Finn Eirik, Morten)

Diversity Icebreaker (Ilan, Victoria)

**Make Better Posters and Presentations
(Åsmund Eikenes, Karoline Moe, Shane Colvin)**



**Cross-Cultural Communication
(Pellegrino Riccardi)**



DAG 2

**PhD Life and the Way Forward
(Finn-Eirik)**

Forskerforbundet (Jon Iddeng)

Work-Life Balance (Petter Nielsen)

**Life as a PhD candidate
(Hedda Johanneesen, Matthew Good)**

**Presentation Techniques
(Elina Melteig)**

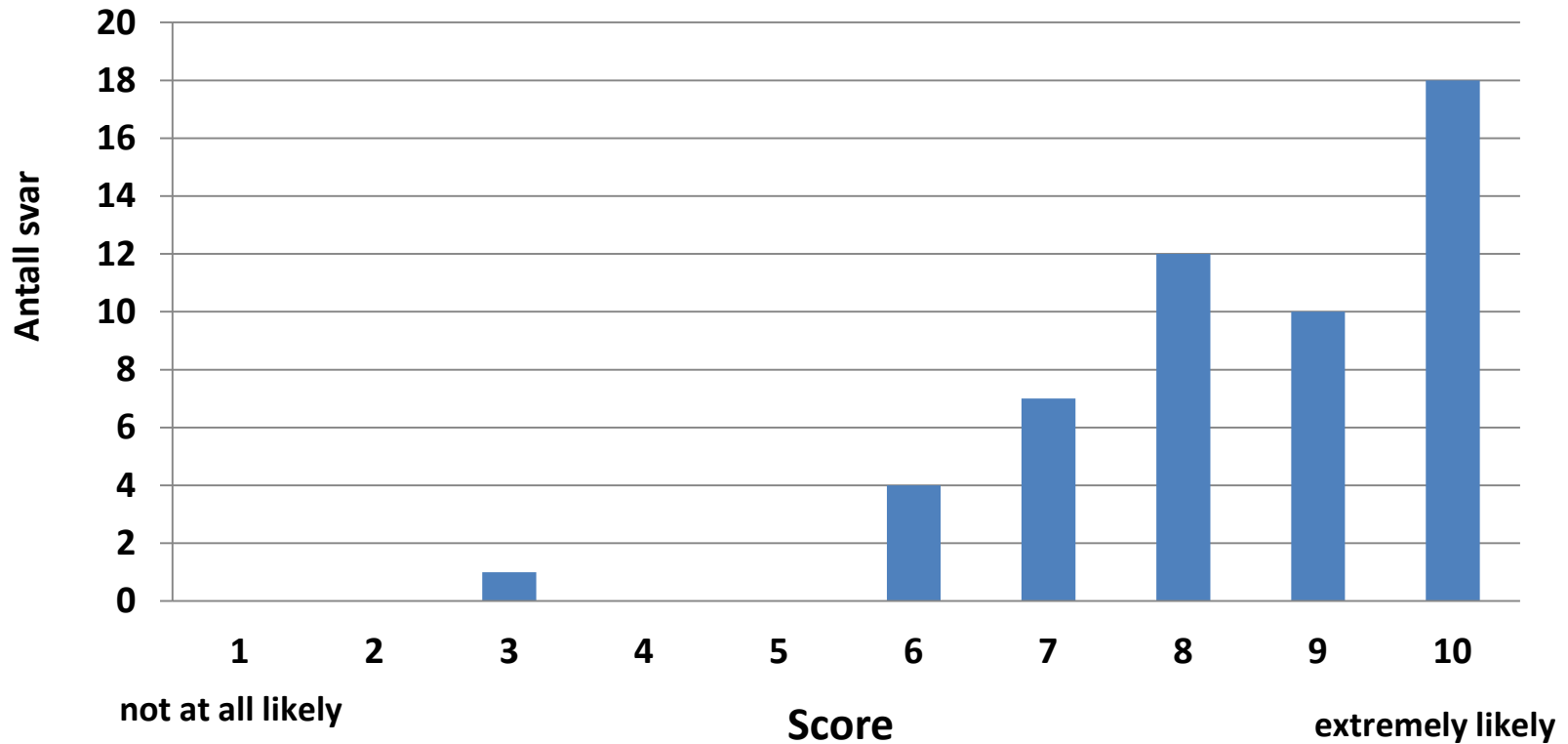
Science Blogging (Celin Cunen)

LinkedIn (Espen Kallevik)

**UiO personal start page
(Elina Melteig)**



Recommend this seminar to a colleague, 52 svar, average score 8.5





Very good initiative, before I had doubts, after I have lots of good stories to tell about this seminar

I think you already did a good job with a varied program. For a group with such wide academic interests, it is difficult to balance.

It is the opportunity to socialize and network with others, plus it was a nice break from the daily routines. That the program was quite good also adds to the score.

I think the seminar is a very compassionate and good initiative, just doing it shows that you care about phd students. So please keep it and develop the seminar further.

I would love to join the seminar next time as well.
Highly informative and productive event!



Burned out on Saturday

Repetition of some workshops

Too much information

Bad time calculation. Not enough time for networking in breaks

Unhealthy view about PhD life, romanticising the hardships or bad things happening in PhD life

NO SPA

Have a longer mid-break both days
for networking/walk/spa/relaxation

More mixing of people, cross-disciplinary
in order to make new contacts

Longer panel discussion

More about the job market and job
opportunities, with real cases

A more positive attitude towards
doing a PhD

Case group work

Talk about spending time
abroad

Work-life balance
for nærings-PhD candidates

Teambuilding
activities

Work-life balance for female
PhD candidates (pregnancy, kids)

Mental health,
stress management

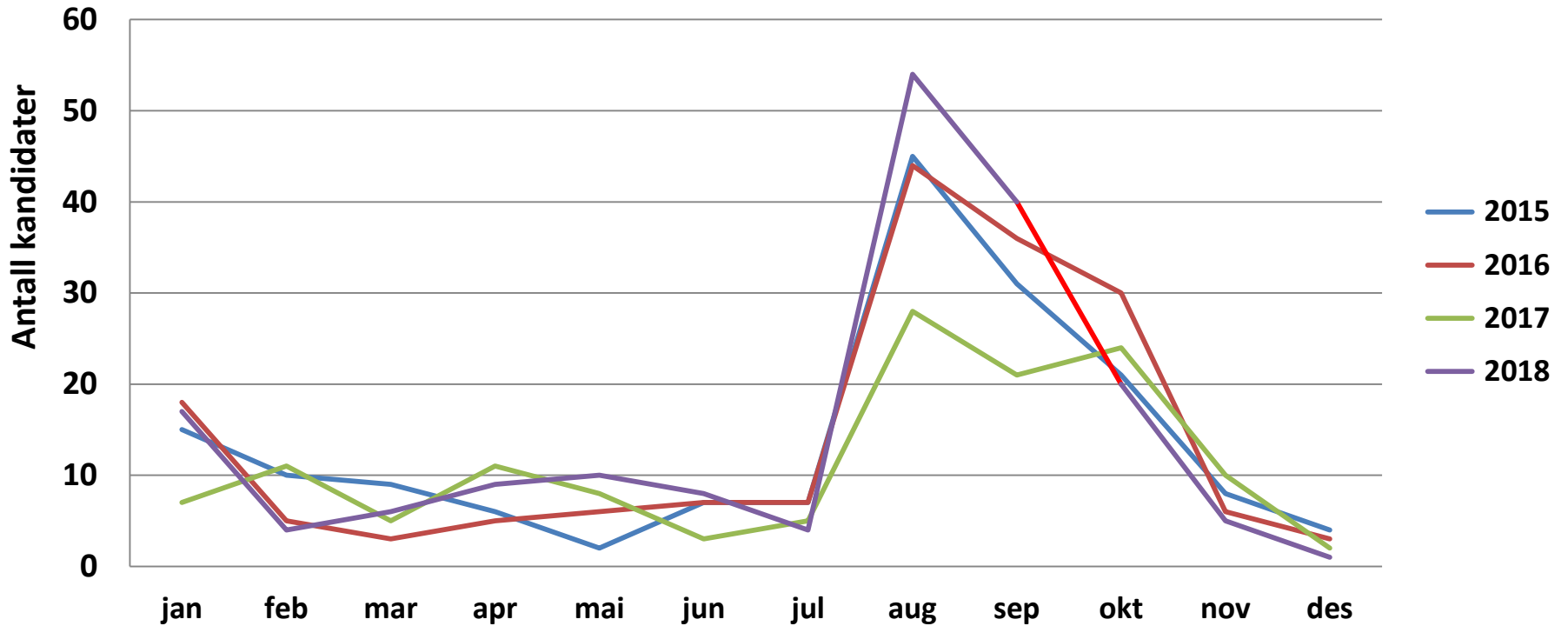
A follow-up seminar in two years time

Have it twice a year



Ha det to ganger i året?

Fordeling iht. ansettelsesmåned i 2015-2018



Kostnader – administrasjon, transport, Pellegrino Riccardi

Neste gang skal vi satse på Sundvolden...



kommunikasjon og informasjon



gruppearbeid



nettverking



... og SPA!



PROGRAMSEMINAR 2020

