

# Integral PhD-program: from student to professional

## *Cursus*

The Integral PhD-program: from student to professional guides you through your PhD by teaching you skills that help you achieve your goals.

### Overzicht

This program consists of 4 modules. Each module focuses on a different theme.

#### **Module 1: Personal effectiveness: time- and project management**

It is specially developed for first year PhD students to have a head start on their project. You will learn how to efficiently and effectively run your project in a clear collaboration with your supervisor.

For this course you will receive 0.5 ECTS 'accreditatiepunten'.

The module offers you:

- Insights in how you spend your energy
- Practical time management skills
- Knowledge on how to manage your PhD project
- Insights in your own and your supervisor's expectations of your PhD project
- Knowledge on how to construct your collaboration with your supervisor in an for you most optimal way

#### **Module 2: Communication in science**

Especially for second year PhD students who have to start to communicate on and share their results. You will learn how to be an inspirational presenter and how to communicate effectively with your colleagues.

For this course you will receive 0.5 ECTS 'accreditatiepunten'.

The module offers you:

- Inspirational presenting skills
- Knowledge on how to make an attractive scientific poster
- Networking skills
- Experience in giving and receiving feedback
- Insights in your own preferred communication style
- Knowledge on different communication models



## Overzicht

### Module 3: Personal leadership

It is specially developed for third year PhD students who have to take charge of their own challenges. You will learn what your qualities are and how to use them to overcome the challenges you face in your PhD project. For this course you will receive 0,5 ECTS 'accreditatiepunten'.

The module offers you:

- Insights in your personality and behaviour
- An overview of your personal qualities
- Finding out what drives you
- How to deal with difficult situations
- Feedback on your functioning
- Personal action plan

### Module 4: A PhD, what's next?

This module is specially developed for third year PhD students who have to take charge of their future after obtaining your PhD. You will search for what would be your ideal work place and reflect on what you need to do to get there.

For this course you will receive 0,5 ECTS 'accreditatiepunten'.

The module offers you:

- A clear idea of where you are and what you want to do in the future
- Skills on how to listen to what you really want out of life
- Knowledge on convictions that hamper you to move forward
- Concrete actions leading to your next steps
- A clear personal pitch