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.

Programma

The 4 modules each have their own background and program.

Background module 1: Personal effectiveness: time- and project management
Most of the time PhD students start full of energy with their project, but after a while come into conflict with time and with their supervisor. It is often not clear what others expect from you as a PhD student and what support you can expect. Some supervisors let the PhD student 'swim' for a long time which may lead to severe delays. It is essential that you start your PhD trajectory with a clear planning, clear goals and clear expectations.

The course will deal with the following items:
- What is the goal of your PhD
- Energy expenditure test
- Reflecting on your priorities
- The priority matrix and how you deal with it
- Practical time-management tips
- Project management: making a planning for your PhD project
- Reflecting on your limiting beliefs in time- and project management
- Investigation of expectations
- Insights from the supervisor
- Collaborating with your supervisor
- Continued sharing of experiences
- Learning how to say no

Background module 2: Communication in science

Communication in science often receives little attention. As a PhD student you will learn the so called 'hard scientific skills'. Some scientists believe you can do well without the 'soft skills'. These soft skills are however essential to be successful in science and communication skills are core. You have to present your work to your colleagues at your department, maybe at your institute, and on (inter)national conferences. If you do this well it will inspire others and may eventually even lead to your next job. Also interpersonal communication skills are crucial if you want to persuade the people around you to follow your way of thinking.

The course will deal with the following items:
- How to prepare for an inspirational talk
- How to use slides in a useful way
- Practicing your own presentation
- How to make an attractive poster
- How to be a successful and agreeable networker
- Communication Style Survey
- How to give and receive feedback
- Leary's Rose, a communication model
- Role plays

Background module 3: Personal leadership

In their third year PhD students often run in to substantial barriers. Many think of giving up and not finishing their PhD project. If they do want to finish, they need to use their qualities to overcome the barriers, and they also need particular soft skills to deal for example with conflicts. If you want to be successful it is crucial to know yourself, so that in a conflict you can adequately separate what is yours and what belongs to the other person. You have to learn that you can make a step forward, even though it seems impossible.

The course will deal with the following items:
- Your personal characteristics and how they shape your behaviour
- Extracting your qualities from your successes
- Reflecting on your personal drivers that influence your behaviour
- The OBREAU Tripod: How to deal with difficult conversations
- Role-plays with professional training actors
- Analysing your 360° feedback
- How to move forward to your desired situation
- Making your personal action plan

Programma

Background module 4: A PhD, what's next?

In their final year PhD students often work hard to make sure they can finish, preferably on time. There is little time to think about what to do when the thesis defence has taken place. It is crucial that you think early on about what you want to do after receiving your PhD degree. Rather than accepting a job that happens to come along, it is important to steer your career towards a direction that you really want to go and where you can become happy.

The course will deal with the following items:

- How to make choices
- How to follow your heart/intuition
- Where do you come from, what do you bring and seeing yourself in the future
- How to make your work meaningful
- Your ideal work place
- Your dreams and strategies
- The first steps towards your new job
- Your personal pitch