



Mastering my PhD programme

Programme outline

The Mastering my PhD programme is to support PhD students in successfully completing their PhD trajectory in 4 years, from both an academic perspective and the perspective of personal development and well-being. More specifically, the programme aims to support you in teaching and research skills. You will built knowledge and skills that are useful for a successful PhD trajectory and prepare for the challenges and obstacles that may come your way during the 4 years. And last but not least, it will make you part of a faculty-wide group of PhD students at UvA Economics and Business (EB) who are in the same phase of the PhD trajectory.

By investing in the programme, you would on balance be able to work effectively within the 4-year period, leaving more time for research.

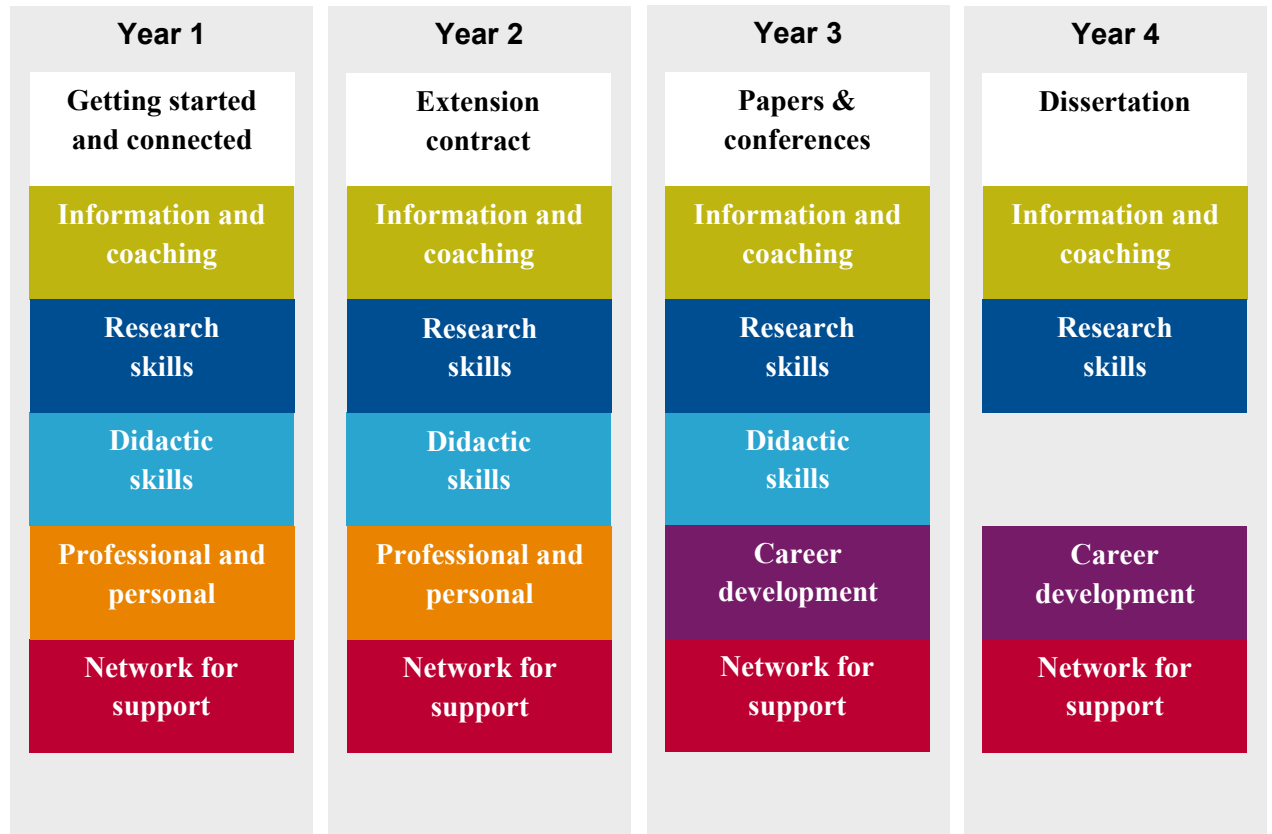
Intended results

- Self-confidence: following your PhD trajectory with more 'power and pleasure'.
- Research and didactic skills: Developing skills proven to be influential during an academic career.
- Mastery over the non-scientific aspects [of getting a PhD]: Developing skills proven effective and a stepping stone to success in- and outside the academia.
- Personal and professional effectiveness.

Mastering my PhD within EB covers these elements:

Information and coaching	Guidance and support by the supervisor(s), information about the different aspects and phases of the PhD track, practical insights and expectations, and HR information.
Research skills	Practical and methodological knowledge and skills to collect, analyse, present, and discuss research data.
Didactic skills	Teaching and supervision skills.
Professional and personal skills	Empowering and equipping PhD students to the various challenges and joys of the PhD track.
Career development	Transferable skills to continue an career in or outside the academia.
Network for support	Formation of a network that offers support from colleagues that are in the same phase of the PhD track.

Framework PhD Programme Mastering my PhD



Programme sessions overview per element

Research skills

Facultative workshops

The workshops regarding research skills are facultative. The list of workshops is not fixed, but moves with the needs of the PhD students. These courses are evaluated yearly and new course offerings will be developed in response to identified needs.

At the start of the season, all PhD students will receive the programme of workshops and the dates.

Didactic skills		
Mandatory workshops		
Session	Primary topics	Focus of the session
Year 1, Session 1 Engaging teaching	<ul style="list-style-type: none"> • Ignite student motivation and foster active engagement in your classroom. • Create a stimulating learning environment to foster engagement and empowers to excel academically. 	<ul style="list-style-type: none"> • Motivate students for success.
Year 1, Session 2 Thesis supervision	<ul style="list-style-type: none"> • Explore techniques for constructive feedback and effective (thesis) supervision. 	<ul style="list-style-type: none"> • Equipping the PhD with essential skills to become a supportive and impactful thesis supervisor.
Year 2, Session 1 Individual feedback on teaching	<ul style="list-style-type: none"> • Classroom observation (video or in-class) with feedback from a senior teacher or a trainer from the Teaching and Learning Centre. 	<ul style="list-style-type: none"> • Further development of teaching skills.
Year 2, Session 2 Difficult situations in supervision and Q&A	<ul style="list-style-type: none"> • an actor will simulate challenging supervision scenarios based on student suggestions. 	<ul style="list-style-type: none"> • Further development of supervisory skills.
Facultative workshops		
Session	Primary topics	Focus of the session
Year 1 Intervision (1X)	<ul style="list-style-type: none"> • A form of knowledge development where a small group of professionals collaboratively address a shared challenge or problem. 	<ul style="list-style-type: none"> • Walk-in hour to discuss classroom & supervision issues with educational expert.
Year 1 Individual feedback on teaching	<ul style="list-style-type: none"> • Classroom observation (video or in-class) with feedback from a senior teacher or a trainer from the Teaching and Learning Centre (TLC). 	<ul style="list-style-type: none"> • Further development of teaching skills.
Year 2 Intervision (2X)	<ul style="list-style-type: none"> • idem 	<ul style="list-style-type: none"> • idem
Year 3 Intervision (2X)	<ul style="list-style-type: none"> • idem 	<ul style="list-style-type: none"> • idem
Year 3 Individual feedback on teaching	<ul style="list-style-type: none"> • idem 	<ul style="list-style-type: none"> • idem

Professional and personal skills		
Session	Primary topics	Focus of the session
Year 1, Session 1 Leading my PhD	<ul style="list-style-type: none"> • What does it mean to be a researcher? • Who am I as a PhD student? • What are my goals with my PhD project? And my supervisors' goals? • Expectations and expectation management. • Project management skills (start). 	<ul style="list-style-type: none"> • Getting to know each other. • Individual intended learning outcomes for the course. • Reflection on personal strengths and weaknesses and academic history. • Preparations for session 2.
Year 1, Session 2 Organising my PhD	<ul style="list-style-type: none"> • Time and organisation management skills. • Motivation and goal setting. • Adapting a 'helicopter' perspective on your project. 	<ul style="list-style-type: none"> • Concept map of your project. • Project management skills. • Dealing with common attention management and motivational challenges such as distraction / information overload/ procrastination / dealing with deadlines.
Year 1, session 3 Effective communication in my PhD	<ul style="list-style-type: none"> • Communication with supervisors and other stakeholders. • Dealing with difficulties in the relationship or conflict. • How to develop from PhD student to a young 'peer' in the scientific community? 	<ul style="list-style-type: none"> • Managing relationships with supervisors. • Practicing difficult conversations in roleplay. • Reflection on personal communication style.
Year 2, session 1 Staying motivated in a PhD	<ul style="list-style-type: none"> • Stress management. • Dealing with anxiety. • Conflict management styles. • Effort-recovery model. • Mental health. • Overview of support resources. 	<ul style="list-style-type: none"> • Reflection on personal coping strategies. • Evidence-based stress reduction tools. • Introduction anti-anxiety toolbox. • Sharing experiences and empowerment. • What resources are available?

Career development

Two workshops on career development are organised. Besides these workshops coaching and events are organised within EB, such as

- Job market paper: should be written with assistance of the (co-)promotors.
- If there is sufficient interest, EB's Career Centre (EBCC) organises a job fair annually.
- ASE organises mock job interviews.

Session	Primary topics	Focus of the session
Year 3 Launch your career 1	<ul style="list-style-type: none">• Determine the next step to take after completing the PhD programme.• Formulate your unique and distinctive profile.• Pitch yourself.	<ul style="list-style-type: none">• Career development.
Year 4 Launch your career 2	<ul style="list-style-type: none">• Practical skills that are useful for actually obtaining the desired job.	<ul style="list-style-type: none">• Get the job you applied for.

Contact

For more information and with questions, please contact EB's department of Personnel & Organisation, peno-feb@uva.nl.