

GSLS *Autumn Welcome Days*

13th– 15th November 2024

Schedule – GSLS Welcome Days, 13th – 15th November 2024

Where: GSLS Building, Campus Hubland North, Beatrice-Edgell-Weg 21, 97074 Würzburg (workshops partially online via Zoom)

Time	Wednesday	Thursday	Friday
	Rooms: Main foyer / Lecture Hall / 01.001-002 / 02.001	Rooms: Lecture Hall, 01.001-002, online via Zoom	Rooms: Main Foyer / Lecture Hall
9:00 – 9:30	Registration	<u>One-day workshops: 9:00 – 16:30</u>	Registration (8:45 – 09:00)
9:30 – 10:20	Introductions to PhD projects (in parallel groups), Seminar Room 01.001-002 and Seminar Room 02.001 First and Second Floor	Academic Writing, C. Crane, Seminar Room 02.001 OR Analyzing your Market Potential as Scientist, R. Zaal, online via Zoom OR Project Management D. Bittner, Seminar Room 01.001-002 OR Intercultural Communication M. Silva, in person on Friday, 29.11.2024	Science Communication Dr. Esther Knemeyer Sebastian Hofmann 9:00 – 9:15 Half-day workshop Good Scientific Practice Dr. S. Schröder-Köhne 9:15 – 13:30 Room: Lecture Hall
10:20 – 10:50	Coffee break, Main Foyer		
10:50 – 11:40	Introductions to PhD projects – continued		
	Lunch break 11:40 - 12:40, Main Foyer	Lunch break will be announced by the trainers	Coffee break 11:00 – 11:30, Main Foyer
12:40 – 14:00	Welcome, Lecture Hall <ul style="list-style-type: none"> • Introduction EUREKA Symposium & DRC • Opportunities & challenges in a PhD project • Your benefit from a structured PhD programme 		Good Scientific Practice – continued
14:00 – 14:30	Coffee break, Main Foyer	Workshops Continued	
14:30 – 15:20	Introductions to PhD projects – continued		
	Transfer for the City Tour *		
17:00 – 18:30	Guided City Tour, Würzburg Meeting point: <i>Frankoniabrunnen</i> in front of the Residence		
18:30	Pub evening/crawl with the DRC (Meeting point: <i>Alte Mainbrücke / Vier-Röhren-Brunnen</i>)		

* Bus 14,114, 214
Bus Stop: „Philosophisches Institut“
(every 7 mins)

Haltestelle Barviertel Bar

- **Introduction**
 - GSLS Team
 - Doctoral Researchers' Council (DRC)
 - EUREKA ! Doctoral Researchers' Symposium Committee
 - btS e.V. – Find your way in Life Sciences

- **A PhD/Medical Doctorate in the GSLS: chances and challenges**
 - Benefits from the GSLS program

- **GSLS structured training (Dr. Juliane Fiebig)**

- **Mental wellbeing during your PhD (Dr. Gabriele Blum-Oehler)**

Introduction GSLS Team

**General management****Dr. Jennifer Ritzer**

Phone +49 931 31-83630

jennifer.ritzer@uni-wuerzburg.de

**Scientific and transferable skills course program,
PostDoc Plus program****Dr. Juliane Fiebig**

Phone +49 931 31-80145

juliane.fiebig@uni-wuerzburg.de

**Jessica Kümmel**

jessica.kuemmel@uni-wuerzburg.de

**IT Management****Katja Latz-Voinich**

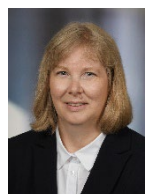
Phone +49 931 31-87641

katja.latz@uni-wuerzburg.de

**Office manager****Barbara Valin**

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barbara.valin@uni-wuerzburg.de

**The whole process from GSLS registration to thesis submission****Doctoral researchers' registration
(foreign and domestic)****Katharina Bötsch**

Phone +49 931 31-86595

katharina.boetsch@uni-wuerzburg.de

**Thesis submission and the doctoral procedure****Eva Dallmann**

Phone +49 931 31-87994

eva.dallmann@uni-wuerzburg.de

**Heike Schrenk**

Phone +49 931 31-84079

heike.schrenk@uni-wuerzburg.de

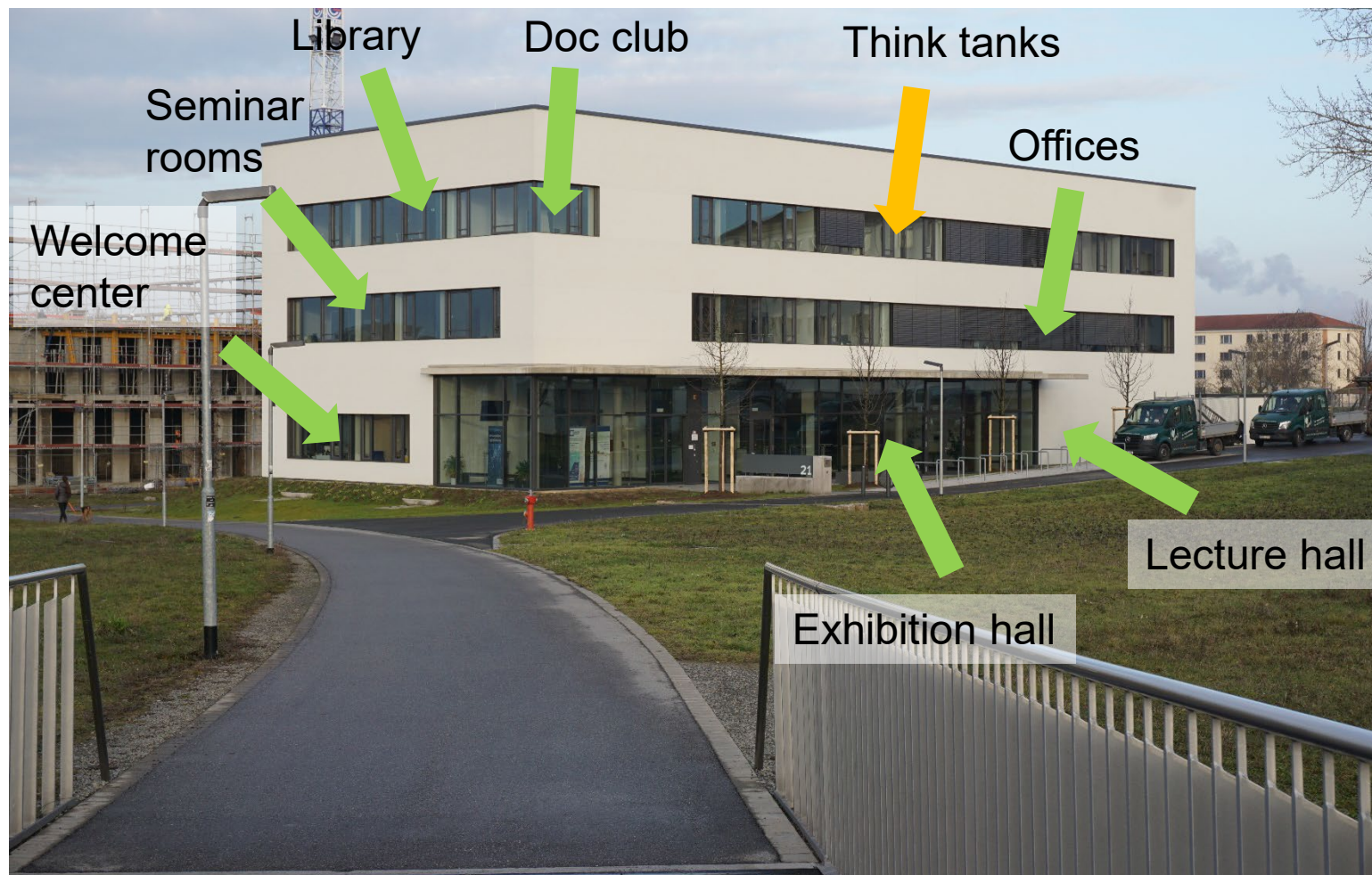
**Medical doctoral researchers' registration****Luise Lesch**

Phone: +49 931 31-89325

luise.lesch@uni-wuerzburg.de



Graduate Schools Building Campus Hubland North



Introduction Doctoral Researchers' Council (DRC)



Doctoral Researchers Council (DRC)

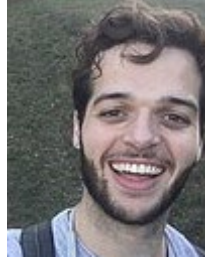
Current Team



Andrea



Franzi



Nico



Guru



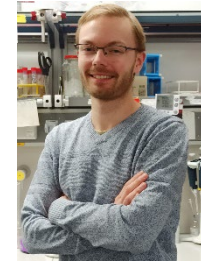
Daniel



Miriam



Salma



Peter



Anastasiya



Daniel, Nico, Guru, Andrea N.*, Franzi*, Miriam*, Salma*, Peter*, Anastasiya (*not shown)

Infection and Immunity – Ecology – Behavioral Studies – Neurology – Virology – Experimental Biomedicine



Voice interests of doctoral researchers and stand up for them

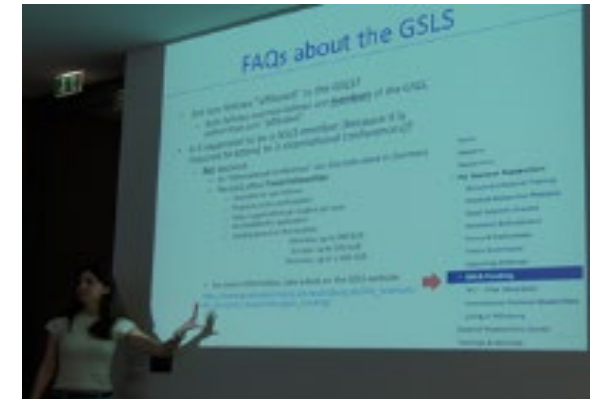
Represent doctoral researchers in the boards and meetings of the GSLS

Network and communicate between doctoral researchers and PIs

Mediate conflicts between doctoral researchers and PIs or GSLS

Inform doctoral researchers about the GSLS

Organize events



Annual Barbecue

Bar Hopping - Welcome Week

Game Night

Christmas Markets

Kiliani

...any other Suggestions??

Get in touch!



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WÜRZBURG**

Intern   

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UNIVERSITY OF WÜRZBURG GRADUATE SCHOOLS - GRADUATE SCHOOL OF LIFE SCIENCES

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Announcements & Activities

DRC History

Medical Doctoral Researchers >

Forms & Downloads

Principal Investigators >

PostDocs >

Research >

Doctoral Researchers Council



UNI WÜ DRC

Doctoral Researchers Council



**Graduate School
Life Sciences**

Contact us for further information

Any questions?
Send us an  **email** and we will support you.

The DRC.

Instagram: [@drcwuerzburg](https://www.instagram.com/drcwuerzburg)



drcwuerzburg

Gefolgt ▾

Nachricht senden

+👤

...

3 Beiträge

60 Follower

8 Gefolgt

DRC Würzburg

Doctoral Researchers Council

By and for PhD students!

drc@gsls.uni-wuerzburg.de

Abonniert von bongern, kvin.brg, gemmanydia und 7 weiteren



Events

BEITRÄGE

MARKIERT



Mail: drc@gsls.uni-wuerzburg.de

Current Team



Andrea, Laura, Daniel, Nico, Guru, Tilmann*, Andrea N.*, Anastasiia*, Franzi*, Miriam* (*not shown)

Infection and Immunity – Ecology – Behavioral Studies – Neurology – Virology – Etc.



You like to...

... take on Responsibility?

... organize Events?

... meet other PhD Representatives?

... learn more about the Structures at the Graduate School?

Then watch out for our **annual Election coming soon** and become a DRC member (for 1 year)! We are happy for any help and highly appreciate commitment by every GSLS section!



GSLS “Eureka!” Student Symposium

- Overview -



EUREKA !

- > 180 doctoral researchers
- 50+ guests
- >110 posters
- 8 talks by GSLS doctoral researchers
- 8 plenary talks covering all sections



**Charlotte
Kamm**



**Vishnu
Manoj**



**Sonia
Momnougui**



**Vignesh
Parasuraman**



**Salvador
Sampere Birlanga**



**Apoorva
S Sankar**



**Samuel
Carien**



**Philipp
Lorenz**



**Lina
Günter**



**Janet
Wackenreuter**



**Hannah
Schlauch**



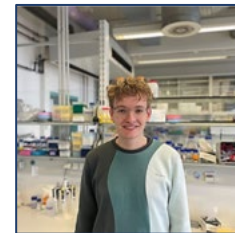
**Defne
Akkar**



**Yuanjie
Wei**



**Raymond
Okokoh**



**Tim
de Martines**

Chairs of the EUREKA! 2023 Organizing Committee



Anastasiya Grinko

SIGA, HIRI



Denise Johnson

AG Nieswandt, RVZ

**GSLs “Eureka!” Student
Symposium
- Organizing committee 2024 -**



EUREKA !

GSLS “Eureka!” Student Symposium

- Tasks -



EUREKA !

- Suggestion of keynote speakers
- Acquirement of sponsors
- Planning of catering
- Hotel bookings
- Career Session planning
- Preparation of various contests
- Homepage maintenance
- Poster session
- Organization of a social event

Invited Speakers 2024



**Prof. Dr.
Carlos Talavera-López**

Systems Immunology,
Julius-Maximilian-
Universität Würzburg,
Germany



**Prof. Dr.
Ross Fitzgerald**

Molecular Bacteriology,
Roslin Institute Edinburgh,
UK



**Dr.
Gudrun Dandekar**

Tissue Engineering and
Regenerative Medicine
University Hospital,
Würzburg, Germany



**Dr. Scarlett
Trimborn**

Alfred Wegener Institute,
Helmholtz Centre for Polar
and Marine Research,
Bremerhaven, Germany



**Prof. Dr.
Pierre Stallforth**

Leibniz Institute for Natural
Product Research and
Infection Biology,
Jena, Germany



**Prof. Dr.
Stephanie Blandin**

Institute of Molecular and
Cell Biology, Strasbourg,
France



Christophe Leterrier, PhD

Institute of
NeuroPhysiopathology, Aix
Marseille Université,
Marseille, France

**Prof. Dr.
Vincent Noireaux**

School of Physics and
Astronomy, University of
Minnesota, Minneapolis,
USA



Special thanks to the sponsors of this year's symposium





EUREKA! 2025 Symposium

October 2025 (Rudolf Virchow Center, UKW)



Want to get involved?
[eureka.symposium@uni-
wuerzburg.de](mailto:eureka.symposium@uni-wuerzburg.de)



btS e.V. – Find your way in Life Sciences

November 13th, 2024

Lina Günter

btS – by students for students!

- non-profit, independent, and politically neutral **association**
- more than **1300 honorary members**
- **Germany-wide network** of students, PhD students and alumni
- **23 local sites**



Our vision & mission



„All life sciences students are aware of the diversity of their career opportunities and use their potential to benefit themselves, the advancement of science and society.“

- **guidance** on the career path from first semester to your first job
- local and national **networking** with students and companies

What we do: organizing!

- More than **250 events & projects** per year
 - introduction of **job profiles** and companies
 - **field trips** to local companies
 - **workshops & lectures** (applications, LinkedIn, salary negotiation, science communication, GxP training, etc.)



Find your way in Life Sciences



Biologie | Biotechnologie | Biochemie | Chemie | Medizin | Ingenieurwesen | Pharmazie

btS Alumni-Speeddating
Do. 14.11.24 | 19 Uhr
Hier kostenfrei registrieren:
<https://qr.bts-ev.de/Alumni-Speeddating>



Find your way in Life Sciences



Biologie | Biotechnologie | Biochemie | Chemie | Medizin | Ingenieurwesen | Pharmazie

Gehalt und finanzielle Entscheidungen
Perfekt vorbereitet für den Karrierestart
Do. 28.11.2024 | 18:30-20:00 Uhr
Kostenfreies Event im großen Seminarraum K2, U1.245
Erwin-Rommel-Straße 60, 91058 Erlangen
➔ Scan den QR Code zur Anmeldung



Free of charge

Looking for a job soon? Visit the ScieCon!



June 2025 **ScieCon München**

October 2025 **ScieCon Bochum**

2026
ScieCon Frankfurt

ScieCon Berlin



Meet company representatives



CV-Checks & company presentation



Application photos



Live job interview

ScieCon

 @bts_sciecon



Looking for a job soon? Try ScieMatch!

Find the perfect job for you!

- discover job profiles that suit **your personality and strengths**
- learn about **career opportunities**

Find the company of your dreams!

- explore which **company type and employer** is right for you
- get in **direct contact** with companies

Free of charge



ScieMatch 

Interested in more?

Contact

bts.erlangen@bts-ev.de
lina.guenter@bts-ev.de



Newsletter
btS Erlangen



Become part of the btS!

- real project management experience
- teamwork with peers throughout Germany
- internal soft skill workshops (probably accepted by GSLS)
- **FUN!** 😊

btS Homepage



Chances and Challenges in a Doctoral Project

Jennifer Ritzer



Advantages

- Thesis committees
- Common rules and standards
- Large choice of training activities
- Active role of junior faculty (young PIs, not yet “habilitated”)
- Interdisciplinary projects in an international environment

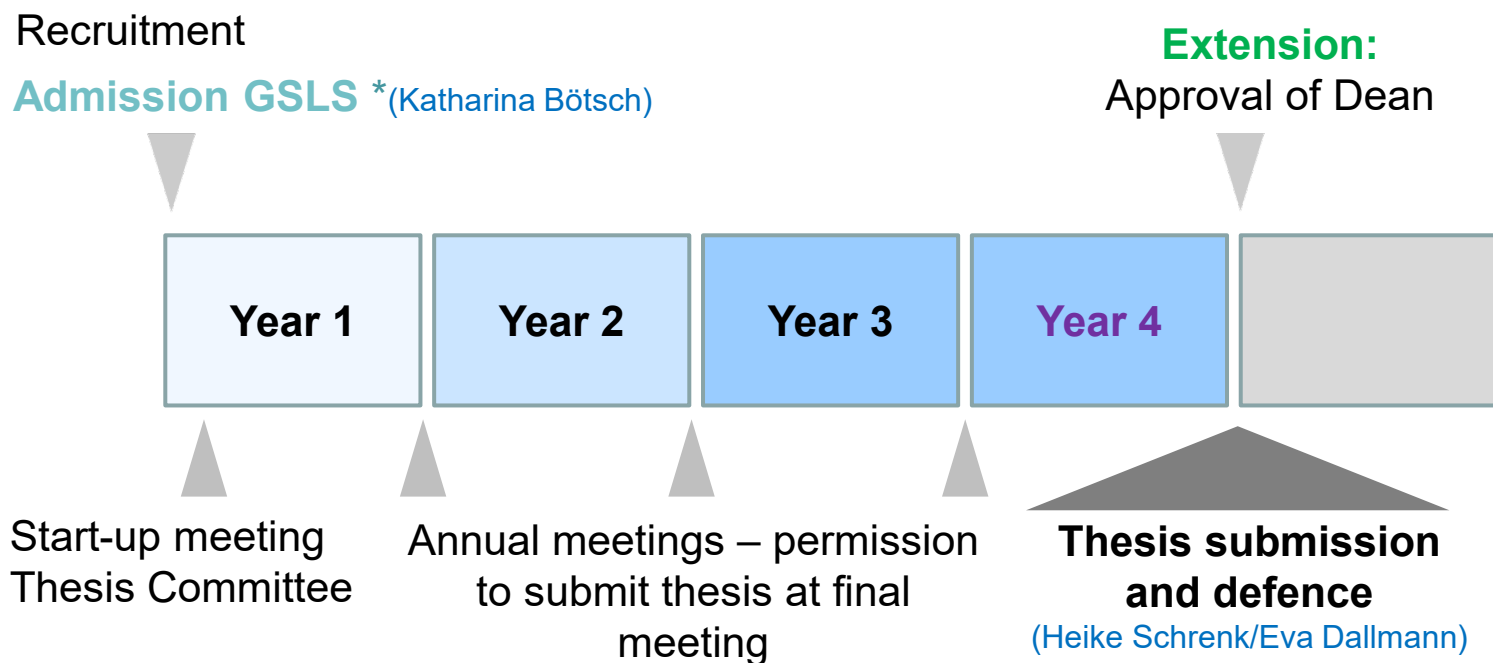
Challenges

- Balancing research and other activities
- Balancing quality and time to graduation

→ Create individual solutions

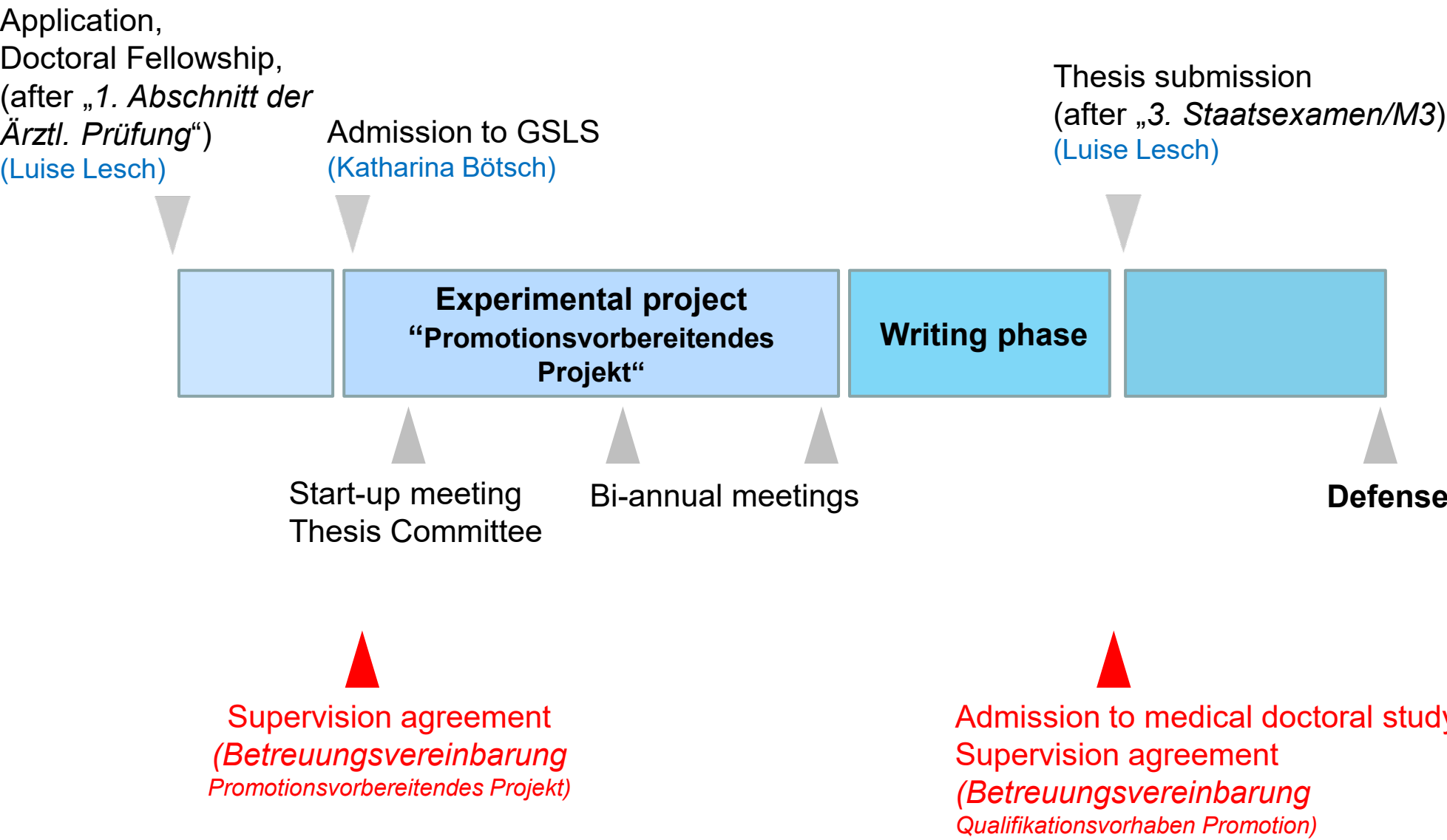


Path to graduation in the GSLS (Dr. rer. nat./Ph.D.)

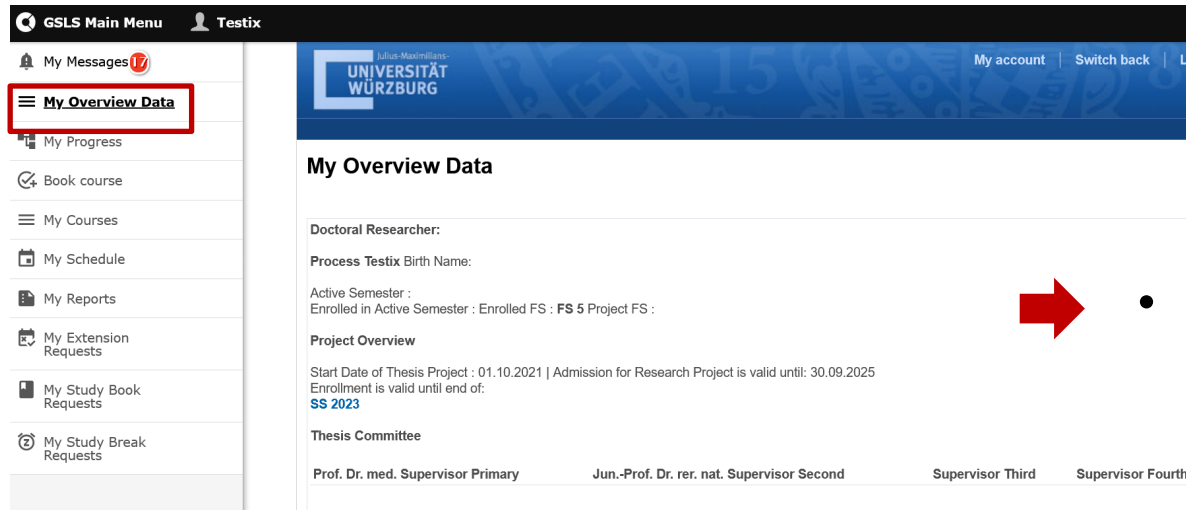


* Parallel to admission: **Enrollment at the university for six semesters required**

Path to graduation in the GSLS (Dr. med./Dr. med. dent.)



OpenCampus – electronic study book



My Overview Data

Doctoral Researcher:

Process Testix Birth Name:

Active Semester :
Enrolled in Active Semester : Enrolled FS : FS 5 Project FS :

Project Overview

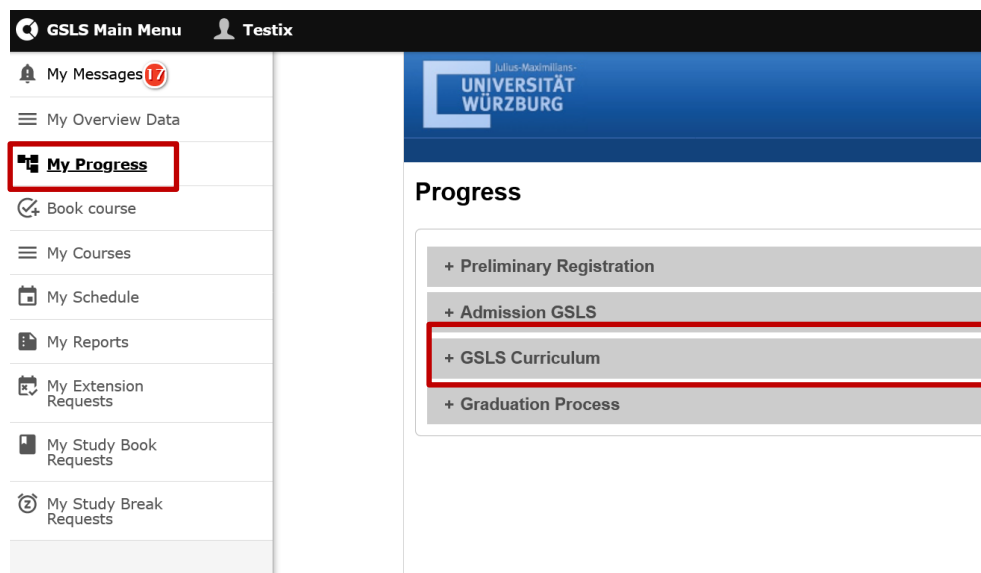
Start Date of Thesis Project : 01.10.2021 | Admission for Research Project is valid until: 30.09.2025
Enrollment is valid until end of: [SS 2023](#)

Thesis Committee

Prof. Dr. med. Supervisor Primary	Jun.-Prof. Dr. rer. nat. Supervisor Second	Supervisor Third	Supervisor Fourth
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- Check the status of admission and enrollment



Progress





































- + Preliminary Registration
- + Admission GSLS
- + **GSLS Curriculum**
- + Graduation Process



Upload all your study book documents in OpenCampus

- Upload annual reports
- Automatic transfer of GSLS workshop certificates into your curriculum tree
- Fill in information on meetings, other workshops, research stays etc.
- We will notify you on updates per email

<https://gsls.cloud.opencampus.net/>

		Documents	Actions
▼  Reports and Extension Requests			
▼  Basic information			
↳  Reports basic information			
▼  Meeting Reports			
↳  Meeting Report			
↳  Extension Requests			
↳  Study Break Request			
▼  Study Book			
▼  Mandatory Elements			
▶  Lab Meeting / Group Seminar			
▶  Literature Seminar / Journal Club			
▶  Research Training Group Seminar (Jour Fixe)			
▶  International Meetings / Symposia			
▶  Scientific Publications			
▶  Retreat / Summer School			
▶  Good Scientific Practice			
▼  Electives			
▶  Scientific course / Seminar / Lectures			
▶  Transferable Skills Course / Seminar / Workshop			
▶  Research Stay			
▼  Additional			
▶  Additional Activities			

GSLS Main Menu

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- My Study Book Requests
- My Study Break Requests

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My account | Switch back | Log out

My Reports

Type of Report	Status		Confirmation status
Start-Up Meeting (PhD Doctoral Researcher)	UNSUBMITTED REPORT	edit	

Reminder email:

1. If 3 months have passed since the admission letter issue date and no start-up report has been uploaded → to the doctoral candidate.
2. Always: Reminder of an upcoming **Thesis Committee Meeting** 4 weeks before the planned next meeting → to the doctoral candidate.
3. 2 weeks after the planned next meeting → to the doctoral candidate.
4. 6 weeks after the planned next meeting → to the doctoral candidate and primary supervisor.

Customizable Training Program

Juliane Fiebig



GUIDELINES

Mandatory Elements

LAB MEETING = GROUP SEMINAR

usually 1h/ week, organized by the research group or the graduate training group

LITERATURE SEMINAR = JOURNAL CLUB

usually 1h/ week, organized by the research group or the graduate training group

RESEARCH TRAINING GROUP SEMINAR (Jour Fixe)

usually once or twice per month

MEETINGS / SYMPOSIA

3 international meetings with active participation (poster or talk)

SCIENTIFIC PUBLICATIONS

1 with first authorship in an international, peer-reviewed journal (shared first authorship is also accepted)

RETREAT / SUMMER SCHOOL (one per year)

e.g. organized by the research group, the research training group or the doctoral researchers

Retreat: "Period of group withdrawal under a supervisor"

Summer School: "Academic session for remedial or supplementary study"

GOOD SCIENTIFIC PRACTICE (counts as one of transferable skills courses)

Mandatory course for all GSLs doctoral researchers admitted after WS 2011/12

Electives (at least one of the following per semester – ideally by your thesis submission you will have visited at least 3 scientific courses and 3 transferable skills workshops)

SCIENTIFIC COURSE / SEMINAR / LECTURES (ideally one per year)

organized by the graduate training group, GSLs, doctoral researchers or offered externally
(e.g. method course, statistics, clinical medicine)

TRANSFERABLE SKILLS COURSE / SEMINAR / WORKSHOP (ideally one per year)

e.g. poster presentation, scientific writing

For doctoral researchers on the study program 'PhD Life Sciences' please note that the "Intercultural Communication" course is part of your study program

RESEARCH STAY

e.g. scientific fieldwork, laboratory training, usually outside University of Würzburg

Additional

Additional Activities

e.g. peer mentor, DRC, teaching/supervision activities, organisation of events

Customizable training program

EARLY STAGE	According to your needs	FINAL STAGE
Good Scientific Practice	Scientific Writing and Publishing / Writing of Scientific Papers	Cover Letter & CV
Intercultural Communication	Supervising BSc and MSc Students	Job Interview
Poster Design & Presentation	Software Carpentry	Introduction Biotech Industries
Oral Presentation	Critical Reasoning and Logic	Quality Management and Audit Biotech Industries
Academic Writing (for Beginners)	Purposeful Networking	Good Manufacturing Practice
EndNote for Scientists	Improved Reading	Good Clinical Practice
Literature Research Strategies for Scientists	Slide Writing	EU Patent Law in Life Sciences
Networking at International Conferences	Visual Communication of Science	Grant Writing
Project management		Job Perspectives in Pharmaceutical Industry
Open Access and Copy Right in Science		

→ Workshops and lectures count as “electives” in the study program


- **Courses offered by GSLS**

- Statistics courses (e.g., Basic Statistics, Introduction to R)
- Scientific Image Processing and Analysis
- Advanced Image Analysis and Macro Programming
- Software Carpentry


How to attend Training Offers?

OpenCampus – Log in

<https://gsls.cloud.opencampus.net/>



Welcome to the Online Platform of Graduate School of Life Sciences!



Through this platform you can apply for admission to the Graduate School of Life Sciences (GSLS), view your progress as a doctoral researcher in our structured doctoral training programme, manage your account or keep track of your thesis submission and graduation process as well as register for courses.

Note to Applicants: Before you create an account and submit an application to the GSLS, please note that you must first meet two **essential criteria**:

1. You have been accepted into a lab associated with the GSLS by a GSLS Principle Investigator (PI) ([please see here for a list of GSLS PIs](#)).
2. You must have secured funding for your PhD

If you have any doubts as to whether you fulfil these criteria, please [contact the GSLS office](#) for more information or guidance.

Manage Your Account

Username *



Password *

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Main menu


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 **OpenCampus Menu**
 **JulianeTest**


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Welcome to the Online Platform of Graduate School of Life Sciences!



Admission to the GSLS as a Doctoral Candidate

[apply for admission to the \(GSLS\) as a phd doctoral candidate](#)

Main menu

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OpenCampus – Book a workshop

EndNote for Scientists

Book Course

Title	Time	Room	Teacher
EndNote for Scientists	01.02.2022 09:00 - 11:00 (Tue)	online	Manuel Beck

Description:

Are you at the beginning of your PhD project and do you want to learn how to move seamlessly through your research process with flexible tools for searching, organizing, and sharing your references, creating your bibliography, and writing your paper? Come and learn how to use the reference management software EndNote!

During this workshop you will learn:

- how to create your EndNote Library
- how to import references and PDFs directly from the bibliographic databases
- how to use the EndNote-Tool "Online Search"
- how to organize your references into groups

Poster Design	5 / 6	Soft Skills Courses	Early Stage	24.02.2022 - 09:00	24.02.2022 - 16:00
Project Management	5	Soft Skills Courses	Early Stage	24.02.2022 - 09:00	24.02.2022 - 16:00
Intercultural Communication	10 / 10	Soft Skills Courses	Early Stage	24.02.2022 - 09:00	24.02.2022 - 16:00
Improved Reading	12 / 13	Soft Skills Courses	Early Stage	07.03.2022 - 15:00	07.03.2022 - 17:00
Job Interview Training	12 / 12	Soft Skills Courses	Advanced Stage	14.03.2022 - 09:00	15.03.2022 - 16:00
Supervising BSc and MSc students	12 / 12	Soft Skills Courses	Early Stage	14.03.2022 - 09:00	14.03.2022 - 17:00

→ You will receive a booking confirmation by email

Please add
noreply@opencampus.net and gsls-info@uni-wuerzburg.de
to your address book or mark it as “no spam”!



You can book this course, but will be placed on the waiting list.

Book Waiting List

Title	Time	Room	Teacher
Test_1	13.12.2021 09:00 - 15.12.2021 15:00 (Mon)	via Zoom	Prof. Muster

Description:

Lorem ipsum dolor sit amet, consetetur sadipscing elitr, sed diam nonumy eirmod tempor invidunt ut labore et dolore magna aliquyam erat, sed diam voluptua. At vero eos et accusam et justo duo dolores et ea rebum. Stet clita kasd gubergren, no sea takimata sanctus est Lorem ipsum dolor sit amet. Lorem ipsum dolor sit amet, consetetur sadipscing elitr, sed diam nonumy eirmod tempor invidunt ut labore et dolore

Moving up from the waiting list

- If you have moved up from the waiting list, you will receive an email
- To accept that place you don't have to do anything else
- If you don't want to accept the place, cancel it

OpenCampus Menu Julian

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- My Courses**
- My Schedule

Course List

Year 2022


Start time (ascending)

Search


- ▶ [Test_1 \(13.12.2021 - 15.12.2021\) \(WL Nr.: 1\) \(Course Detail\)](#)
- ▶ [EndNote for Scientists \(01.02.2022 - 01.02.2022\) \(Course Detail\)](#)

✓ BOOKED
⚠ ON WAITING LIST

- Check your bookings on a regular basis
 - Are you still available?
 - Have you moved up on the waiting list?
 - Is your PI up-to-date?

 Julius-Maximilians-
UNIVERSITÄT
WÜRZBURG

Supervising BSc and MSc students

 You have booked this course.

[View](#) [Resources](#)

[Cancel Booking](#)

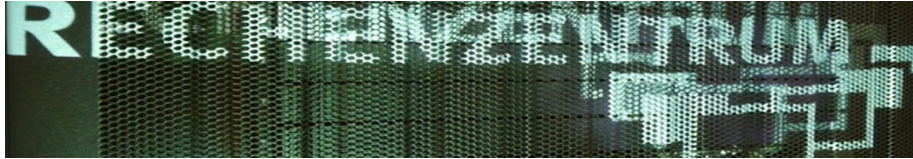
Title	Time	Room	Teacher
Supervising BSc and MSc students	14.03.2022 09:00 - 17:00 (Mon)	Seminar room 01.001/002, GSLS Building	Prof. Michael Decker

- You will receive a cancellation confirmation by email
- The next person on the waiting list will move up to the list of participants
- Cancellation period ends 10 days before the workshop starts
- Less than 10 days: Please write an email to gsls-info@uni-wuerzburg.de and send us a medical certificate or a written statement from your supervisor
- **If you just don't show up, we will block you for 6 months from course bookings**
- Please also cancel your registration if you are on the waiting list and no longer wish to participate

FAQ – Certificates

Since 01/2023 certificates of attendance for nearly all workshops are issued digitally and linked to your electronic study book in OpenCampus

IMPORTANT – use your initial account and do not create a new one



Konfliktmanagement

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[PRINCIPAL INVESTIGATORS](#)

[POSTDOCS](#)

[RESEARCH](#)

Who we are and what we do...

GRADUATE SCHOOL OF LIFE SCIENCES

Join the GSLS

The University of Würzburg provides a world class environment of research institutions, which have a **long and successful tradition of co-operation across faculties**

Current News

Please note that our response times will be delayed due to holidays in August and September.

The GSLS will be closed on October 4, 2024, as well as

› Events Calendar

Okt
25

Job perspectives in Pharmaceutical Industry - VIRTUAL WORKSHOP

R1, Wissenschaft, Workshop

Fr. 25.10.2024, 14:00 - 11.04.2025, 16:00 Uhr

About us ▾

News and Announcements ▾

GSLs Alumni honoured

Snapshot of a GSLS Alumnus

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Research

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PostDocs >

Research >

News and Announcements

Events Calendar

> Kollegiale Fallberatung

23.10.2024, 14:00 - 04.12.2024, 16:00 Uhr



Kategorie: Research Academy, R3, Führung, Karriere

Ort: Zoom

Veranstalter: Referat A.2: Personalentwicklung

Vortragende: Dr. Michael Clement

> Job perspectives in Pharmaceutical Industry - VIRTUAL WORKSHOP

25.10.2024, 14:00 - 11.04.2025, 16:00 Uhr

Graduate School
Life Sciences



Kategorie: R1, Wissenschaft, Workshop

Ort: VIRTUAL via ZOOM

Veranstalter: GSLS

Vortragende: Prof. Dr. Klaus Erb



SCIENTIA

- **Mentoring:** for female doctoral students, mentoring, training, networking (duration one year, call for applications in autumn; participants must be fluent in german)
- **Postdoc & International:** qualification during postdoc phase or habilitation, workshops, coaching, networking (duration one year, call for applications in autumn)

**Women's Leadership Program**

for female (junior) professors and experienced working group leaders: Workshops on leadership, chair management, conflicts, positioning in power arenas, media and interview training, individual coaching, networking with alumnae, fireside chats

**Gender Consulting Service for DFG-funded programs**

primarily aimed at young female researchers who are actively involved in a DFG-funded collaborative project: workshops and training sessions on career development; for researchers of all genders: joint training courses, which address gender aspects



Mentoring – get inspired!

If you ask yourself

- .. where your studies might lead you professionally
- .. how to lay the groundwork for career success

then you are invited to join the Mentoring Program!

In a nutshell:

- alumni of the University of Würzburg pass on their practical professional experience
- geared to students, graduates, and doctoral candidates
- You have two different options:
 - a one-time consultation
 - a one-year “relay” program with a personal mentor

..in both cases you will have a specialist mentor at your side who will advise and accompany you - you create the exchange together and individually!

Contact and registration possibility

alumni@uni-wuerzburg.de, Phone: 0931-31-83150
<https://go.uniwue.de/registrierung>



Mental wellbeing during your PhD

Gabriele Blum-Oehler

- Inter(national) studies show that psychological stress and mental health of doctoral researchers are often closely linked to the particular stresses and demands of a doctorate.
- Doctoral researchers have twice the risk of mental illness than similarly highly qualified groups who have chosen a different career path*.



Suitable measures to support mental health during the doctoral phase

The five ways to wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Sources:

Research by the New Economics Foundation
Poster by the Mental Health Foundation, NZ

- Connect with other people (e.g. in your lab, peer group, mentors, family and friends)
- Mental Health First Aiders (e.g. G. Blum-Oehler, K. Brandl)
- Hochschulambulanz für Psychotherapie (University Outpatient Dpt.),
Marcusstraße 9-11



<https://www.psychologie.uni-wuerzburg.de/hochschulambulanz/>

- Polyclinic and Outpatient Clinic of Psychiatry, Margarete-Höppel-Platz 1

<https://www.ukw.de/en/psychiatry/outpatient-treatment/>

- External contact points
 - Telefonseelsorge (phone counseling), Krisennetzwerk Unterfranken
 - Crisis services in emergencies: Rescue service, police

What is mental health first aid?

- Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue
- MHFA teaches to listen, reassure and respond – can potentially stop a crisis from happening or will support in a crisis, WON'T TEACH TO BE A THERAPIST!
- Learn to recognise warning signals of mental illness, develop the skills and confidence to approach and support someone



- Resolution of conflicts at an early stage, e.g. within your thesis committee
- Contact the GSLS (GSLS office, GSLS Dean)
- Contact the Doctoral Researchers Council (DRC)
- Contact the „Konfliktberatungsstelle“ (Conflict Counselling Dpt.), University of Würzburg

<https://www.uni-wuerzburg.de/beschaefigte/konfliktmanagement/konfliktberatungsstelle/>



Thanks for your attention!