

# GSLS *Spring Welcome Days*

14<sup>th</sup>– 16<sup>th</sup> May 2025

# Schedule – GSLS Welcome Days, 14<sup>th</sup> – 16<sup>th</sup> May 2025

Where: GSLS Building, Campus Hubland North, Beatrice-Edgell-Weg 21, 97074 Würzburg

Time	Wednesday	Thursday	Friday
	Rooms: Main Foyer / Lecture Hall / Seminar Rooms	Rooms: Lecture Hall / Seminar Rooms	Rooms: Main foyer / Lecture Hall
9:00 – 9:30	<b>Registration</b>	<b>One-day Workshops: 9:00 – 16:30</b>	<b>Registration (8:45 – 09:00)</b>
9:30 – 10:45	Welcome, <b>Lecture Hall</b> <ul style="list-style-type: none"> <li>Overview of the GSLS and the Structured Study Program</li> <li>Introductions of:               <ul style="list-style-type: none"> <li>DRC and EUREKA!</li> <li>UFB Mentoring Program</li> <li>Uni Wü Community Mentoring Program</li> <li>bts Life Sciences Student Initiative</li> </ul> </li> </ul>	<b>Academic Writing,</b> C. Crane, <b>Seminar Room 02.001-002</b>  <b>OR</b> <b>Project Management,</b> Dr. D. Bittner, <b>Seminar Room 01.001-002</b>  <b>OR</b> <b>Presentations with Posters,</b> Dr. J. Schmidt, <b>Lecture Hall, Ground Floor</b>  <b>OR</b> <b>Intercultural Communication</b> M. Silva, in person <b>on Friday, 23.05.2025</b>	<b>Welcome</b> Prof. Dr. Christian Wegener Dean of the GSLS  <b>Press and Public Relations Office</b> Dr. Esther Knemeyer  <b>Half-day Workshop</b> <b>Good Scientific Practice</b> Dr. S. Schröder-Köhne  <b>9:00 – 13:30</b>  <b>Room: Lecture Hall</b>
10:45 – 11:15	Coffee Break, <b>Main Foyer</b>		
11:15 – 12:05	Introductions to PhD projects (in parallel groups), <b>Lecture Hall &amp; Seminar Room 01.001-002</b>		
	<b>Lunch Break</b> 12:05 – 13:00, Main Foyer	<b>Lunch Break</b> Time will be announced by the trainers	<b>Coffee Break</b> 11:00 – 11:30, Main Foyer
13:00 – 13:45	Introductions to PhD projects – continued		<b>Good Scientific Practice – continued</b>
13:45 – 14:15	Coffee break, <b>Main Foyer</b>	<b>Workshops Continued</b>	
14:15 – 15:00	Introductions to PhD projects – continued		
	Transfer for the City Tour *		
17:00 – 18:30	Guided City Tour, Würzburg <b>Meeting point: Frankoniabrunnen</b> in front of the Residence		
18:30	<b>Pub evening/crawl with the DRC</b> <b>(Meeting point: Alte Mainbrücke)</b>		

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

Standard Bar -  
[Oberthürstraße 11A,](#)  
[97070 Würzburg](#)

- **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)**
- **Support during your PhD/MD**
  - Mental wellbeing during your PhD (Dr. Gabriele Blum-Oehler)
  - SCIENTIA Mentoring (Dr. Isabell Fraas)
  - Mentoring-Programm UniWü Community (Tim Widder)

# **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**

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juliane.fiebig@uni-wuerzburg.de



## IT Management

**Venkatesh Parayitam**

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venkatesh.parayitam@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

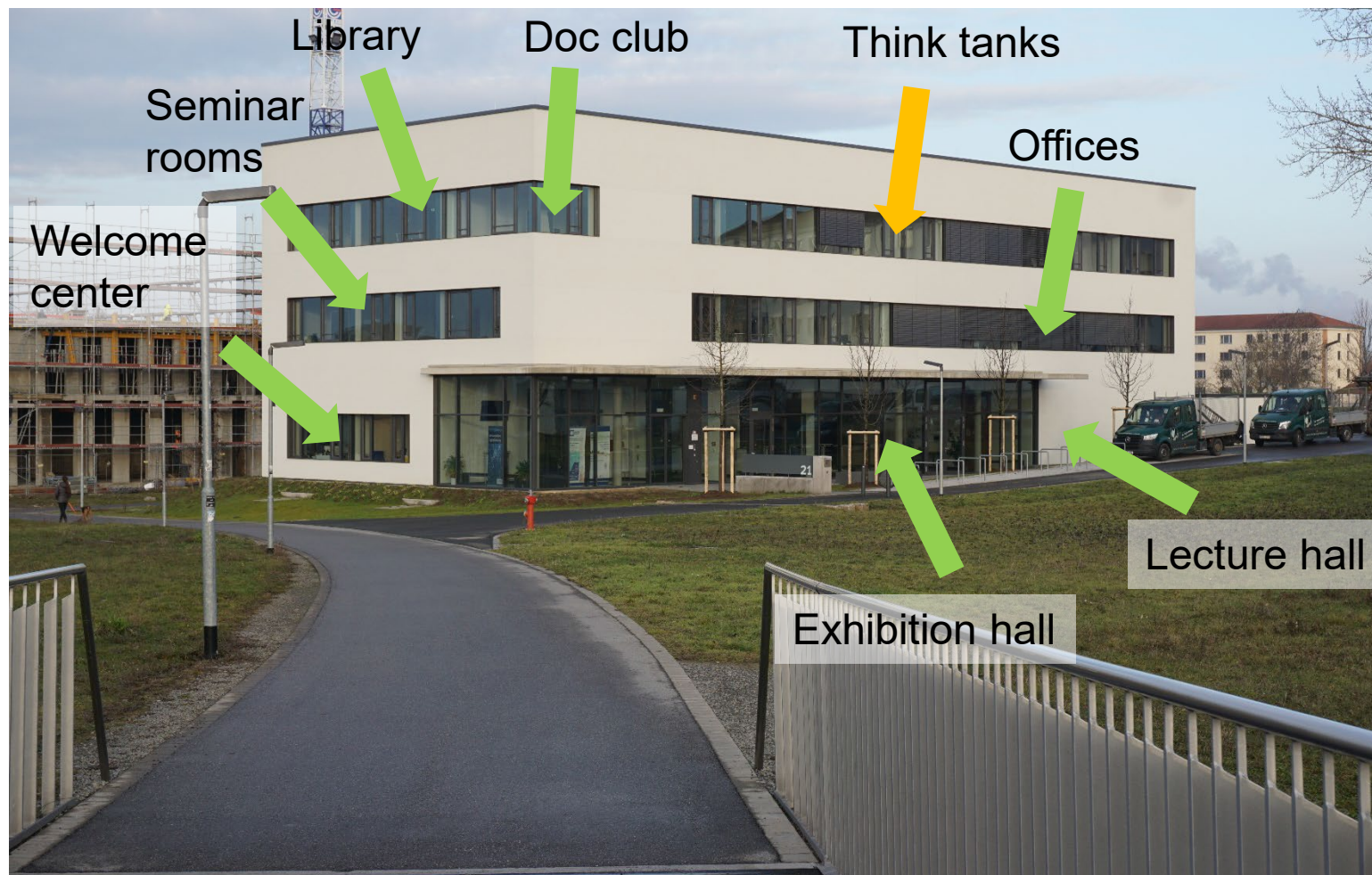
**Luisse Lesch**

Phone: +49 931 31-89325

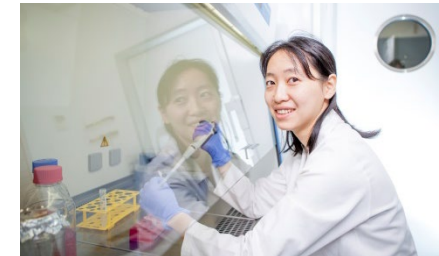
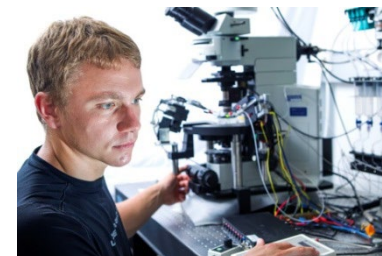
luisse.lesch@uni-wuerzburg.de



# Graduate Schools Building Campus Hubland North



# Introduction Doctoral Researchers' Council (DRC)





## **Doctoral Researchers Council (DRC)**



**Andrea Nicolaidou (speaker)**



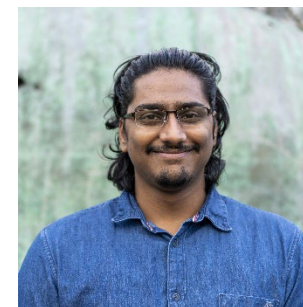
**Franziska Dusi (deputy)**



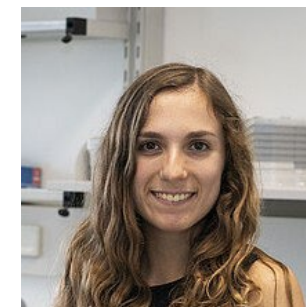
**Salma Abosabie**



**Gurumoorthy Amudhan**



**Miriam Campillo-Prados**



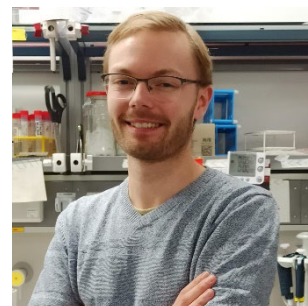
**Samuel Carien**



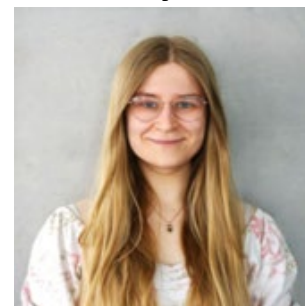
**Philip Claus**



**Peter Frost**



**Anastasiya Grinko**



**Johanna Heckmann**



**Pia Wittmann**



**Voice interests** of doctoral researchers and stand up for them

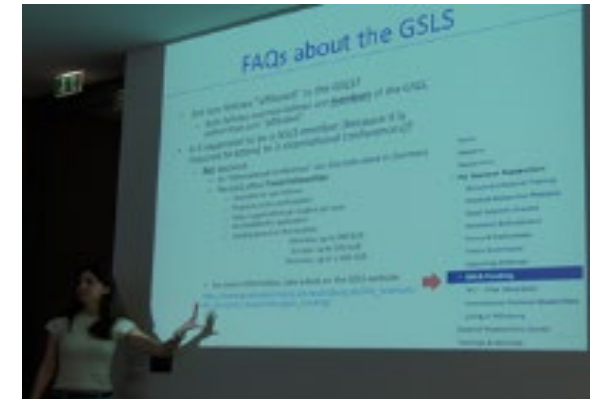
**Represent** doctoral researchers in the boards and meetings of the GSLS

**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!



Julius-Maximilians-  
**UNIVERSITÄT  
WÜRZBURG**

Intern   

[ABOUT US](#) [JOIN US](#) [DOCTORAL RESEARCHERS](#) [PRINCIPAL INVESTIGATORS](#) [POSTDOCS](#) [RESEARCH](#)

**UNIVERSITY OF WÜRZBURG GRADUATE SCHOOLS - GRADUATE SCHOOL OF LIFE SCIENCES**

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About us >

Join us >

Doctoral Researchers ▾

Study Program

Training >

Activities & Events >

Thesis Submission >

Funding >

Family Support

**Doctoral Researchers Council ▾**

Current Members

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.



# Social Media



E-Mail: [gsls-drc@uni-wuerzburg.de](mailto:gsls-drc@uni-wuerzburg.de)



# Join us!

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** and become a DRC member (for 1 year)! We are happy for any help and highly appreciate commitment by every GSLS section!





# EUREKA! 2025

**20<sup>th</sup> INTERNATIONAL SYMPOSIUM**

**ORGANIZED BY THE STUDENTS OF THE GRADUATE SCHOOL OF LIFE SCIENCES**

## What is EUREKA?

- International symposium in the field of Life Sciences
  - Two-day on site event
  - Organized by the PhD students of the Graduate School of Life Sciences (GSLs)
- 
- Invited talks by accomplished scientist
  - Student talks by conference attendees
  - Poster presentation
  - Contests for scientific writing, images and posters
  - Career session



# Save the date!

## Confirmed Speaker

*Olivia Merkel*

*Alfredo Castello*

*Marina Kreutz*

*Janos Vorös*

*Henriette Uhlenhaut*



# EUREKA! 2025

**8<sup>th</sup> – 9<sup>th</sup> October 2025**

*Rudolf-Virchow-Center University of Würzburg*

 **NIPPON Genetics EUROPE**  
INNOVATION FOR YOU

 **OMNILAB**  
DAS BESTE FÜR IHR LABOR.

**PromoCell**<sup>®</sup>

**BIO  
TREND**<sup>®</sup>  
CliniSciences Group

 **biomol**  
Part of Europa Biosite

 **CAPRICORN**  
SCIENTIFIC

 **BRAND**

**Microsynth**  
SEQLAB



## Organizing Committee 2025



Lina Günter (Chair)



Ann-Sophie Schnell (Co-Chair)



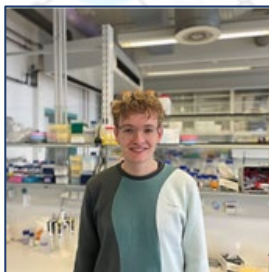
Jakob Jeschonnek (Co-Chair)



Anastasiya Grinko



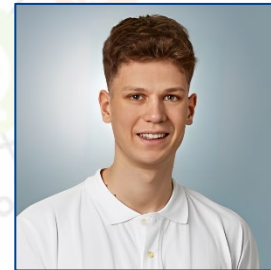
Sabrina Stecher



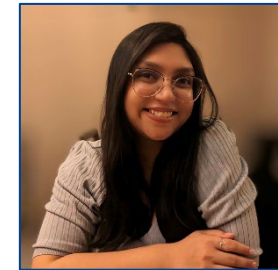
Tim de Martines



Janet Wackenreuter



Vincent Lau



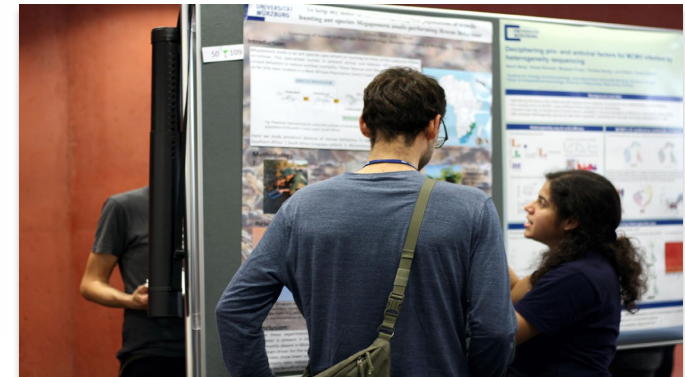
Aatreyi Roy



Maria Grijalva Yopez

## What we do

- Select and invite keynote speakers
- Sponsor acquisition
- Plan and organize the catering service
- Select and invite guests for the career session
- Design and compilation of flyers and abstract book
- Maintain the EUREKA! Homepage
- On-site organization



## Why you should join

- Decide who will be invited, connect with leading scientists
- Engage with companies and secure sponsorships
- Develop valuable project management and teamwork skills
- Earn an additional GSLS certificate for your volunteer work
- FUN !

Contact me 😊

[Lina.Guenter@helmholtz-hiri.de](mailto:Lina.Guenter@helmholtz-hiri.de)

Interested in joining the team?



EUREKA! Homepage







Die Life Sciences  
Studierendeninitiative

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

October 14<sup>th</sup>, 2025

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!



Meet company representatives



CV-Checks & company presentation



Application photos



Live job interview



Free shuttle service from Würzburg!

**June 12<sup>th</sup>**  
**2025**

**ScieCon**  
**München**

**October 16<sup>th</sup>**  
**2025**

**ScieCon**  
**Bochum**

**2026**

**ScieCon**  
**Frankfurt**

**ScieCon**  
**Berlin**

**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](mailto:bts.erlangen@bts-ev.de)  
[lina.guenter@bts-ev.de](mailto: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



Interested in more?

## Contact

[bts.erlangen@bts-ev.de](mailto:bts.erlangen@bts-ev.de)  
[lina.guenter@bts-ev.de](mailto:lina.guenter@bts-ev.de)



Newsletter  
btS Erlangen



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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

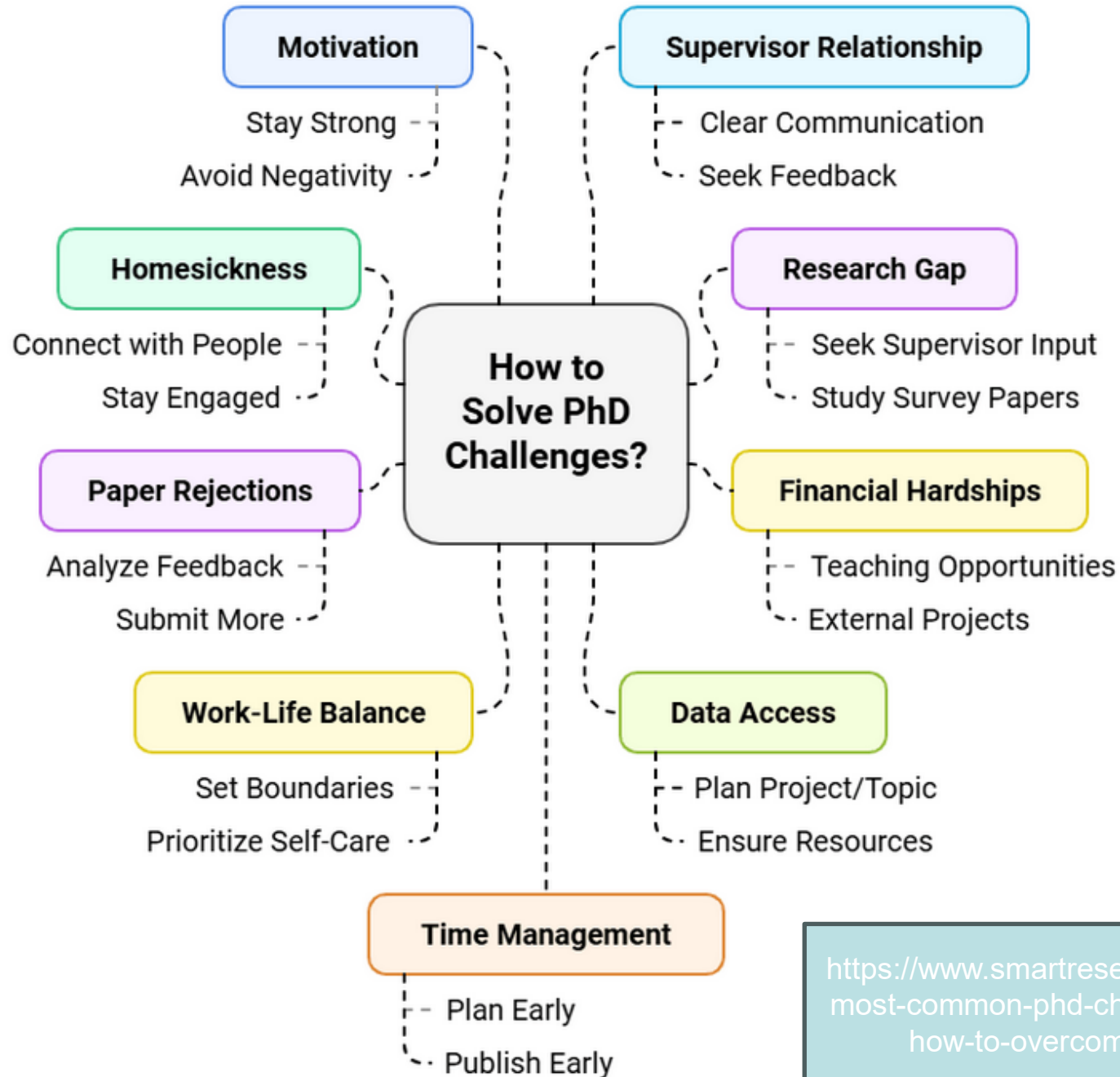
### Challenges

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

→ Create individual solutions



# 10 Most Common PhD Challenges and How to Overcome them



<https://www.smartresearcher.me/10-most-common-phd-challenges-and-how-to-overcome-them/>



### **What are the benefits of having a Thesis Committee?**

- You will receive input from various scholars with diverse perspectives and expertise.
- You strengthen your academic networks.
- You have support in case of problems in your student-supervisor relationship

### **What are the responsibilities of Committee members?**

- **Supervision & Support**
  - Provide academic guidance throughout the doctoral project
  - Meet with the student at least once a year
- **Initial Project Evaluation**
  - Assess scope, feasibility, and approach of the proposed thesis
  - Identify risks and suggest improvements
- **Ongoing Monitoring**
  - Review progress and offer constructive feedback
  - Assist with overcoming challenges
- **Timeline & Extension**
  - Recommend a realistic timeline for project completion
  - Approve extension into a 5th year if needed
- **Career & Development Advice**
  - Support professional growth and career planning
  - Encourage outreach (e.g., conferences, international visits)
- **Conflict Mediation**
  - Provide support in resolving issues with the supervisor

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

Recruitment

Admission GSLS \*(Katharina Bötsch)

2nd  
Annual  
Meeting

3rd  
Annual  
Meeting

**Extension:**

Approval of Dean

Year 1

Year 2

Year 3

Year 4

Start-up  
meeting

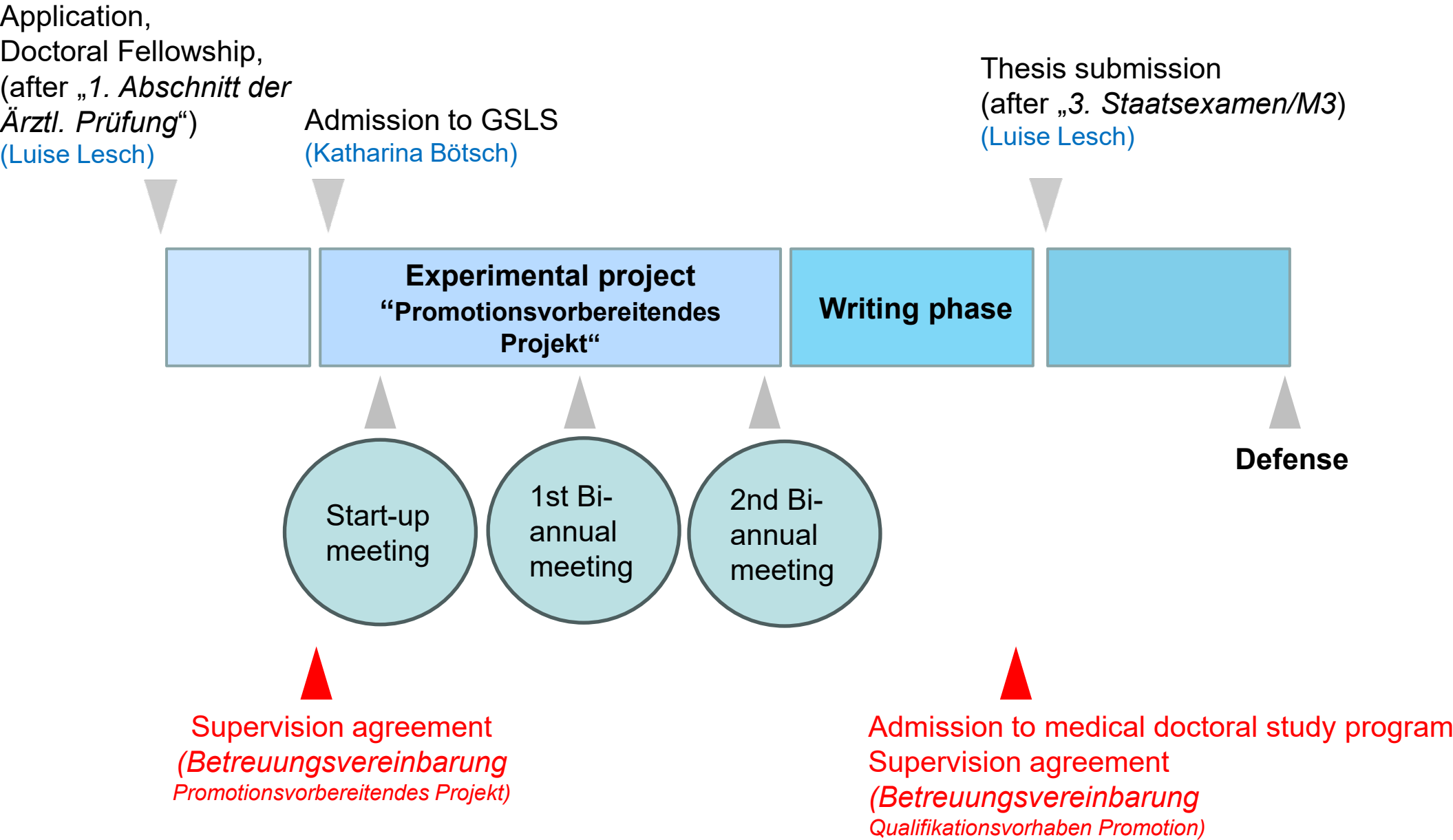
1st  
Annual  
Meeting

Final  
meeting

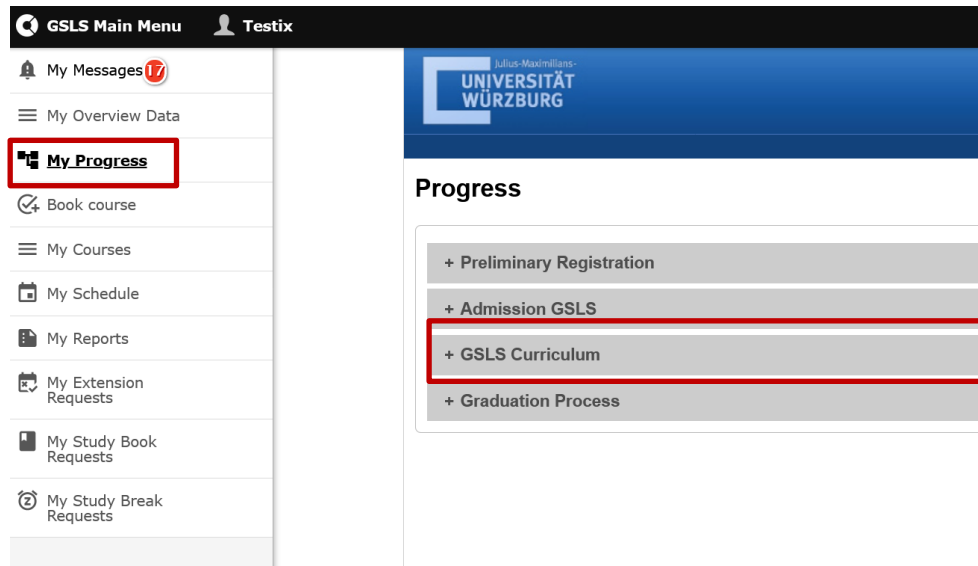
**Thesis submission  
and defence**  
(Heike Schrenk/Eva Dallmann)

\* 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







































## Upload your annual reports 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		
 <a href="#">Reports basic information</a>		
▼  Meeting Reports		
 <a href="#">Meeting Report</a> 		
 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

My Messages <sup>2</sup>
My Overview Data
My Progress
Book course
My Courses
My Schedule

My Reports

My Study Book Requests
My Study Break Requests

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WÜRZBURG

My account | Switch back | Log out

### My Reports

Type of Report	Status		Confirmation status
Start-Up Meeting (PhD Doctoral Researcher)	UNSUBMITTED REPORT	<a href="#">edit</a>	

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 and Documentation of your Activities in OpenCampus**

Juliane Fiebig

# Customizable training program



## GUIDELINES

### Mandatory Elements

#### MEETING = GROUP SEMINAR

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

#### LITERATURE SEMINAR = J **ALL!** 3

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

**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

**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
<b>Good Scientific Practice</b>	Scientific Writing and Publishing / Writing of Scientific Papers	Cover Letter & CV
<b>Intercultural Communication</b>	Supervising BSc and MSc Students	Job Interview
Poster Design & Presentation	Critical Reasoning and Logic	Introduction Biotech Industries
Oral Presentation	Purposeful Networking	Quality Management and Audit Biotech Industries
Academic Writing (for Beginners)	Improved Reading	Good Manufacturing Practice
EndNote for Scientists	Slide Writing	Good Clinical Practice
Literature Research Strategies for Scientists	Visual Communication of Science	EU Patent Law in Life Sciences
Networking at International Conferences		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 GSLS Training Offers?**

# OpenCampus – Book a workshop

## OpenCampus – Log in

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

- use the Username you used during your admission
- **Do NOT create a new account**

### 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

→ You will receive a booking confirmation by email – ENJOY the workshop!



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

Book Waiting List

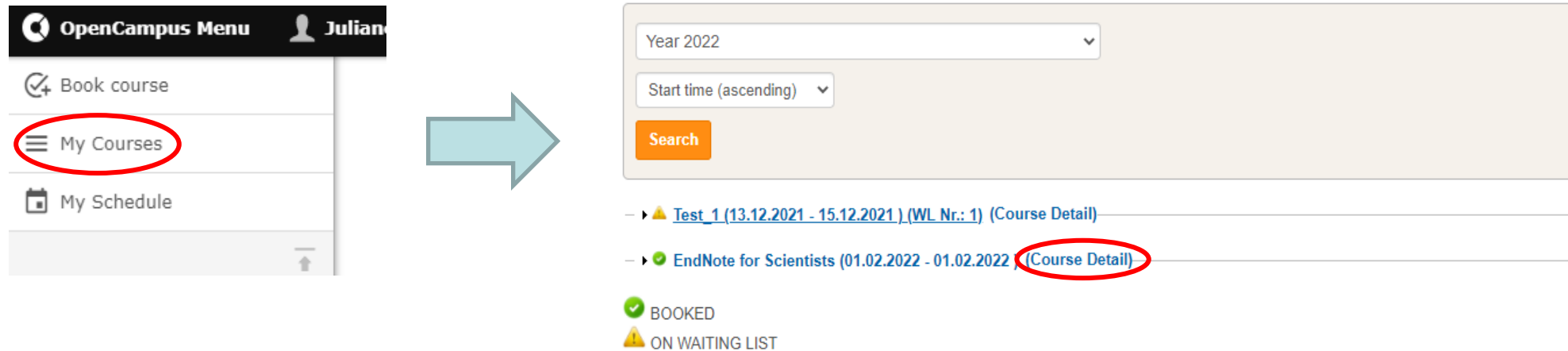
Title	Time	Room	Teacher
Test_1	13.12.2021 09:00 - 15.12.2021 15:00 (Mon)	via Zoom	Prof. Muster

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

- Book course
- 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?
  - Please also cancel your registration if you are on the waiting list and no longer wish to participate



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](mailto: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**

# **Documentation of your activities in OpenCampus**

+ Preliminary Registration		
+ Admission GSLS		
- GSLS Curriculum		
Reference number: 71935		
Expand all		
	Documents	Actions
▼ 📁 Reports and Extension Requests		
▶ 📁 Basic information & Membership Confirmation		
▶ 📁 Meeting Reports		
📁 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		
▶ 📁 Diploma Supplement		
+ Graduation Process		



## **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 s

#### **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 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 Communic

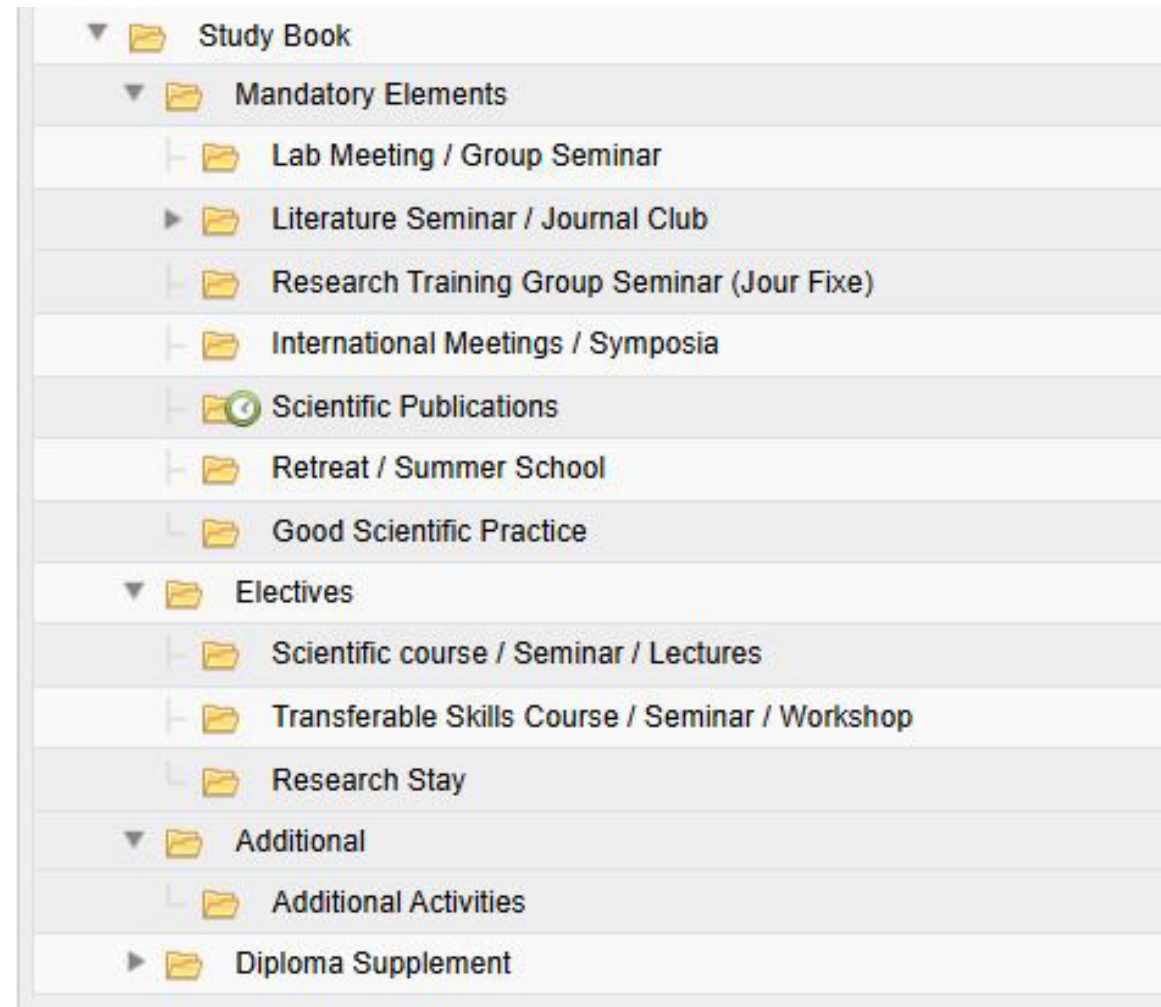
#### **RESEARCH STAY**

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



# OpenCampus – Adding a new entry to the study book

	Documents	Actions
▼ Reports and Extension Requests		
▶ Basic information & Membership Confirmation		↓
▶ Meeting Reports		
└ 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		
▼ Diploma Supplement		↑
└ Diploma Supplement	 Diploma Supplement (DRAFT)	
+ Graduation Process		



BE a little PATIENT with OpenCampus while creating new entries  
 → sometimes it is really slow and any further clicks will create new empty entries which results in a mess

	International Symposium: 9th World Congress on ADHD	
	International Symposium:	
	International Symposium:	
	International Symposium:	
	International Symposium:	

# OpenCampus – Adding a new entry to the study book

View

Edit

Title of Lab Meeting/Group Seminar \*

Start Date \*

Date

E.g., 07.08.2025

End Date \*

Date

E.g., 07.08.2025

Frequency of meeting \*

e.g., weekly, bi-weekly, monthly, every 2 months

Meeting duration \*

Name of Lab Head \*

Group/Institution \*

- None -

Upload File \*

Datei auswählen

Keine Datei ausgewählt

Upload

Please upload a proof of participation here. If you do not have a certificate of attendance for this activity, you can also upload the relevant page of the study book signed by the organiser or first supervisor.

Files must be less than 128 MB.

Allowed file types: pdf png jpg jpeg.

Submit Lab Meeting/Group Seminar

Save


Submit Lab Meeting/Group Seminar

Save



- Saved entry → finalise the entry and submit it for evaluation
- Submitted entry → waiting for evaluation by office
- Evaluated entry

## If an entry is rejected by the office:

- the stage will be set back to pending 
- you will receive an E-Mail with a comment why it is rejected
- the entry can be edited by you again
- do not forget to submit the entry after correction

- Certificates of attendance for GSLS workshops are transferred directly to the digital study book
- Most other organisers of workshops, retreats and conferences also provide proof of participation → **please DO NOT upload abstracts, posters, presentations or booking confirmations**
- If you did not receive a proof of participation and also for the categories Lab Meeting, Literature Seminar and Jour Fixe fill in the activities in the printed study book in the corresponding category, have them signed by your first supervisor or the organizer and upload them as proof

## Publication: : (, )

View

Edit

Devel

Please insert all information in **APA format**. The easiest way to do this is to use the 'Cite' function in PubMed and select APA style. Please mark authors who share first authorship with \*.

## Authors \*

Text format

Plain text

[More information about text formats ?](#)

- No HTML tags allowed.
- Web page addresses and e-mail addresses turn into links automatically.
- Lines and paragraphs break automatically.

## Title of Publication \*

## Journal/Book Title \*

## Volume \*



> Front Physiol. 2011 Sep 12:2:59

## Glycosylation of T BMP Binding and Development

Charles J Billington Jr <sup>1</sup>, Juliane E  
Tina Jaskoll, Kim Mansky, Rajaram  
Anna Petryk

Affiliations + expand  
PMID: 21941513 PMCID: PMC31

### Abstract

CITE

Billington, C. J., Jr, Fiebig, J. E., Forsman, C. L., Pham, L., Burbach, N., Sun, M., Jaskoll, T., Mansky, K., Gopalakrishnan, R., O'Connor, M. B., Mueller, T. D., & Petryk, A. (2011). Glycosylation of Twisted Gastrulation is Required for BMP Binding and Activity during Craniofacial Development. *Frontiers in physiology*, 2, 59.

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Format:
 

APA
 

AMA
 APA
 MLA
 NLM

#### FULL TEXT LINKS

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#### ACTIONS

“ Cite

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#### SHARE

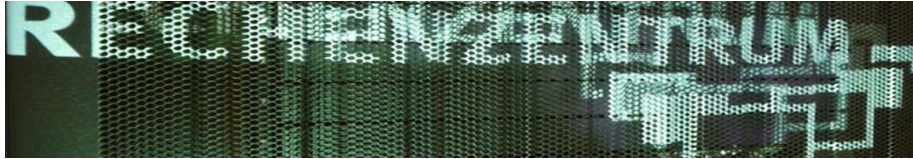
📄

📘

📧

# OpenCampus – Draft of the Diploma Supplement

	Documents	Actions
▼  Reports and Extension Requests		
▶  Basic information & Membership Confirmation		
▶  Meeting Reports		
└  Extension Requests		
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▶  Additional		
▼  Diploma Supplement		
└  Diploma Supplement	Diploma Supplement (DRAFT)	
+ Graduation Process		



# **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

- 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/>





# **SCIENTIA** Career Development

an offer of the Gender Equality Academy

Andrea Bähr, M.A.  
Women's Representative Office JMU

**SCIENTIA** offers personnel development for female scientists at the first qualification levels:  
the **Mentoring Program** is aimed at (advanced) doctoral students;  
the **PostDoc & International Program** at young female scientists with a doctorate as well as  
international scholars of all qualification levels;  
The **scholarship** supports scholars at critical points in their career;

# SCIENTIA

## SCIENTIA Mentoring

mentoring, training  
& networking

## SCIENTIA Postdoc & International

mentoring, training  
& networking

## SCIENTIA Scholarship

bridging funding for  
emerging female  
scholars

## SCIENTIA Mentoring

The program is aimed at advanced female doctoral candidates at the JMU who wish to pursue a career in science.

The focus is on the **individual development** of each participant, profitable **networking** within the group, and support from a **mentor**.

Regular **training sessions and workshops** on various career development topics complete the program.

duration one year,  
call for applications  
in autumn/winter

participants must  
be fluent in  
German

Visit our website for further information

### contact



Isabel Fraas or Andrea Bähr

[scientia@uni-wuerzburg.de](mailto:scientia@uni-wuerzburg.de)





## SCIENTIA Postdoc and International

In **workshops and training sessions**, the SCIENTIA Postdoc and International Program focuses on interdisciplinary and personal skills such as leadership, performance, acquiring third-party funding and other key areas that are required between the doctorate and early habilitation phase.

Participants are also supported in finding a **mentor** to advance their strategic career planning and have the chance to work with a professional **coach** individually.

duration one year,  
call for applications  
in autumn/winter

postdocs &  
international  
scientists of all  
qualification levels

contact



Sophie Renninger

[scientia@uni-wuerzburg.de](mailto:scientia@uni-wuerzburg.de)



## SCIENTIA scholarship

Excellent junior female scientists at JMU  
can apply for the SCIENTIA scholarship program:  
It supports female scholars in a transitional phase  
between two career steps, to initiate third-party funding,  
to be able to complete a post-doctoral project, etc.

Doctoral students can be supported only for the very last  
phase of their doctorate and only if they have suffered  
exceptional hardships (severe illness, raising child(ren)  
without support etc.).

Call for applications in March and September

Visit our website for further information and award criteria

### contact



Natalie Nikolaus  
[scientia@uni-wuerzburg.de](mailto:scientia@uni-wuerzburg.de)



### **further offers**

- advice and counseling
- lectures, events, and information on  
equality and diversity
- information and network events
- compatibility of science and family
- support structures for sexual harassment & discrimination



Helpdesk  
Sexual Harassment



Helpdesk  
Anti-Discrimination



Helpdesk  
Sexual Harassment



Helpdesk  
Anti-Discrimination

- The helpdesks offer **all members of the university (anonymous) counseling**.
- Individual counseling can be obtained **online** via the contact portal of the helpdesks and, **if requested, without disclosing personal data**.
- It is also possible to submit third-party **observations** concerning cases of antidiscrimination or sexual harassment in the university context.
- It is also always possible to contact the counselors of the help desks **directly** by e-mail or telephone.
- The counselors of the helpdesks are **bound to secrecy** and treat all concerns **confidentially**.

Scan here to get  
to the contact  
portal





[uni-wue.share-a-hint.com](https://uni-wue.share-a-hint.com)

## Online Contact Portal

<https://uni-wue.share-a-hint.com/>



**Helpdesks for anti-discrimination and sexual harassment at the University of Würzburg**

Have you experienced or witnessed sexual harassment or discrimination? Here you have the opportunity to make a confidential and anonymous request for counselling or to report an observation to us anonymously.

The contact persons at the helpdesk are bound to secrecy and will treat your request confidentially.

Further information on the **helpdesk for sexual harassment** and its contact persons are available [here](#).

Further information on the **helpdesk for antidiscrimination** and its contact persons are available [here](#).

**SUBMIT A REQUEST** ENGLISH ▾

**Login**

Already submitted a request? Log in here.

Ident\*

Password\*

**LOGIN** ENTER START CODE

[PRIVACY POLICY](#)
[LEGAL NOTICE](#)
[USAGE NOTICES](#)

ENGLISH ▾





Helpdesk  
Sexual Harassment



Helpdesk  
Anti-Discrimination

In an **initial consultation...**

- we help you to assess what has happened and find an individual way of dealing with it.
- we identify options for action and individual support options and refer you to appropriate support institutions, if needed.
- we provide information on making an official report and the steps involved. If you decide to make an official report and would like support, we will be at your side throughout the process.

.



Only the counselors at the helpdesk have access to the (anonymous) contact portal and can also be reached directly:

### Helpdesk Sexual Harassment



Helpdesk  
Sexual Harassment

Andrea Bähr

[andrea.baehr@uni-wuerzburg.de](mailto:andrea.baehr@uni-wuerzburg.de)

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Friederike Münch

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### Helpdesk Anti-Discrimination



Helpdesk  
Anti-Discrimination

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Dr. Isabel Fraas

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All information on the helpdesks can  
be found  
on the helpdesks common website  
#safespaceJMU



[uni-wuerzburg.de/en/equity/safespacejmu/](https://uni-wuerzburg.de/en/equity/safespacejmu/)

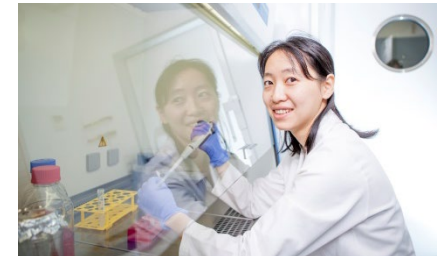
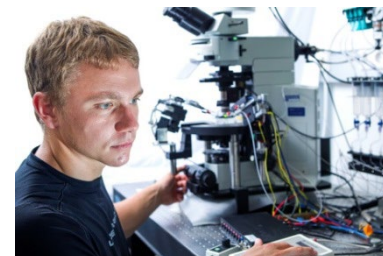
## where to find us

Büro der  
Universitätsfrauenbeauftragten  
(UFB)

Hubland Campus Nord  
Klara-Oppenheimer-Weg 38



# UNIWUE Community – Alumni program (Tim Widder)



# Mentoring for Doctoral Candidates



**Register directly or contact us!**

Mail: [alumni@uni-wuerzburg.de](mailto:alumni@uni-wuerzburg.de),

Phone: 0931-31-83150

<https://go.uniwue.de/registrierung>

## **If you think to yourself**

.. how can my academic journey lead to a fulfilling career?

...i would like to have additional support in navigating my professional path during my doctorate.

## **Our Mentors could help you to:**

- **understand your career options** – in academia, industry, or beyond.
- **connect with experienced professionals** in your field.
- **get honest feedback and strategic guidance** from people in leadership roles.
- **navigate the German job market and academic landscape** more confidently.
- **feel supported and less isolated** in your academic or career journey.

## **The UniWü Mentoring Programm is here for YOU:**

- You will be matched with an experienced Alumni of the University of Würzburg who will share their practical experience, support and guide you.
- The mentoring relationship is shaped by your individual needs and shared goals.
- The program is designed for students, recent graduates, and doctoral candidates.
- You have two different options:
  - a one-time orientation consultation with a mentor.
  - a one-year mentoring partnership with a personal mentor.

Thanks for your attention!