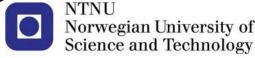
### Motivation and work organization Topics for discussion

- Motivation factors
- Effective work styles
- Working patterns
- Scheduling of activities
- Organization of multiple activities (PhD-courses, "Duties" for the department, Own research work) - Priorities and deadlines



#### Summary – Motivation factors

- Training for research work
- Deeper understanding of your field of interest
- Access to scientific work and papers
- Good opportunity of taking a PhD in foreign country
- Support by strong groups and senior personnel
- Want to be a professor
- Not routine work new challenges (every day)
- Travel and meet interesting people
- Valuable for industry
- Teaching
- Prospect of contributing to the knowledge of mankind



#### Summary - Effective work styles

- Short term goals weekly or monthly deadlines
- Process orientation
- Satisfied every day
- Concentrate your work
- You need to know what to be done both in long and short term
- Working/reference group get deadlines
- Prioritize the work
- Record and summarize your progress
- Don't only work on one task at a time, can be efficient to swap between tasks

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Learn from international collaboration

### Summary - Working patterns

- Synchronize your working hours with the rest of your group
- Be focused on your research work
- Not too social but neither too isolated
- Write your main activities every day good for your own discipline and for your conscience in the weekend



### Summary - Scheduling of activities

- Duty work office hours
- Emails condense time spent on answering
- Regular meetings with the supervisor known schedules and milestones
- Course work
- Most productive when don't switch tasks too often
- Plan office hours when you are a teaching assistant
- Group meetings together



### Summary - Organization of multiple activities (PhD-courses, "Duties" for the department, Own

- Assume you have a 4 year contract including department work
- Prioritize between:
  - PhD-courses
  - Teaching assistance (courses, laboratory, lectures)
  - External projects with deadlines
  - Paper submission deadlines
  - Personal milestones



## Focus and expectations Topics for discussion

- Responsibility for taking initiatives
- Suitable start-up activities
- Supervision (frequency and duration) expectations
- Department work (labs, guidance of assignments and final-year projects, lectures) – duties or possibilities?
- Special difficulties experienced as a new PhD student



### Responsibility for taking initiatives

- Students are responsible
- Supervision responsible for directions of work
- First weeks supervisor responsible for getting things started and to introduce candidate to the facilities and colleagues and fellow students
- Supervisor gives initial ideas and startup activities
- Research plan? Students responsible ideas developed in discussions with supervisor



### Suitable start-up activities

- Literature review
- Discussions with the supervisor
- Spend time adapting to the lab
- Familiarizing with colleague know the expertise of your nearest colleagues
- Fully understand the university
- Get to know your fellow students may give inspirations to new ideas
- Start with duty work get to know the staff, students and how the teaching works/is organized
- Start working on your PhD project
- The research plan should be an active document



### Supervision expectations

- Give definition and scope of project
- Guidance on methodology
- Help identifying conferences/journals/special interests
- Split huge problems to manageable problems
- Frequency
  - Once per week
  - Whenever it was required
- Duration
  - one hour
  - make time more efficient and valuable by preparing a small report before meeting?



# Department work – duties or possibilities?

- Main impression appear to be that it is duties
- Use students to help solving sub-tasks in your own project
- Team work with your supervisor?
- Standard time is 3 years you get extension of up to one year
  - Any values of having more time
- Could you learn something by lecturing?



### Special difficulties experienced as a new PhD student

- Social life
- Housing
- Add problems to the progress report
- International section may help with practical issues
- Lack of support from technical staff
- Information "pamphlet"

