Program – Doctoral education in focus
17 October 2023

Time: 09.30-16.00
Room: Rotundan

09.30-10.30
Welcome
Pro-Vice-Chancellor Katrine Riklund and Deputy Vice-Chancellor Dieter Müller

Inspiring story telling about possibilities with PhD education
Inspiring talk about being a doctoral student at Umu, doing post doc abroad and then returning to Sweden, Eva Knekta NMD, Joakim Byström Örnsköldsviks kommun and Kajsa Åberg Region Västerbotten

10.30-11.00
Coffee

11.00-12.00
Ask your question. Mingling session with different professions related to PhD education
- Administrators from the faculties
- PhD coordinator
- Feel-good
- Development program
- University library
- Human resources

12.00-13.00
Lunch

13.00-14.30
From efficiency to effectiveness with Åsa Burman
As PhD students and academics, we spend a lot of time focusing on the content of our work, but sometimes we forget to pay attention to the work process, or how we work, think and act. However, the process is important to finish our projects on time and manage our stress level.

This workshop shifts the focus from the what to the how, giving you strategies and practical techniques to finish your dissertation on time and feel good along the way. You will learn about units, the weekly schedule and the 80/20 principle and apply these tools to your own work situation. You thus get a toolbox for increased academic productivity. The toolbox consists of research-based approaches and proven techniques.

14.30-15.00
Coffee, mingling and conversation

15.00-16.00
Åsa Burman continuing