



UMEÅ UNIVERSITET

PhD day – Doctoral education in focus

17 October 2023

Time: 09.30-16.00, possible to join parts of the day
Room: Rotundan

09.30-10.30

Welcome

Deputy Vice-Chancellor Dieter Müller

Inspiring story telling about possibilities with doctoral education

Inspiring talk about being a doctoral student at Umeå University, doing post doc abroad and then returning to Sweden, Eva Knehta NMD, and working out of academia, Joakim Byström, Örnsköldsviks municipality and Kajsa Åberg, Region Västerbotten

10.30-11.00

Coffee

11.00-12.00

Ask your question

Mingling session with different professions related to doctoral education

- PhD-sections of the student unions
- PhD Administrators from the faculties
- PhD Coordinator
- Feelgood
- Development programme for doctoral students
- University Library
- Human Resources Office

12.00-13.00

Lunch

13.00-14.30

From efficiency to effectiveness with Åsa Burman¹

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

¹ Åsa Burman is the founder of Finish On Time and author of the book: *The Doctoral Student Handbook: Master Effectiveness, Reduce Stress and Finish on Time*. She is Reader (Docent) in practical philosophy at Stockholm University. In early 2023, her book *Nonideal Social Ontology: The Power View* was published by Oxford University Press.



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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