

# PhD days 2020 Program

## Organized for TekNat PhD students by TNDR

### 22. April



<b>10.00-11.00</b>	<b>What to do with your PhD</b> <i>Andreas Nyström (Sveriges Ingenjörer)</i>	Sveriges Ingenjörer plays a large role for economic security, employment security and career during PhD studies and after the transition to other parts of the labour market. Which companies and other employers employ PhDs and what salary/title can you expect? Listen to Andreas Nyström, Negotiation Manager for the Public Sector at Sveriges Ingenjörer and Assoc. Prof. from KTH himself. The lecture will give insights from collective experiences and statistics to make better decisions in your career.
<b>11.15-12.00</b>	<b>Overview of career paths and funding in the Swedish academic system</b> <i>David Black-Schaffer</i>	- Advice on how to be realistic about an academic career in Sweden - Advice on how to be successful in an academic career in Sweden
<b>13.15-15.00</b>	<b>Make your research matter</b> <i>Hillevi Englund, Pontus Skråmstadius, Ernesto Gutiérrez (UU Innovation)</i>	What's the impact potential of your research results – beyond publications? Join Uppsala University Innovation's seminar for insights and knowledge that will enhance your ability to make your research matter. Learn about different types of impact, what's needed to create impact in society, and how Uppsala University Innovation can help you accelerate your impact journey. What's more, we'll provide you with tips and strategies, and introduce you to a widely used method that can help you communicate your project more effectively.
<b>15.15-16.00</b>	<b>Towards equal opportunities in academia - Experiences and lessons learned internationally and at Uppsala University</b> <i>Ingela Nyström</i>	In today's society, many organisations have gender equality on their agenda. So also Uppsala University, the first university in Sweden, where we aim for diversity in all activities to achieve higher quality in our academic tasks and equity for the individual. To reach this, the PhD student calls (and other positions) specifically encourage applicants of any gender and with different birth background, functionality, and life experience in our recruitments. However, in my opinion recruitment statistics is not a result per se. I believe that equal opportunities are more a matter of mind-set within our research groups in everyday work life. In this talk, I will present some of my experiences and lessons learned during the years internationally and at our faculty. I will give my views on how our academic leadership fosters good work environments, where job satisfaction - and thereby higher scientific quality - is reached thanks to diversity in gender and other grounds of discrimination. In fact, we as leaders are role models who either become (or do not become) successful in recruiting, promoting, and thereby retaining women as well as men in academia. Welcome to discuss this matter and share your experiences!

## 23. April

<b>9.15-10.00</b>	<b>Phyton Tutorial</b> <i>Filipe Maia</i>	<p>Welcome to the teaser version of "Advanced Scientific Programming with Python". You'll learn to make the most of NumPy, a ubiquitous numerical library for Python and the basis for many other packages.</p>
<b>10.15-12.00</b>	<b>Stress Management</b> <i>Anders Herrmann (Previa)</i>	<p>At this seminar, the aim is to provide the participants with increased knowledge of stress, understanding of which factors contribute to their own stress and guidance in implementing the changes that are needed to feel better. The seminar is based on CBT (Cognitive Behavioural Therapy) and ACT (Acceptance and Commitment Therapy). The seminar will be a mixture of theory and practical exercises and are based on the participants' active participation. The course is concrete and focused on actions here and now.</p> <p>In summary, the content is the following:</p> <ul style="list-style-type: none"> <li>• Basic stress theory</li> <li>• Balancing stress and recovery</li> <li>• What contributes to my own stress</li> <li>• Coping with being worried and not being able to let go of work</li> </ul>
<b>13.15-15.00</b>	<b>How to give better research presentations</b> <i>Gregory Garretson</i>	<p>This talk will present a series of best practices and tips for giving research presentations such as conference papers. I will cover various topics, including dealing with nervousness, handling time constraints, selecting content effectively, designing visual materials well, achieving appropriate body language and vocal delivery, managing questions, and handling problems effectively.</p>
<b>15.15-16.45</b>	<b>Science communication: How and why?</b> <i>Eva Garmendia</i>	<p>For science to be alive it needs to be communicated. From communication to other peers so new science can be built upon previous one, to reaching out to the general public, so society and the world can change and benefit from all the new things we scientist discover.</p> <p>In this talk we will talk about why science communication is needed, and how all of you can possibly contribute to it with your work. In a short exercise, small groups will work to think of ways to communicate a chosen topic. See you there guys!</p>
<b>17.15-18.00</b>	<b>Graphics in science</b> <i>Andreas Dahlin</i>	<p>The journey from academia (PhD student) to industry back to academia (researcher) and building a company. Followed by tips and tricks regarding visualisation in science with information about the course.</p> <p><a href="https://www.visualizeyourscience.com/pages/vys-course?_s=tskqyf5zpqigimnreamu">https://www.visualizeyourscience.com/pages/vys-course?_s=tskqyf5zpqigimnreamu</a></p>