

Mentor Programme for Female PhD Students at the LLC

Memorandum, March 30, 2011 – S.S.

Within the framework of the Linnaeus Programme at the LLC, an informal mentor programme is arranged for those female PhD students at the LLC, who want it. For questions or solving of practicalities, contact Sune Svanberg at sune.svanberg@fysik.lth.se.

Below some suggestions are given – clearly, the Adepts/Mentors are free to arrange their activities in a way that best suits them and the needs at hand.

Duration of the programme: 1 year (may continue in an informal way)
Recommended frequency of meetings: Every 6 weeks. Very important:
Make sure that the first meeting occurs without a long delay!

Set up of meetings: As you like! Office meetings? Extended lunch meetings? Coffee-House meetings? Bring your reasonable bill to the LLC Secretariat for reimbursement!

Ethics/Confidentiality: You may decide on mutual confidentiality in your discussions (Recommended). No information is shared with LLC management, supervisors, etc. At the end of the programme, an anonymous form about the experience may be filled.

Examples of aspects for discussion:

- Career planning
- Boosting self-confidence
- How to organize your research
- How to make a good presentation/job interview
- How to be “creative”
- How to avoid/solve conflicts
- Balance PhD studies - family/private life
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