

Option 1 (2 credits)

Compulsory parts:

EVENTS

- (Orientation days)
- Seminar 1 (Kick-off)
- Seminar 3 (Communications, writing)
- Seminar 5 (Joy & pain of thesis work + Review)

+ INDIVIDUAL ASSIGNMENTS →

Pre-assignment (questionnaire)

Sustainability in your research (writing+ use of AI in language check)

Seminar 2 (CV and career workshop) + CV and career plan

Mastering your PhD –assignment (**reading 30 pages + writing 2 pages**)

Seminar 4 (wellbeing and practical tips for PhD), brief reading in advance + group work in seminar

Writing pop-science pitch + feedback from the English teacher

Final assignment (summary + reflection on learning, **3 pages**)