PhD – then what?!
» Careers centre
» General info on career planning
» Academic career
» Resources and some advice
Careers centre

Why?
» Facilitator for enabling individuals to make informed and conscious career decisions

For whom?
» PhD students
» PhD:s who do not hold a position as Senior lecturer (lektorat) or Professor

Pernilla Carlsson - PhD, Certified career coach
Pernilla.Carlsson@med.lu.se
+46-(0)46-222 08 28
Careers centre

- Seminars/Workshops
- Information
- Mentorship programmes
- Individual coaching
<table>
<thead>
<tr>
<th><strong>Inward</strong></th>
<th>Who am I? What are my competences? What is important to ME? (work values)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outward</strong></td>
<td>Explore possibilities. Draw your own personal map of the market (which employers can be of interest to me?)</td>
</tr>
<tr>
<td></td>
<td>- Networking</td>
</tr>
<tr>
<td></td>
<td>- Informational interviews</td>
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<tr>
<td><strong>Forward</strong></td>
<td>Use info from Inward and Outward to decide upon direction</td>
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<tr>
<td></td>
<td>Market yourself</td>
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<tr>
<td></td>
<td>- Let people know what you are looking for!</td>
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<td></td>
<td>- Know your story!</td>
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<td></td>
<td>- CV &amp; Cover letter</td>
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<tr>
<td></td>
<td>- Job Interview</td>
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</tbody>
</table>
Values

» Generalist or specialist?

» Do I need a lot of interaction with other people or do I prefer working primarily on my own?

» Quick decisions or time to reflect?

» Variation vs Routine

» Security vs Risk?

» …

*The longest journey is the journey inward*

Dag Hammarskjöld
Career concepts

Linear
- Profitability and goal oriented
- Responsibility
- Power
- Influence

Expert
- Knowledge oriented
- Specialisation
- Knowledge

Spiral
- Periodic (5-10 years) lateral changes of occupational fields
- Personal development
- Creativity
- Cooperation

Transitory
- Change oriented
- Variety
- Independence
Ask yourself these questions from time to time

» When was the last time I experienced that time flew by, because I got totally caught up in what I was doing? (i.e. in a good way, not because of stress) What did I do then?

» Where / With what would I choose to work if everything was possible and there were no limitations?
ACADEMIC CAREER

Bild ur Medicinska Fakultetens tjänstestrategi 2014-2017
"Vanligt förekommande karriärvägar (OBS! Utgör exempel)"

Hälsovetenskapligt område

Prekliniskt område

Kliniskt område

Doktorsexamen

Adjunkt/
(Ev postdoktor,
max 2 år)

Biträdande lektorat,
(max 4 år)

Befordran
 till lektor

Utlyst lektorat

Befordran
 till professor

Doktorsexamen

Postdoktor
(max 2 år)

Biträdande lektorat

Befordran till
lektor

Utlyst lektorat

Befordran till professor

Utlyst anställning som professor

Bitr forskare/ lab forskare

Forskare

Befordran till professor

Utlyst lektorat förenad med sjukvårdsanställning

Klinisk karriär

Forskningsutrymme för kliniska forskare inom hälso- och sjukvårds org

ALF forskningsutrymme för ST-läkare och yngre forskare

Befordran till professor

Utlyst anställning som professor förenad med sjukvårdsanställning

Utlyst anställning som professor förenad med sjukvårdsanställning
Keys for success in Academia

- Skills & Expertise
- Scientific network
- Funding (grant applications)
- Leadership
- Mentor
- Publications
- Pedagogical skills

Academic research is like running a small company..
Research funding

Within medicine, a large part of the research is funded through external resources.

Applying for funding is time consuming – plan ahead!

Writing successful applications is a skill - practice! Apply for minor funding already during your PhD studies, e.g travel grants etc.

Examples of funding resources:

- Swedish research council (VR)
- Forte - Forskningsrådet för hälsa, arbetsliv och välfärd
- ALF-medel (Avtal om läkarutbildning och forskning)
- Smaller trusts and funds
Resources and networks

Seminars about career issues etc:

- Mentorship programme for PhD students in Life Sciences:
  - **MentLife**
  - [www.mentlife.se](http://www.mentlife.se)

- Doctoral student council - MDR

- [www.med.lu.se/Careerscentre](http://www.med.lu.se/Careerscentre)
A few pieces of advice

Start thinking about your future already today!

To succeed in job searching you need to be
- Proactive
- Informed (yourself + market)
- Networking

(And, just in case…
Unemployment insurance, A-kassa)
Last, but absolutely not least!

- Faculty newsletter (Medfaks e-bulletin) - via email every Wednesday (Read it!!)
- Use your network – it’s probably bigger than you’d imagine!
- Be curious (be a researcher..)!
- And, enjoy your PhD studies!!

www.med.lu.se/karriarcentrum
www.med.lu.se/careerscentre