



ONLINE TRAINING IN CAREER PLANNING FOR PhD CANDIDATES AT LUND

*** Please read this information before you register your interest over the page ***

What is the programme?

- This is a new version of the *Career Control for Researchers* course in career planning delivered at LU in English since 2017. It has been adjusted so you can start whenever it best suits you. All the material and resources are delivered online with no time-specific events, to maximise flexibility.
- The course's four modules are spaced over eight weeks. They offer a sure way for you to consider methodically your own drivers, strengths, priorities and options, to help you make active, well-informed career choices. The programme is written for researchers and is suited to scholars in any discipline. It makes no assumptions about your preferences and does not push particular pathways.
- This is your opportunity to ask yourself searching questions about the future, early in your career. The course material guides you through establishing realistic career goals for the short and longer term, and crafting these goals into a clear action plan.
- It offers straightforward, practical training that recognises your post-graduate study as a platform for a range of careers, not just a 'pipeline' into intensely competitive academic pathways.
- The course is delivered by the researcher training specialists, PostdocTraining, who have been leading career training programmes for PhD students and postdocs at LU since 2014.
- Once accepted for a place, the course is free of charge to all participants and their departments.

What will the programme do for me?

- The course first guides you through a short, private self-assessment process so that the career plan you go on to develop aligns with your strengths and preferences. Practical exercises and downloadable tools help make sure your plan captures both career destinations and specific actions that will focus your efforts and accelerate your progress.
- It will give you the motivation and resources to take charge of your career, whether you do not yet know your preferred path or you already have a goal and are looking for the best way to reach it.

Programme timeline and main elements

- You can register for the programme any time you are ready to start. LU assesses registrations every two weeks and participants are notified as soon as they are accepted. The course begins one week later to give participants time to test their access permissions, check out the programme format and prepare for the release of the first of the four modules, which marks the course start.
- All the course content is accessed via a LU-specific online portal. One new module is released every two weeks, in a choice of online text, downloadable PDF and audio formats. The four modules involve a commitment of about eight hours in total.
- Three 45-minute webinar sessions are released in the weeks where there is no new module, tackling career strategies and issues of mindset and skills that will support your progress.
- Additional resources include webcast tutorials on goal-setting, profile-building and transferrable skills. You also have access to a *Career Options Masterlist*, profiling a wide range of careers pursued by people with a background in academic research.
- Once published, the course content is accessible on demand so you are not diverted from core study and research tasks.
- You retain access to all the resources for the long-term. That means you can revisit the modules, download fresh copies of exercises and planning tools, explore the *Career Options Masterlist* and review webinar recordings as often as you wish, and beyond the eight weeks of the course itself.

Before you decide...

- This is a brief, part-time programme, but it is self-guided and there is real work and commitment involved on your part to plan your future in actionable detail (*average 12-15 hrs over eight weeks*).
- The course leaders are available via email and course contact forms throughout the programme, to answer any questions you may have about the material or how the principles and strategies apply in your specific situation. The content of any such exchanges is kept strictly confidential.
- The course will not tell you what jobs are available now, or how to apply for specific roles, though it will give you the platform for making informed choices and presenting your transferrable skills.
- The programme is not a part of your PhD-studies as such and will not be included in your individual study plan.
- Finally, please note the course does not award points or lead to a certification, or contribute to eligibility for an extension of a doctoral studentship (*förlängning*).

Ready to register?

If you want to register your interest and are prepared to start the programme within three weeks at most, please leave your details via the green button below.

Please note, only Ladok-registered PhD students with a Lund University email address are eligible to apply.

The University assesses registrations every two weeks, so there may be a short delay before you hear the result of your expression of interest.

[**REGISTER NOW**](#)

If you are unsure about your eligibility or have a question not addressed in these Q&A, please contact heidi.nilsson@hr.lu.se