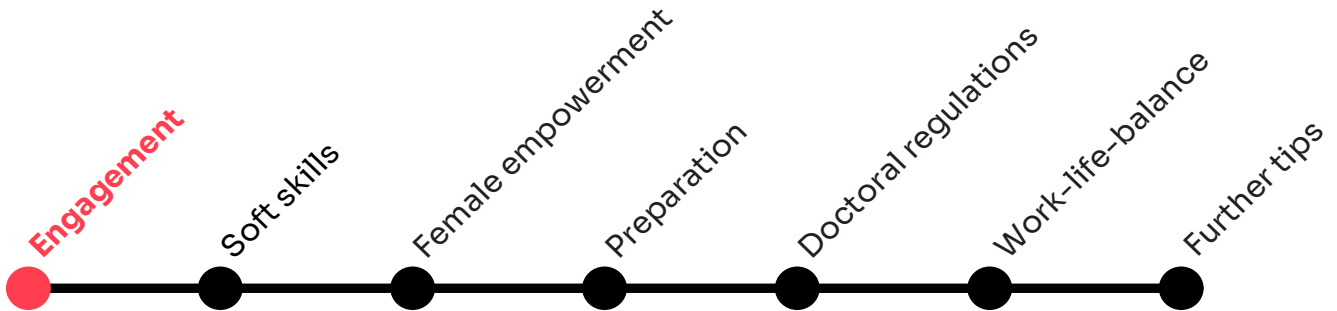


Stop Tips

The doctorate is a path that many have already taken. You can therefore access a wide range of tips, practical recommendations and guidance, which will help you to individually design your own doctoral path.

Station Tips

What else should I know about a doctorate?

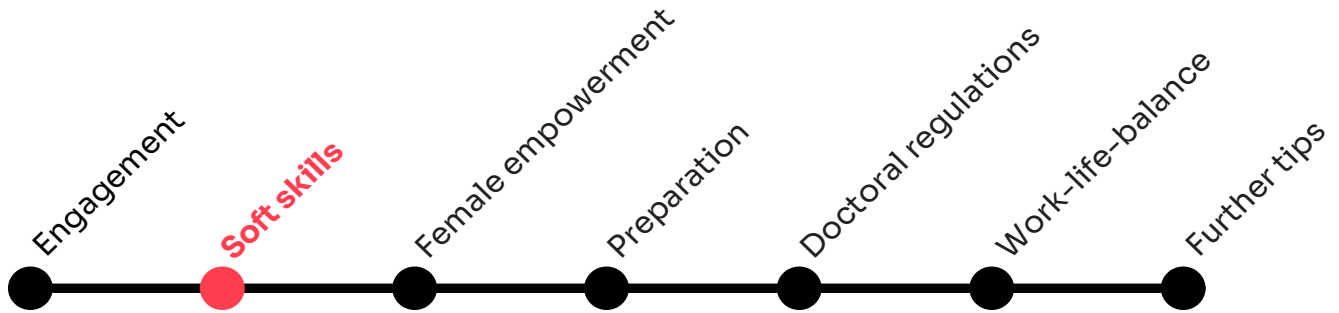


Engagement during studies

- early assessment whether academic work and research really suits one
- development of topic ideas from studies for possible questions for a doctorate
- establishing contacts, e.g. with potential supervisors, research groups or networks
- gaining practical experience, e.g. through student assistant positions, tutoring, student council work, or research projects
- commitment shows motivation, initiative and a sense of responsibility, which are advantages when seeking doctoral supervision
- easier access to funding programs, as some scholarships require early engagement or academic experience

Station Tips

What else should I know about a doctorate?

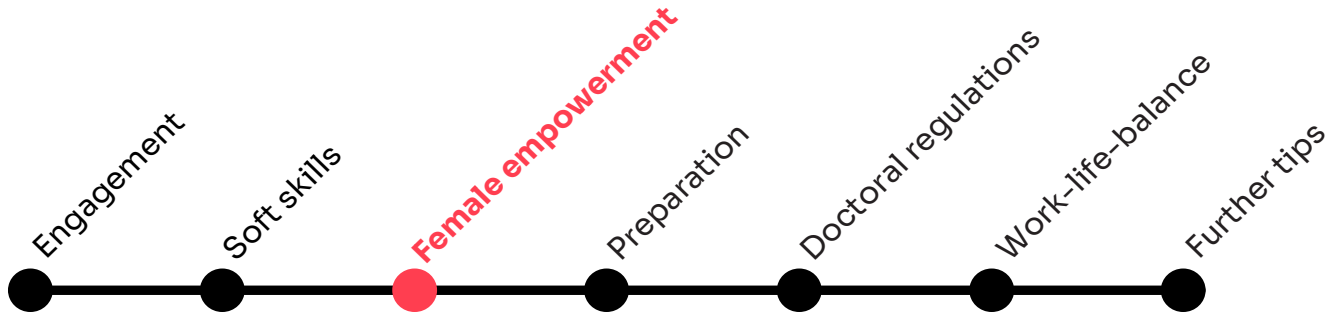


Soft skills

- **determination** - having a clear goal in mind and consistently working towards it brings long-term success
- **resilience** – when facing with many challenges, it is crucial to stay calm and keep moving forward
- **self-organization** - structuring your own daily work helps you to keep an overview
- **systematic thinking** - recognizing connections and placing your own research within a larger context
- **stamina** - power of endurance over longer periods of time leads to steady progress
- **intrinsic motivation** - inherent interest and enthusiasm drive the doctorate and help you through ups and downs
- **high frustration level** - setbacks are part of the process, and one learns from mistakes

Station Tips

What else should I know about a doctorate?

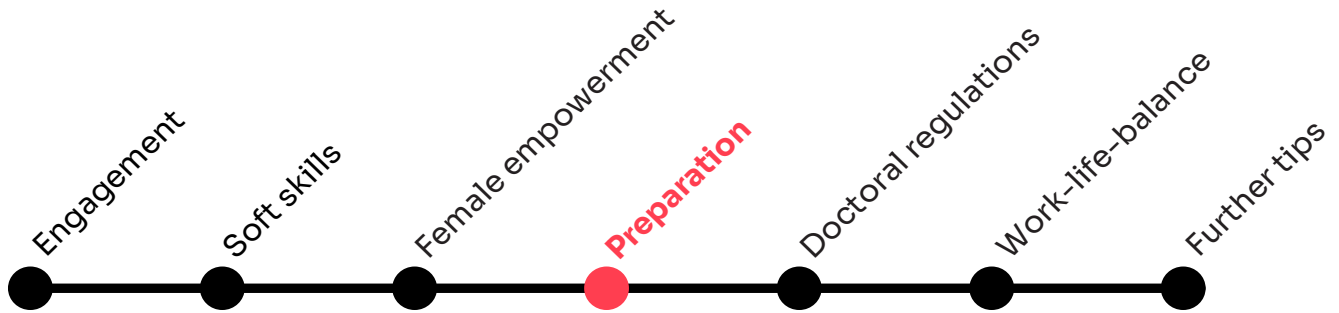


Female empowerment

- women sometimes face specific challenges during their doctorate, e.g., structural hurdles, role models or a lack of role models
- early networking and exchange with other female PhD students, peer groups, or networks
- recognizing strengths, using them, and confidently representing one's own expertise
- increasing visibility, e.g., through lectures, publications, or social media
- seeking support, e.g., through mentoring programs, coaching, or workshops
- addressing consciously topics like self-assertion, career planning and presence
- mutual empowerment and sharing of experiences

Station Tips

What else should I know about a doctorate?

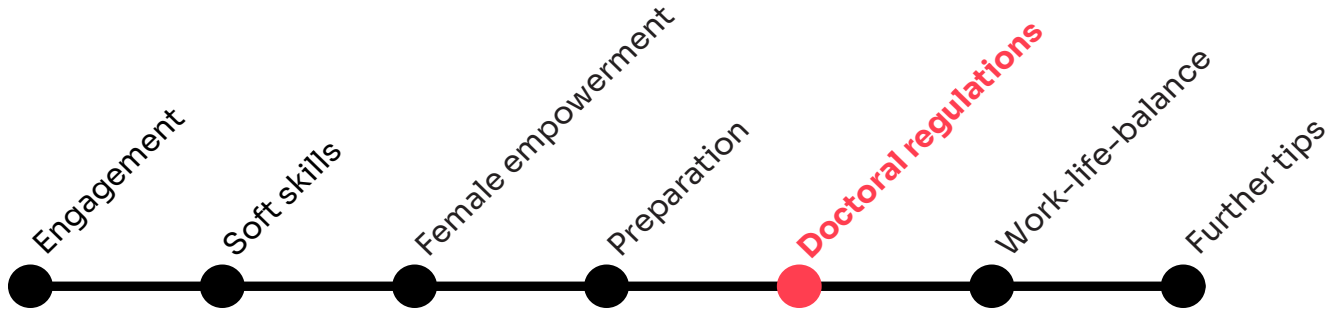


Preparation

- thorough familiarization with the doctoral topic, as there is often little time during work
- it makes sense to write down all suggestions, ideas, questions and thoughts at every stage
- Read, read, read:
 - reading is the foundation of academic work
 - especially in the beginning, it is important for gaining a broad overview
- thorough reading also means understanding texts and having aha-moments
- literature research takes a lot of time, often more than originally planned

Station Tips

What else should I know about a doctorate?

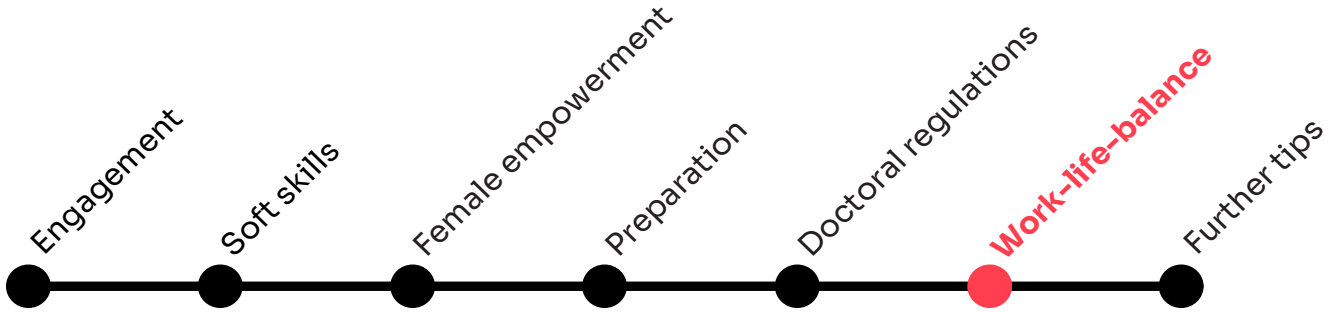


Read the doctoral regulations!

- the doctoral regulations are the binding guidelines for the entire doctoral process
- they regulate the following details:
 - admission requirements for doctoral studies, e.g. the required university degree
 - documents and proofs to be submitted in the doctoral procedure
 - requirements and framework conditions for supervision
 - procedure for submitting and reviewing the dissertation
 - conducting the oral examination (rigorosum/disputation)
 - adherence to deadlines, formatting requirements and organizational processes

Station Tips

What else should I know about a doctorate?

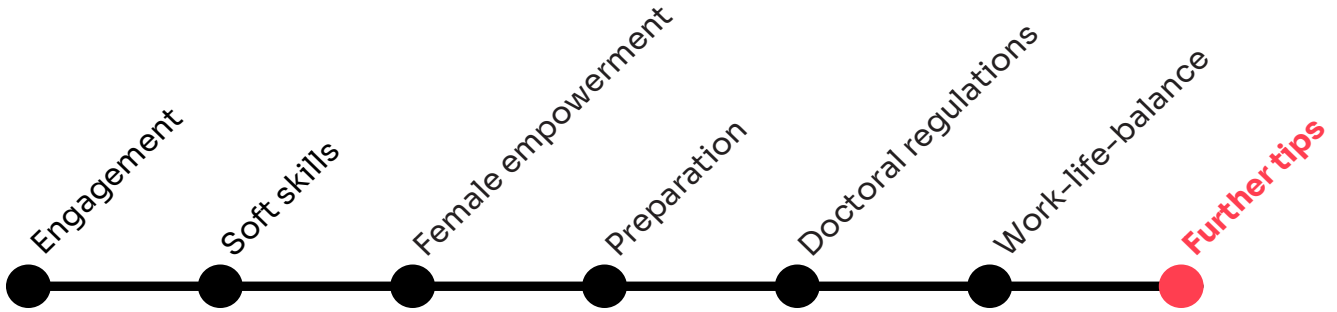


How do I get through to the doctorate?

- plan breaks and free time
 - **Sleeping is not a break!** 🙄
- define working hours
- set boundaries
- create fixed writing times, planning days, and reflection times
- make your own successes visible
- maintain social contacts
- use appropriate support services early on if you encounter difficulties

Station Tips

What else should I know about a doctorate?



Further tips

- Never bury your head in the sand, there is a solution for everything!
- If something does not work out as expected, it is important to stay flexible and adjust your plans.
- A doctorate requires intrinsic motivation - regardless of the reasons.
- “Why don't you try the doctorate” is not the right approach!

Contact us!



#go2hof4ever #unfoldyourcareer #promotion