

Mentoring programme for young female researchers 2018 – 2019

Mentoring for young female researchers

Target group

- female doctorate students from OLTECH
- Young post docs from faculty V

Organisers

- The programme is organised by the Graduate School Science, Medicine & Technology (OLTECH)
- Programme instructor:
Nadja Plothe, Bremen
Trainer and coach

<http://www.nadja-plothe.de/>



Mentoring for young female researchers

Concept

- young researchers actively address their career options in Science, Enterprises or other career fields outside Academia
- and learn methods for career development and networking strategies

Mentors

- An experienced mentor shares knowledge with you and supports you in finding your personal career.
- The mentor is like a wise person, who you could ask all about the profession and career you like to reach.
- The mentor could open you the access to relevant networks.

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Structure

- **Mentor-Mentee relationship:**
 - finding a mentor
 - regularly meetings with the mentor (~ 2 hours)
 - two group meetings (0,5 days)
 - individual guidance
- one thematical **workshop** (2 days)
- optional evening **talks** (2 hours)
- Individual **coaching** (1 hour) to find a mentor or after the programme

2018-2019

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Next Run

- November 2018 to October 2019
- The meetings and workshops will be offered in English, if international mentees are in the programme.
- For doctorate students of OTECH the mentoring programme will be credited with 6 CP in olt164.

Mentoring Programme 2018-2019



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Application

- Download the application form
www.oltech.org → Mentoring
<http://www.uni-oldenburg.de/en/graduates/oltech/mentoring/>
- Fill in the form, add CV and motivation letter
- Sent the application to the graduate school OLTECH
- **Deadline: September 1st 2018**

Any questions? Please contact us!

Contact & Information

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