

Mentoring programme for young researchers of the integrated Research Training Group of the CRC Roseobacter and RTG “Molecular basis of sensory biology”

10-2020 – 10-2021



Forschungszentrum
Neurosensorik
Carl von Ossietzky
Universität Oldenburg



Target group:

- Female and male doctorate students from the integrated **Research Training Group of the CRC Roseobacter** and **RTG “Molecular basis of sensory biology“**.

What is a mentoring?

- An older and experienced mentor shares knowledge with you and supports you in finding your personal career
- The mentor is like a wise person, who you can ask all about the profession and career you like to reach

Concept

- Young researchers actively address their career options
- Methods for career development
- Networking strategies

Development of the mentor-mentee relationship

Find a mentor!

Meetings with the mentor

Nov. 2020

Dec.. 2021

Jan. 2021

Feb 2021

March 2021

April 2021

May 2021

June 2021

July 2021

Aug. 2021

Sep. 2021

Oct. 2021

Nov. 2021

Kick-off –Workshop: What are my job-related dreams and which mentor could help me reaching this aim?

Methods and strategies of finding the personal career direction and then finding the perfect mentor

New: Online Module: 05. + 06. and 08. October 2020 (9:00 – 12:30)

Coaching hour between Dec. and February 2021

1st Meeting: Mentoring relationship: 26. January 2021 (1day)

Fire side chat “Science management”: March? 2021

Half year Meeting 28. May 2021 (1/2 day)

Career Path in Marine Science at ICBM: June? 2021

Fire side chat “working in industry”: July? 2021

E.G. Individual Workshop: Conflict resolution / Communication / self presentation / self management

Final Workshop: Networking strategies and creative ways for career strategies – Closing symposium with Mentors 27. + 28. October 2021 (2 days)

Mentoring – time and effort

- **Mentor-Mentee relationship:**
 - finding a mentor
 - monthly meetings with the mentor (~ 2 hours)
 - two group Workshops (1,5 - 2 days)
 - two day (or half day) Meetings
 - 5 days workshop time
 - If wanted: further thematical **workshops**
 - 2 optional evening **talks** (Fire side chat) (2 hours)
 - Individual **coaching** (1 hour)
- ... and even 6 Credit points

Application

- Motivation letter and CV
- Sent the application to the coordinator of the PhD programme
- **Deadline: September 2020**

Dr. Ferdinand Esser

Coordinator Research Training Group
SFB TRR-51 "Roseobacter"

ferdinand.esser@uni-oldenburg.de



Dr. Kristin Tietje

Coordinator GRK „Molecular Basis of
Sensory Biology“

Kristin.Tietje@uni-oldenburg.de



**Forschungszentrum
Neurosensory**
Carl von Ossietzky
Universität Oldenburg

Programme instructor

Britta Naumann

Personal- & Persönlichkeitsentwicklung

Steinhöft 11

20459 Hamburg

Tel.: +49 174 921 76 88

<http://brittanaumann.de>

