



NEWSLETTER
for Early-Stage Researchers



Upcoming activities



May 13th 10:00-11:00



June 3rd 10:00-11:00



June 20th 11:00



May 18th

[Introduction to Data Management Plans](#)

Registration deadline: May 12th

[Åpen tilgang – steg for steg \(in Norwegian\)](#)

Registration deadline: June 2nd

[Collaborative scientific software development](#)

Registration deadline: May 23rd

[Topic Day: STIP-HF](#)

News from UiB Ferd

Expand your horizons with a language course!

We are happy to announce that UiB Ferd now offer courses in academic English. It is the professional language training company [Lingu](#) that will give the training.

Mastering academic English is as important as mastering your discipline itself. It is decisive for conference presentations, getting published in journals and networking. Even if your general level of English is high, many scholars can benefit from expanding their skills in both written and oral presentations.

In 2022, UiB will arrange three courses each semester, where the faculties have been grouped together for the best learning outcome. Each course will have three class days; each class will run from 09.00 to 13.00. Each student will also receive one 30-minute individual session with the instructor.

The course is digital and will take place via Zoom.

Maximum 10 participants per course.

Please register [here](#)

«Healthy Working Habits: Time Management, Work/Life Balance, and Writing Motivation»

A Transferable Skills seminar with Professor Laura Saetveit Miles

The course is online (Zoom) on 07.06.2022 from 0900-1300

Registration deadline is 03.06.2022 by filling out this form: [Sign up!](#) The seminar is open to researchers at UiB and the other [Argus](#) Alliance universities. The course is held by Laura Saetveit Miles, professor in English literature, renowned lecturer in career development and academic professionalization, and also UiB's scientific leader of Arqus Action Line 6: Research Support and Early Stage Researcher Development.

A shorter on-campus course was held Friday 29th of April for about 40 early-stage researchers.

UiB Ferd asked Laura Saetveit Miles: Are time management and career management interlinked?

- Yes! Because we have to identify the goals that will get us the career we

want, and then find the time for those goals.

For instance, if we want to get an assistant or associate professor position, of course we need some relevant teaching experience, but it is publications and research accomplishments that usually get you to the top of the pile and the chance for an interview.

So that means controlling the amount of time that teaching takes and ensuring that there is protected time for writing and publishing. And these goals shift over our careers—so keeping track of these goals, writing them down and mapping them out in a one and/or multi-year plan that can be revisited, helps us to be strategic about how we use our time on a weekly and hourly basis. Such a career plan helps us to be more confident in saying 'yes' to strategic opportunities and saying 'no' to tempting and flattering - but not so strategic - opportunities.

One of the participants, Nina Berggren, added: "The endless amount of time one might get in the start of a PhD can be overwhelming and nerve-wrecking. Especially for a person like me who is used to work leading to a product at the end of a session/day. Laura taught me to respect my time more and to "book appointments with myself" to control the vastness of time. "You can in fact say no to people, it is professional

prioritizing, and not being impolite, Nina said."



Individual Career Guidance

The career center has available capacity for individual career guidance. The service is for all younger researchers at UiB. A career conversation can be about a specific career challenge, or more loosely formulated and about analyzing opportunities and limitations.

[Book appointment here](#) 



UiB Ferd – Career Center for Early-Stage Researchers

UiB Ferd Career Center for Early-Stage Researchers will support younger researchers in their career development. The center will offer individual career guidance and a variety of courses to increase the target groups' career awareness and competence. In addition, the center will offer competence development activities within generic and transferable skills. The Career Center will offer support in career planning and strengthen younger researchers' career skills to handle transitions and change. We are a team from both HR and the FIA and are happy to receive input on what such a career center can offer.

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[Meld deg på/av nyhetsbrev.](#)

