

Goodbye academia? – It has been a pleasure

Duration:	2 days
Course type:	30% theory, 70% practical examples
Trainers:	Karin Bodewits and/ or Philipp Gramlich
Number of participants:	Max. 12

This seminar can be tailored to a gender-specific audience if desired



Have you enjoyed research and teaching in the past years, but now you think it is time to change? Or you are just fed up, but are aware that frustration alone will not lead to a smooth transition out of academia. Maybe you are not sure yet whether to stay in academia or not, but would like to learn more about other possibilities before making any decision? In this course, which has been specifically developed for PhD students and postdocs in the natural sciences, we will not only broaden your view about everything you can do with your qualification, but also give you practical tips on how to reach your personal goals.

<p>Introspection: making plans based on a closer look at yourself</p> <ul style="list-style-type: none"> - Your strengths, weaknesses, interests and values - Idealism vs. pragmatism - PhD or not? Postdoc or not? - How to get on track? Changing professional directions 	<p>Career options within...</p> <ul style="list-style-type: none"> - The private sector - The higher education system - Governmental institutions... ...and many more
<p>Job applications</p> <ul style="list-style-type: none"> - CVs and cover letters - Recruiters, job ads and open applications 	<p>The job interview</p> <ul style="list-style-type: none"> - Self-presentation - Body language - Your elevator pitch - Questions and answers - Legal aspects
<p>Salary negotiations</p> <ul style="list-style-type: none"> - When to negotiate? - What to negotiate for and how? - Hard vs. soft: do I trade off relationship vs. results or is there a better way? 	<p>Networking</p> <ul style="list-style-type: none"> - Expanding and keeping your network - Address tricky questions with strategic networking - Networking for introverts - Social media

This is an interactive course with exercises and real-life examples. There is a special emphasis on shaping your professional career and how you present yourself to future employers.