

From PhD to Post Doc

How to prepare for PhD afterlife

About me



Formal knowledge

- 2008–2013: MSc in Mathematics
- 2013–2017: PhD at NTNU
- 2017–2020: Post Doc at NTNU
- 2020–: Post Doc at UAM, Spain

Other knowledge

- Interested and has been involved in politics
- Passionate about cooking
- Enjoys art and literature
- Likes going to the gym



Photo: Kristine Graneng

Contents

- Things to think through
- My research
- Publishing
- Networking
- Grant writing
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- General advice
- Questions/discussion

Things to think through

- Why am I doing a PhD?
- What do I want to achieve with it?
- How to use the PhD to reach my goals?



Source: pngegg.com

My research

$$\partial_t u + \operatorname{div} F(u) = \operatorname{div}(A(u)Du) + \mathcal{L}^\mu[\varphi(u)]$$

$$\partial_t u = \sup_{\xi \in \mathcal{E}} \{ b(\xi) \cdot Du + \operatorname{tr}(a(\xi)D^2u) + c(\xi)\mathcal{L}^\mu[u] \}$$

$$\partial_t u - \left(\operatorname{tr}(\sigma\sigma^T D^2\varphi(u)) + \mathcal{L}^\mu[\varphi(u)] \right) = 0$$

My research



Source: mennesket.net

My research







Source: salon.com


My research




Source: wazala.com


My research


 Make Post |  Foto-/videoalbum |  Direktesendt video 


 **OMG, I found the Holy Grail!!!**





— ved [Trondheim, Norway](#).


 Bilete/Video


 Kjensle/Aktivitet


 Sjekk inn


 Merk vener

 Etikett

 GIF

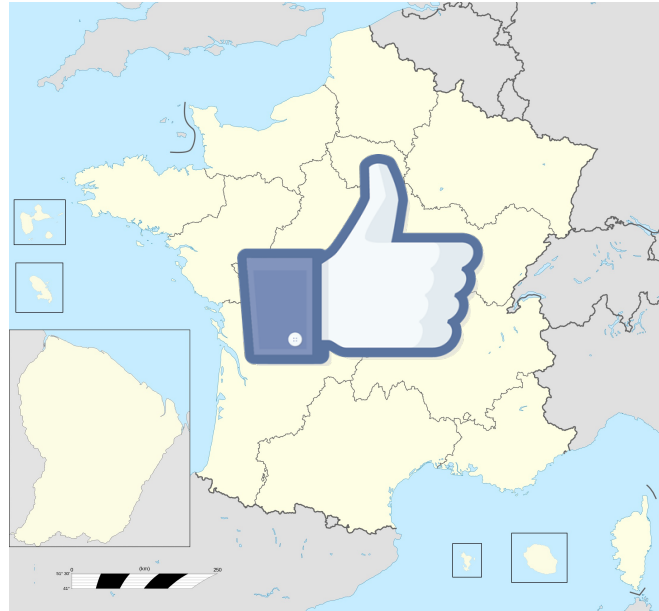
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Publiser

My research



Source: Wikipedia

My research



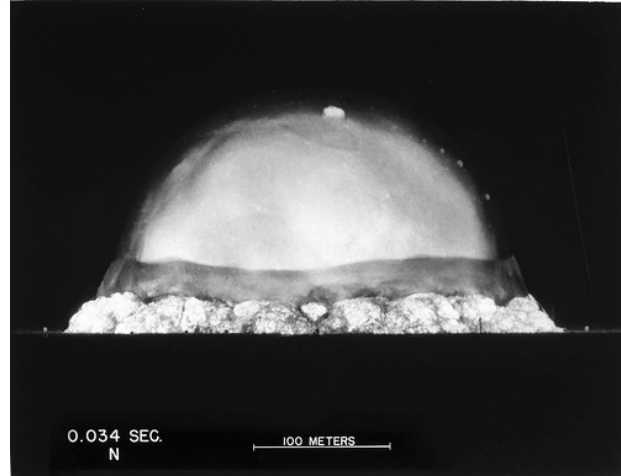
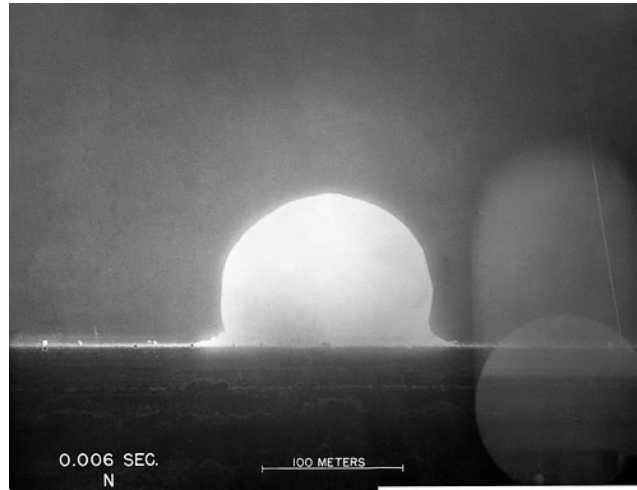
Source: Wikipedia

My research



Source: Wikipedia

My research



Source: Los Alamos National Laboratory

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Publishing

- Continuously work on papers. Also when you have teaching.
- Read other relevant research: Improves your own writing!
- The way your achievements/results are measured.
- Writing takes time...
- It is not a perfect system.

- Think about:
 - Venues: conferences, journals, popular science.
 - How are research papers written in your field?
 - How to store relevant papers, notes, drafts?
 - How to arrange your references?



Source: 123rf.com

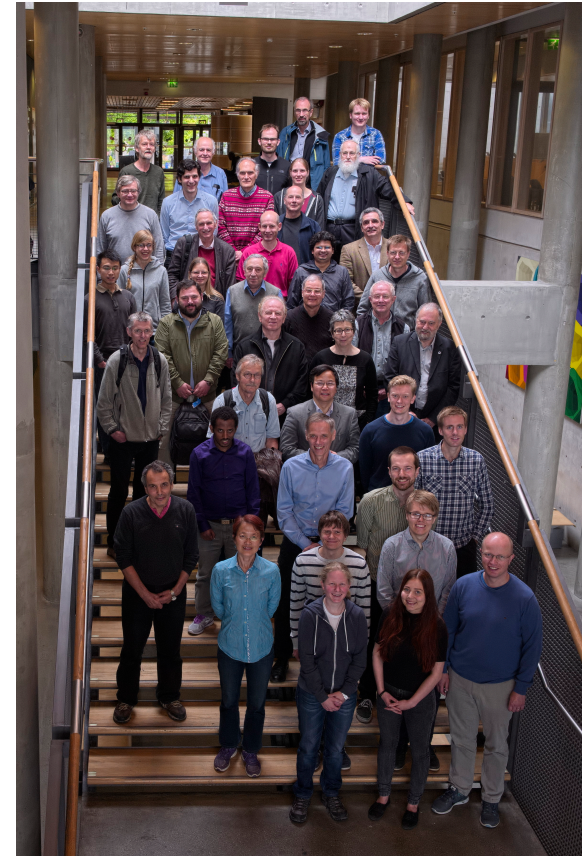
Networking

- Networking is very important for a researcher!
- Our research is not interesting if no one knows about it.
- But also to make contacts for grant writing and/or post docs.

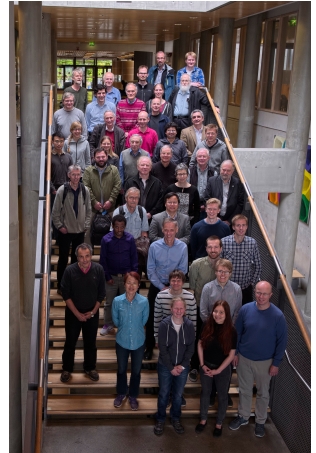
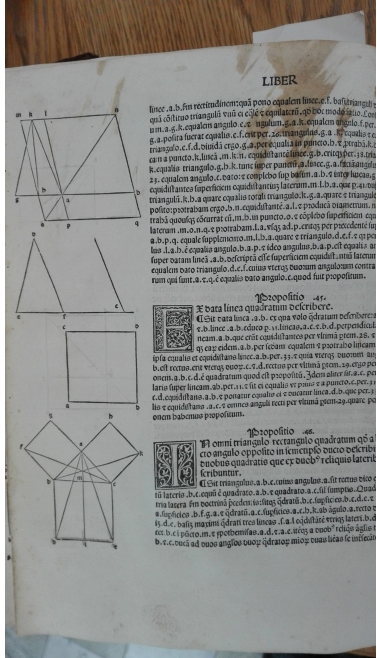
- Do what you can to have an abroad stay.
- During PhD, I went to France for 1 year.
- During post doc, I went to Spain for 6 months.

- Try to engage actively in your community.
- In my experience, PhD candidates and Post Docs have more time to spend on research.

- Make your research available through your own personal webpage.



It is not all about the formal setting



Grant writing

- The secret door to post docs.
- Not only personal grants, but also project grants.



Source: Wikipedia

- In Norway:
 - RCN: Three-year Researcher Project with International Mobility (2+1 years, personal fellowship)
- In EU:
 - ERC: Horizon 2020 → Horizon Europe
 - ERC: MSCA Individual (→ Postdoctoral) Fellowships (2(3) years, personal fellowship)
 - ERC: COFUND (national grants with ERC money, check each associated country)
 - EURAXESS (open Post Docs related to projects and COFUNDs)
- Other countries (note that UK will be part of Horizon Europe)?

Pandemics

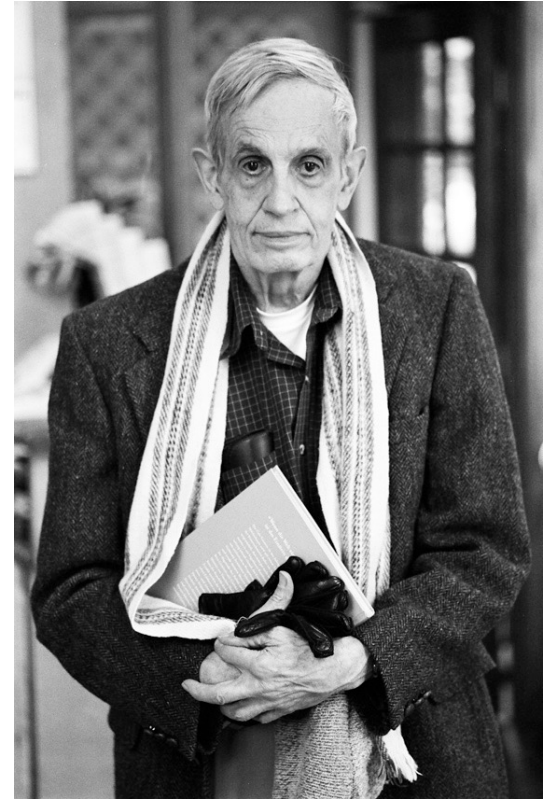
- Harder to do networking, and thus, research itself.
- But try to keep in contact with those you know, and use them to get in touch with others.
- Easier in small groups?
- Use modern tools to discuss on virtual blackboards.



Source: pngegg.com

General advice

- It is not always easy.
- Have fun!
- Work hard.
- Make and complete your goals.



Source: Wikipedia



Source: [tumblr.com](https://www.tumblr.com/)

Thank you!

Questions?

Some links:

- About MSCA :
https://ekstern.filer.uib.no/fa/Websider/MSCA/MSCA_PF_Fact%20sheet%20for%20researchers_UiB.pdf
- EURAXESS jobs:
[https://euraxess.ec.europa.eu/jobs/search/field is eu founded/h2020-marie-sk%C5%82odowska-curie-actions-867](https://euraxess.ec.europa.eu/jobs/search/field%20is%20eu%20founded/h2020-marie-sk%C5%82odowska-curie-actions-867)

Some people:

- At IE faculty: Filip Jessen and Ida Kallmyr Lerheim
- At RCN:
<https://www.forskningsradet.no/en/EUs-framework-programme/horizon-europe/ncp/>