

A Doctorate: Is That For Me? Kick-Off Session

Christine Kaiser & Franziska Liese
26th September 2024

Today's Agenda and Goals

Welcome &
Checking in

1

Introduction of series “A
Doctorate: Is That for
Me?”, what do we cover
and what not

2

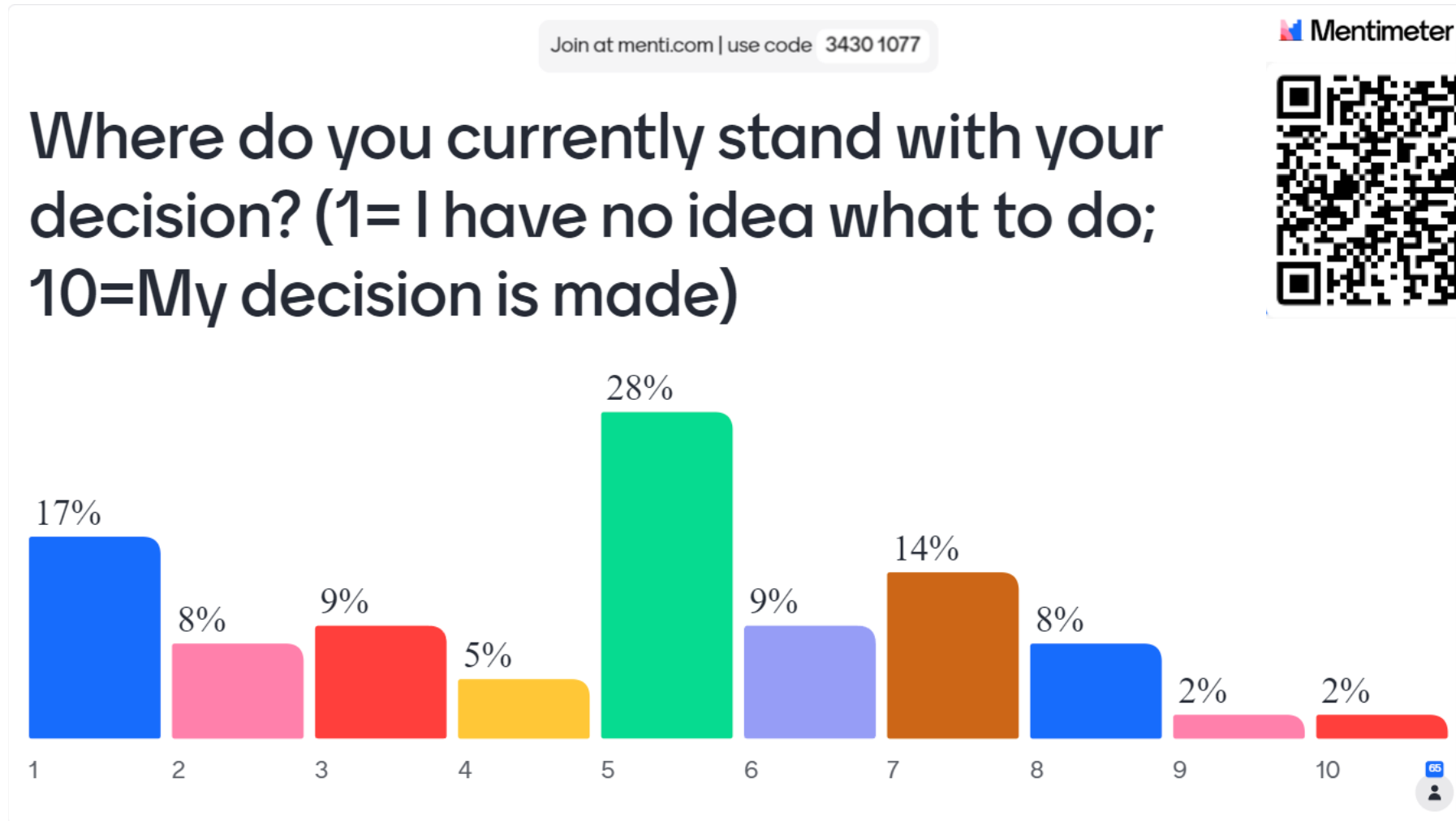
4

A Push
& Time
for Q&A

3

The elements of decision
making: Information,
Motivation, Experience &
Skills

Check In



A Doctorate: Is That for Me?

Series Overview



ETH Career Weeks
23rd Sep-18th Oct 2024



SCAN ME

Expectations

What to expect from the series (and what not to)



Kick Off
Session
(virtual)

Series overview
3 elements of decision
making
1st reflection tool for
you



Panel
Discussion
Doctoral
Perspective

Decision stories
Key factors to consider
When/how
Work-life
Motivation
...



Panel
Discussion
Industry
Perspective

**Career opportunities
with and without a Phd**
Transferable skills
Career entry
Differences Phd/MS for
career
Career prospects
...



Decision
Workshop
(onsite)

**3 brains of decision
making**
Peer coaching
Personal reflection
Trainer input

Ideal pre-requisite for
your Phd Decision
journey: having joined all
3 events before.



Parking Lot
(not covered in
series)

Application process
Choice of university
Funding
...

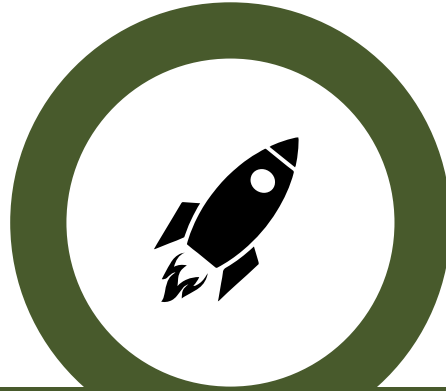
The Elements of Decision Making

A Doctorate is that for me?



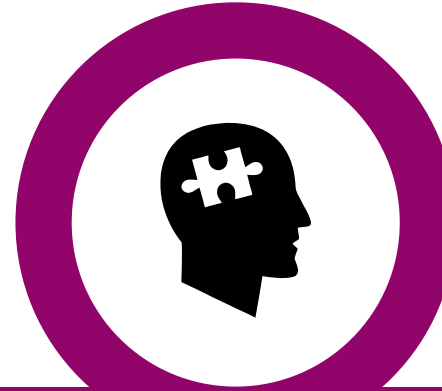
Information

- What factors should I consider?
- Where can I find information?



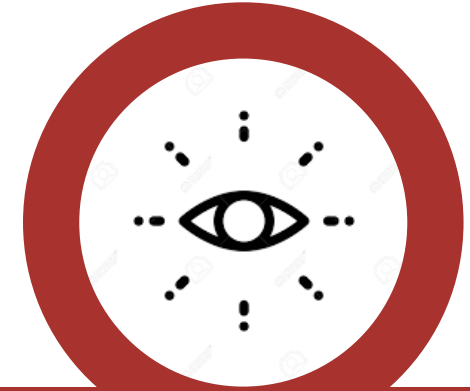
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- What do I want? (Clear Values)
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Experience/Skills

- Do I have the skills to do it?



A Push...

- Now it is time to act!
- What does my gut feeling tell me?

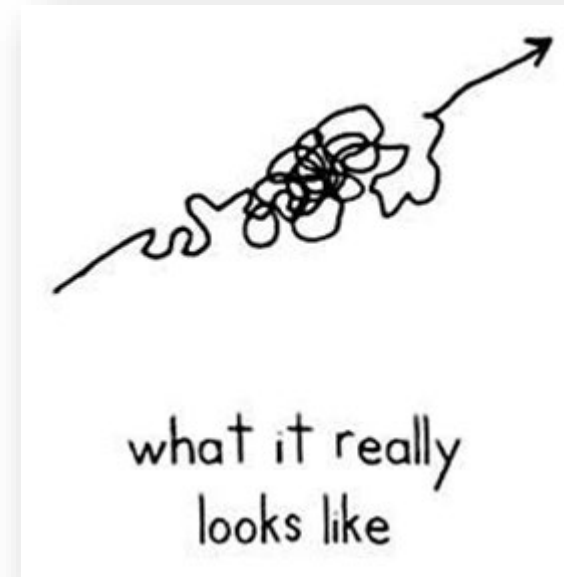
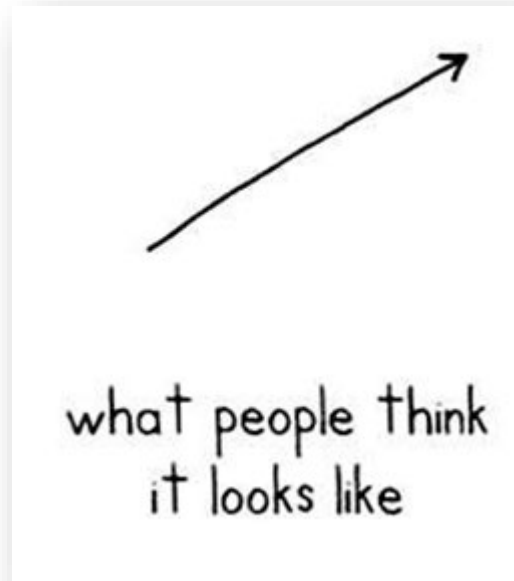


Myths

Facts

Decision Traps and Biases to Avoid

There are no wrong or right decisions when it comes to your first steps



Source: <https://medium.com/@riya.karumanchi.03/theres-no-straight-ladder-to-success-it-s-more-like-a-jungle-gym-a654840001f1>

Decision Traps and Biases to Avoid

Consider all your options

- Visit job fairs
- Visit career events
- LinkedIn ETH Alumni
- Graduate Consulting Club
- CaseCoach



- ETH Entrepreneurship
- join-up.ch

- ETH4D
- Cinfo.ch

Decision Traps and Biases to Avoid

Your studies DO NOT determine your career



Different job / same industry

Procurement Specialist
DOTTIKON EXCLUSIVE SYNTHESIS

Different job / different industry

Management Consultant Technology
Strategy & Architecture
DELOITTE

Senior Project Mger
CREDIT SUISSE

Same job / same industry

Research Scientist
BASF

Same job / different industry

Analyst
EBAY

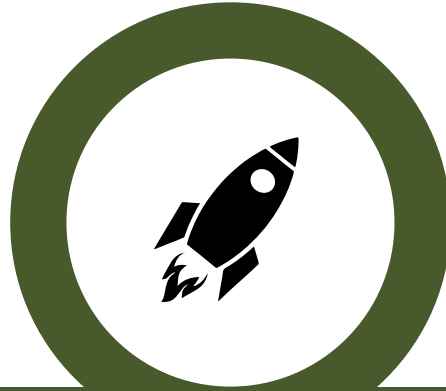
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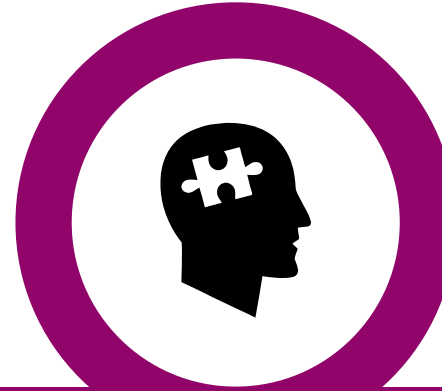
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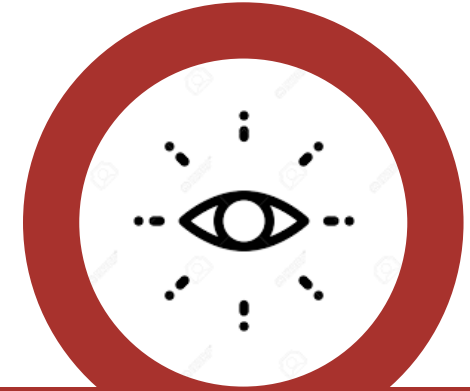
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Experience/Skills

- Do I have the skills to do it?

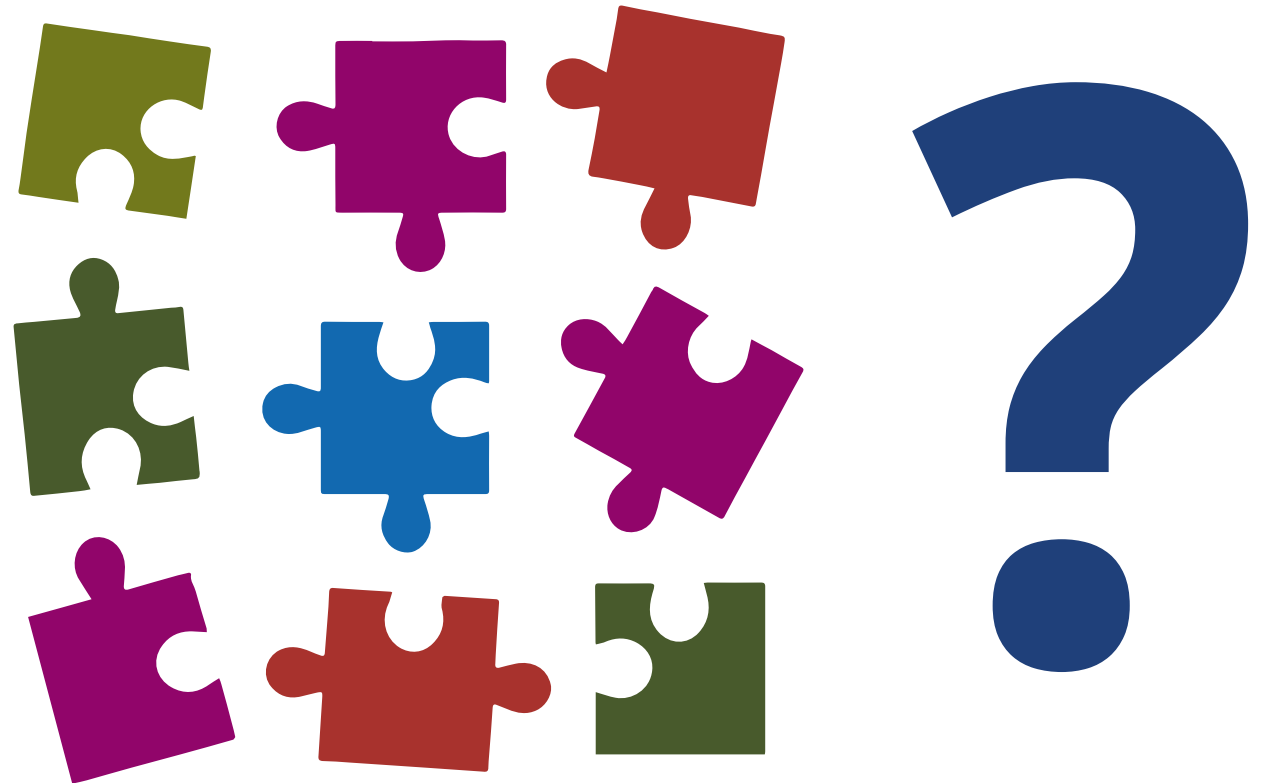


A Push...

- Now it is time to act!
- What does my gut feeling tell me?

The Factors to Consider

- 1 **WHY** do I want to do a PhD?
- 2 **WHERE** do I want to do a PhD?
- 3 **WHAT** is the topic?
- 4 **WHO** will be my **SUPERVISOR**?
- 5 **DO I HAVE** what it takes?
- 6 **WHO** will **SUPPORT** me?
- 7 **WHAT** is **NEXT**?



Where can I find general information?

DrSc @ ETH



- No overarching doctoral school.
 - Mainly individual doctorates.
 - Each potential doctoral thesis supervisor recruits their doctoral students themselves.
- Doctorates are usually linked to a position at ETH or within the ETH-domain.
- The best way to apply for a doctoral position is to contact the professorship you are interested in directly.
 - visit the website of the department where you would like to do your doctorate
 - contact the professors you are considering directly.

Where can I find general information?

The screenshot shows the top navigation bar of the ETH Zurich website with the logo and menu items: News & events, ETH Zurich, Studies at ETH Zurich, Doctorate (underlined), Research, Industry & Knowledge Transfer, and Campus. Below the navigation is a breadcrumb trail: Homepage > Doctorate. The main heading is 'Doctorate'. A list of links follows, including 'Finding a Doctoral Position', 'Registration/Admission', 'External thesis project', 'Doctoral study program', 'Employment at ETH Zurich', 'Immigration and Housing', 'Financial', 'Legal basis', 'Registration Certificates & Copies', and 'Frequently asked questions'. A short introductory paragraph states: 'Taking a doctorate at ETH Zurich is an excellent investment for your future career.' Below the text is a photograph of the ETH Zurich main building.

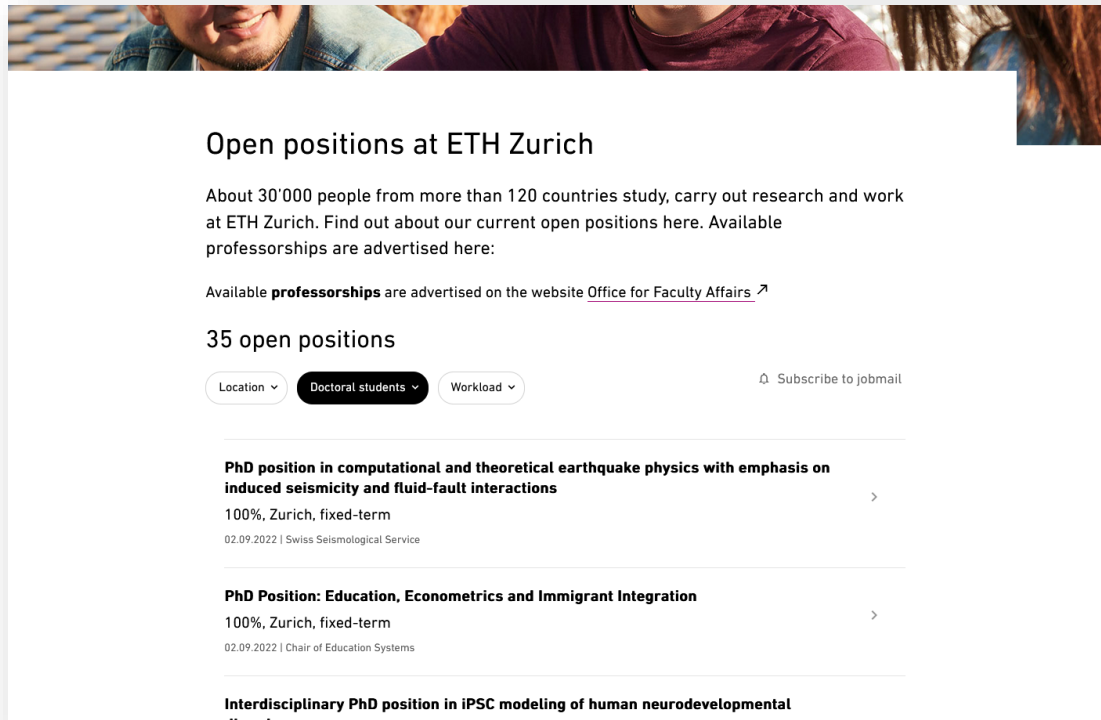
<https://ethz.ch/en/doctorate>

The screenshot shows the AVETH Survival Guide website. The top navigation bar includes: HOME, ABOUT US, EVENTS, POLITICS, COUNSELLING, POSTDOC+, TELEJOB, DIVERSITY, SURVIVAL GUIDE (underlined), and ARCHIVE. A 'JOIN US' link is located on the right side. The main heading is 'Survival Guide' by AVETH Board. Below the heading are four illustrated cards representing different sections: 'Preface and Introduction' (a woman walking past a building), 'Finding a Doctoral Position' (a person on a rooftop with a camera), 'Welcome to Zurich, Switzerland' (a person with a suitcase near a waffle bar), and 'First Day at Work' (two people in a lab setting).

<https://www.aveth.ethz.ch/aveth-survival-guide/>

Where can I find open positions?

Open positions @ ETH



Open positions at ETH Zurich

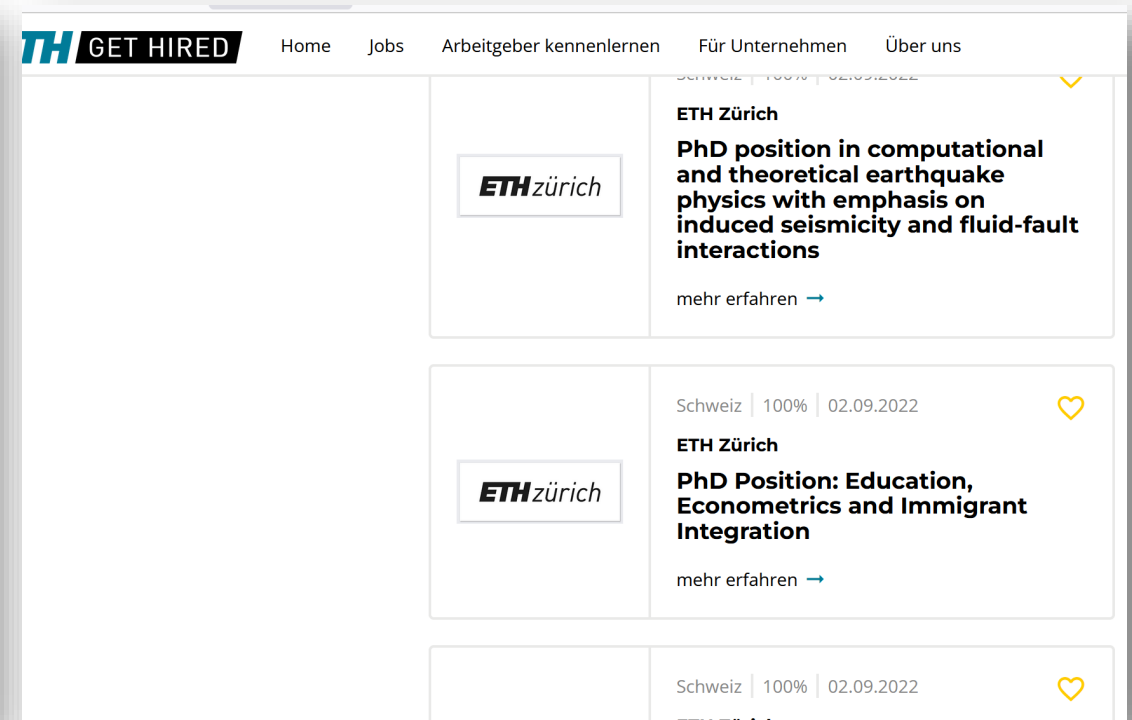
About 30'000 people from more than 120 countries study, carry out research and work at ETH Zurich. Find out about our current open positions here. Available professorships are advertised here:

Available **professorships** are advertised on the website [Office for Faculty Affairs](#) ↗

35 open positions

Location ▾ Doctoral students ▾ Workload ▾ [Subscribe to jobmail](#)

- PhD position in computational and theoretical earthquake physics with emphasis on induced seismicity and fluid-fault interactions**
100%, Zurich, fixed-term
02.09.2022 | Swiss Seismological Service
- PhD Position: Education, Econometrics and Immigrant Integration**
100%, Zurich, fixed-term
02.09.2022 | Chair of Education Systems
- Interdisciplinary PhD position in iPSC modeling of human neurodevelopmental disorders**



ETH GET HIRED Home Jobs Arbeitgeber kennenlernen Für Unternehmen Über uns

- ETH Zürich**
PhD position in computational and theoretical earthquake physics with emphasis on induced seismicity and fluid-fault interactions
mehr erfahren →
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ETH Job Board

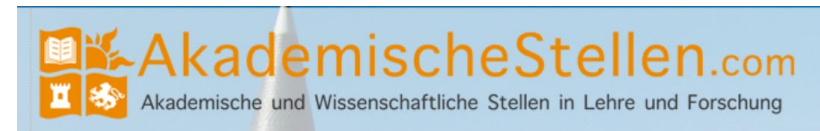
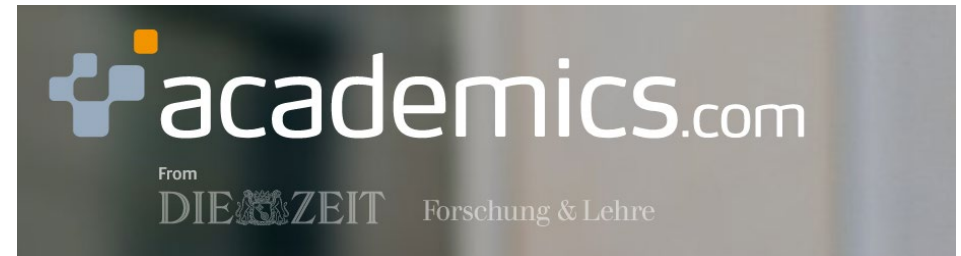
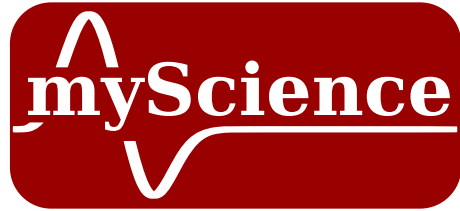
- <https://jobs.ethz.ch/site/index>

ETH Get Hired

- <https://eth-gethired.ch/de/jobs/>

Where can I find open positions?

Open positions elsewhere (examples of job boards)



Where can I find information?

Using LinkedIn as a search tool

The screenshot shows the LinkedIn Jobs search interface. The search bar contains 'phd' and the location is set to 'European Union'. The search results are filtered by 'Jobs'. The top result is a 'PhD Position on Integrating Therapeutic Experiences with Past Maladaptive Memories' at the University of Amsterdam, Amsterdam, North Holland, Netherlands. It is a temporary position with 22 applicants. The second result is a 'PhD Scholarship Programme: Researcher in Return of Investment (ROI) and Social ROI for Training and Educational Activities - Vicente López' at Eurecat - Technology Centre of Catalonia, Barcelona, Catalonia, Spain. It is an on-site position with 15 applicants. The right sidebar shows details for the first job: 'PhD Position on Integrating Therapeutic Experiences with Past Maladaptive Memories' at the University of Amsterdam, Amsterdam, North Holland, Netherlands. It is a temporary position with 22 applicants, 1,001-5,000 employees, and is actively recruiting. There are 'Apply' and 'Save' buttons.

LinkedIn Jobs

The screenshot shows the LinkedIn Alumni search interface for 'ETH Zürich'. The search bar contains 'phd' and the location is set to 'European Union'. The search results are filtered by 'Jobs'. The top result is a 'PhD Position on Integrating Therapeutic Experiences with Past Maladaptive Memories' at the University of Amsterdam, Amsterdam, North Holland, Netherlands. It is a temporary position with 22 applicants. The second result is a 'PhD Scholarship Programme: Researcher in Return of Investment (ROI) and Social ROI for Training and Educational Activities - Vicente López' at Eurecat - Technology Centre of Catalonia, Barcelona, Catalonia, Spain. It is an on-site position with 15 applicants. The right sidebar shows details for the first job: 'PhD Position on Integrating Therapeutic Experiences with Past Maladaptive Memories' at the University of Amsterdam, Amsterdam, North Holland, Netherlands. It is a temporary position with 22 applicants, 1,001-5,000 employees, and is actively recruiting. There are 'Apply' and 'Save' buttons.

LinkedIn ETH Alumni

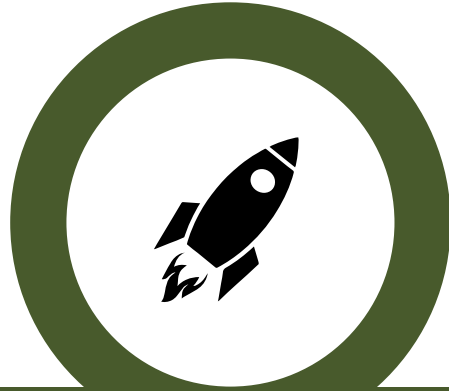
The Elements of Decision Making

A Doctorate is that for me?



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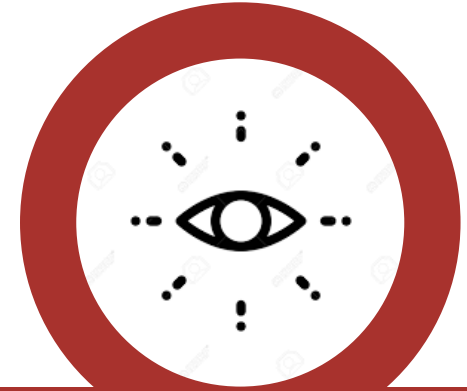
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A Push...

- Now it is time to act!
- What does my gut feeling tell me?



Intrinsic Motivation

- Curiosity
- Mastery
- Purpose
- Meaning
- Belonging
- Autonomy
- ...

Extrinsic Motivation

- Monetary
- Points
- Badges
- Rewards
- Competition
- Avoiding Punishment
- ...

WATCH
TRAILER



The Inner Team Concept

Human interaction
is based on
harmony

Some situations can
cause struggles – on the
outside and also
internally

Often different
perspectives (voices)
within us



Some voices are
more dominant than
others

All perspectives
are ok, none is
good or bad

Try to find a
consensus that
matches most of
your perspectives

Different voices are ok!

An example of an inner team



Mr Worry
Is this a good way to go?



Mrs Intellectual
A Phd sounds nice, imagine putting that on your name tag.



Mrs I-want-it-all
I want so many things, will I have time for my other interests?



Mrs Doubt
You started so many things and never finished, how is that going to be different?



Mr Pressure
I need to be the best, otherwise there is no sense in doing this.

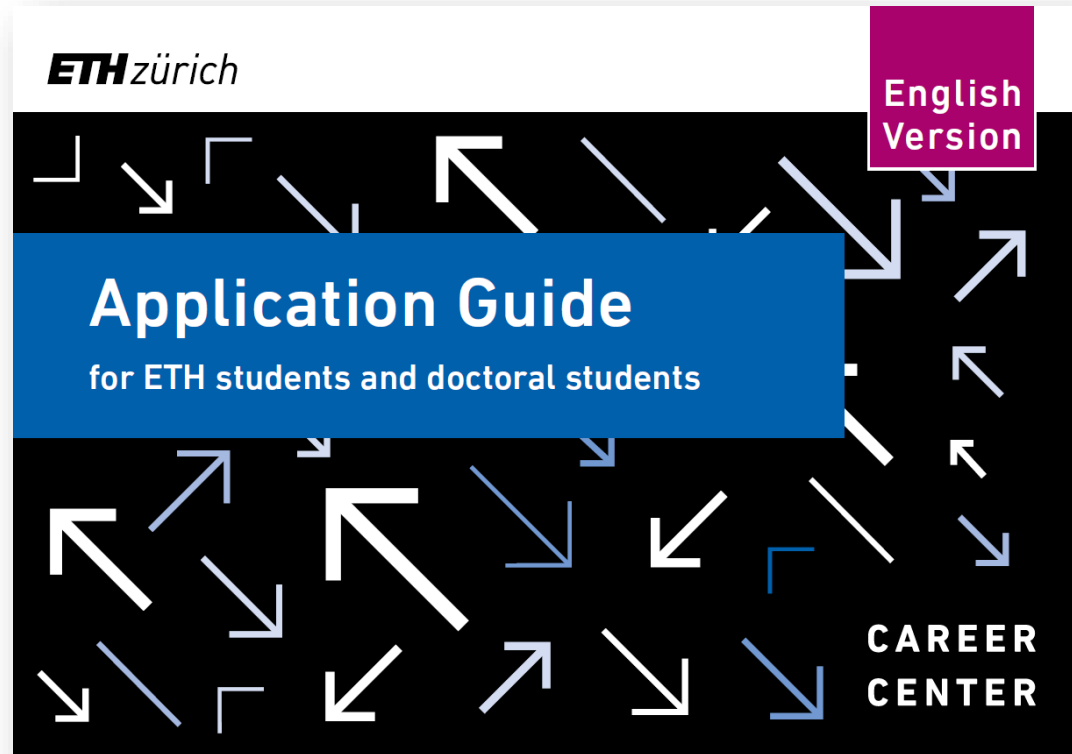
What's your inner team?



1. Ask yourself “A Doctorate: Is That for me?”
2. Who / what do you hear? Write down as many voices as you can hear.
3. Give each voice a name / a symbol / color or whatever feels right for you.
4. Looking at your notes: which voice is most powerful / loudest / quietest / happiest ...
5. Brainstorm: Which solution, if there is one, could satisfy all of them? Which could satisfy most of them? (Discuss with somebody if needed.)

Take a print screen

Want to learn more about yourself and what drives you?



- First chapter “Analysis”
- Self Assessment on
 - My Interests and values: What is important to me?
 - My skills: What am I good at?
 - My needs and expectations: What do I need?
- Printed version at Career Center or pdf on website

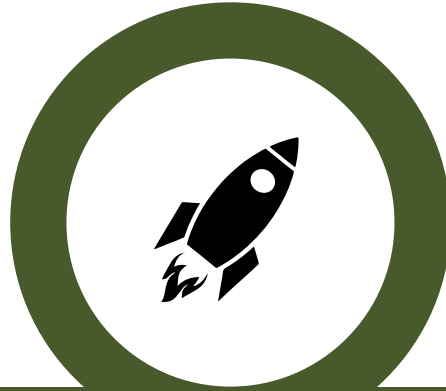
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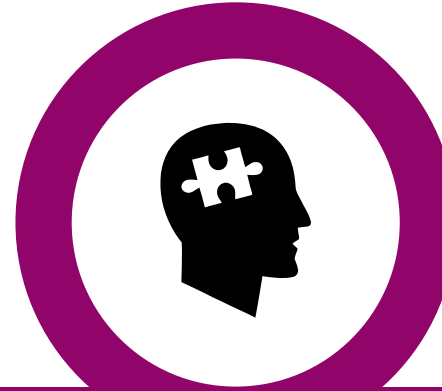
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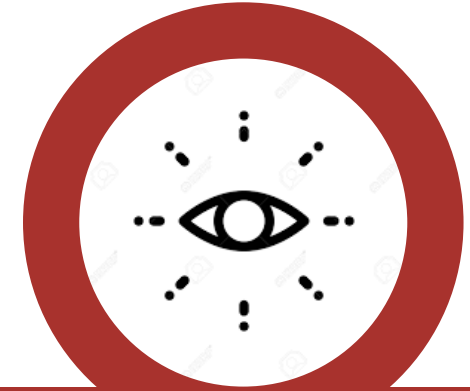
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Skills

What does it need to be successful?



- enduring **curiosity** and **love of learning**
- **conscientiousness** and **attention to detail**
- **organisational** and **time-management skills**
- ability and willingness to **collaborate** with anyone
- **persistence** and **resilience** (pushing through challenges and bouncing back from failures)
- **intrinsic motivation** and **self-discipline** (the drive to set your own goals and follow them through)

Source: <https://study.uq.edu.au/stories/what-makes-good-phd-student>

What Makes a Good PhD Student?

- 1. Discipline, perseverance, and self-motivation**
- 2. Independence**
- 3. Embracing challenges**
- 4. Confident presentation skills**
- 5. Teamwork and networking**

<https://researcher.life/blog/article/what-makes-a-good-phd-student/>

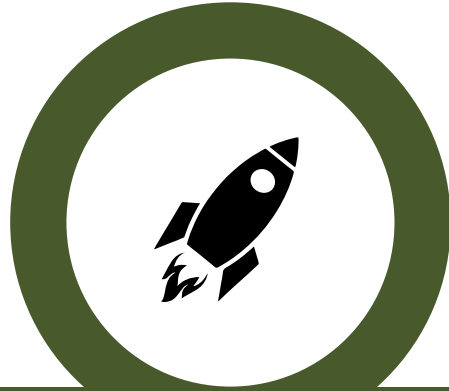
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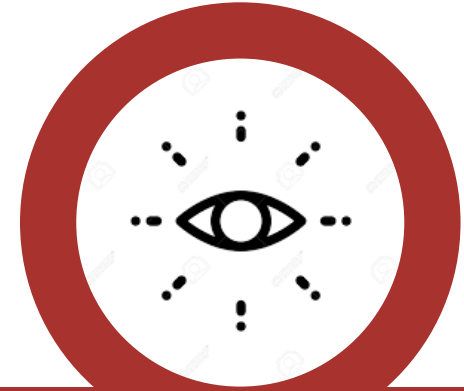
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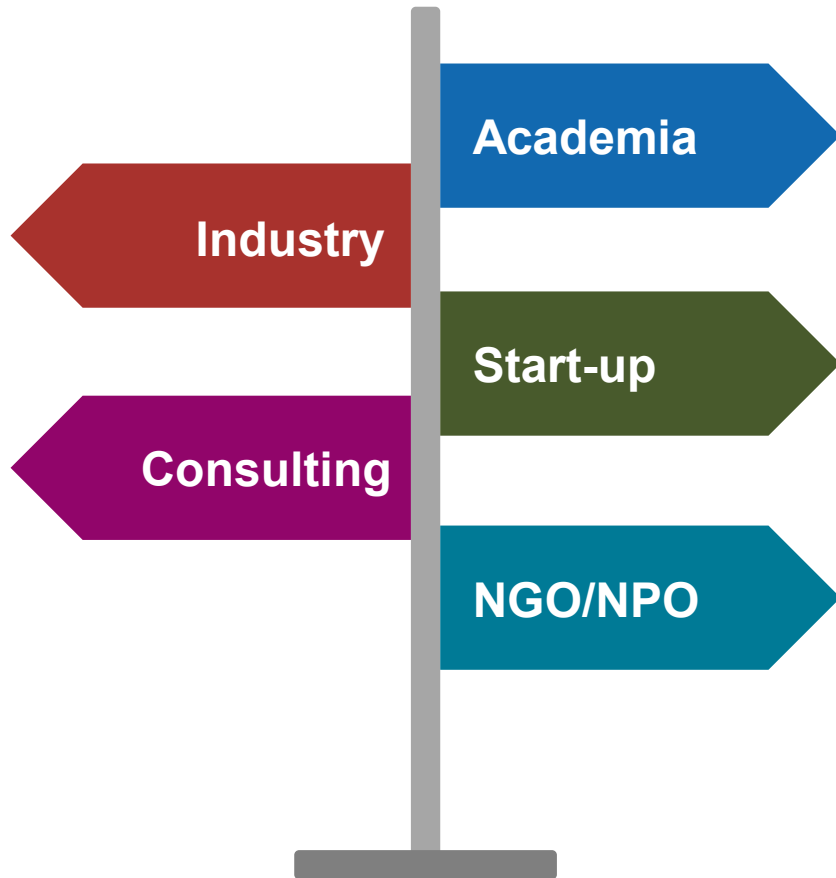


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Your Decision and Your Three Brains

Multiple Brain Integration (mBIT)



HEAD INTELLIGENCE

- Cephalic brain
- Information, facts, rationale
- “I think”, “I reckon”, “I understand”



HEART INTELLIGENCE

- Cardiac brain
- Emotions, motivation,...
- “I feel”, “my heart says...”



GUT INTELLIGENCE

- Enteric brain
- Intuition
- “My gut tells me...”, flight vs/ fight

Behind every intelligent decision lies an effective coin flip!

<https://justflipacoin.com/>



Join our Career Weeks!

Panels

Career Live Streams

Aperos

Career
Presentations

WORKSHOPS

**Interview
Days**

and more ...

ETH zürich Career Center

discover. meet. connect.
Join The Career Weeks!
23 Sep - 18 Oct 2024

**CAREER
CENTER** **SCAN ME**

Evaluation of today's Kick Off Session

A Doctorate: Is That For Me / Kick-Off 2024

