

Dear fellow PhD candidates and Postdocs,

With a fear of accusations of plagiarizing ourselves, this month's newsletter intro will refrain from focusing too much on the seemingly everlasting lockdown. Instead we would just like to remind you to have a look out of the window and see that the sun is still shining. At least for now. Who knows what the future will bring?

One thing certain about the future is that UiODoc will still be there - to deliver events, news, and general practical information to you, the temporary staff of UiO. We hope you have your morning coffee right at hand, and that you will enjoy the March edition of our monthly update! Let's dig in, shall we?

UiODoc website update - how to contact your faculty representative

Coming up first in this month's newsletter, we at UiODoc want to let you know that we care about your well-being. That is why we are currently working on **increasing our contact with temporary staff representatives of all faculties at UiO**. The representatives are there to do exactly that - represent you, the PhDs and postdocs of the respective faculties. More specifically, they are there to listen to your worries and needs and bring this information to the attention of the faculty leadership. However, who exactly is your local representative, and where do you find out how to contact them? These are questions which seem to trouble many temporary employees at UiO. And this is where we come in, as **the UiODoc website will soon feature a section with an overview of all faculty representatives, including names and contact information**.

We will share the details of this project in a future newsletter, but until then feel free to contact us at UiODoc (info@uiodoc.no) with any questions or inquiries, and hopefully we will be able to assist you in finding your respective faculty representative.

Boston Consulting Group - Pitch Yourself Private Business Edition

Coming up on Thursday March 25th from 05:00 - 06:00 PM is UiODoc's collaborative digital event with the Boston Consulting Group (BCG). During the event, BCG will **enlighten us on how you can better yourself in presenting the skills you have from Academia as a PhD or postdoc for a position in strategy consulting**, e.g. at BCG. The speakers will also touch on how skills from academia are utilized in consulting, as well as talk about what skills consultancy firms such as BCG look for when hiring from Academia.

With us from BCG will be **two project leaders, Lise Lørup (PhD in Biomedical Engineering from The University of Oxford) and Øyvind Berle (PhD in Shipping from NTNU and MIT)**, who both look forward to meeting you for a chat and to hopefully bolster your mindset about transitioning from the Academic world to the world of corporate business! Read more and sign up on the [event site](#) - but hurry up, there are only a few spots left at the time of writing.

PhD and Postdoc Breakfast Club (PPBC) - Intercultural communication

The next PPBC is held on March 25th from 09:00 - 10:00 AM on Zoom. This time around, we will **go on a journey into intercultural communication**, with a specific focus on how to communicate effectively with people of different cultures. **The event host is Sølvi Haavik**, who is an Advisor at the Studies Section of the MN Faculty experienced in intercultural relations. Through her job, she is an experienced lecturer on intercultural competence, so this one is sure to be a(n) (educational) blast!

Sign up to the event [here](#) and read more on our [Facebook page](#).

Forskerforbundet - Stress management for PhDs and postdocs

On March 26th 2021 at 09:00 - 12:00 AM, Forskerforbundet are inviting all members of the Union to an online webinar on Stress management for temporary academic staff. The webinar will focus on **the intricacies of stress and emotions in general, and that emotions are helpful to us. Finally, some tips and exercises on how to deal with stress will be shared.** The webinar is led by Psychologist Margrethe Standal Gleditsch, Institute for Psychological counselling in Oslo, who has great experience giving courses and lectures on stress and emotion management.

If you are a Forskerforbundet member, sign up to and read more about the event [here](#) - the deadline for signup is tomorrow, March 25th!

Pandemic burnout in Academia

Are you feeling burned out in your job over the past year? Then you are not alone. The pandemic has hit us all hard, and many find it challenging to deal with. In an article from March 2021 called [Pandemic burnout is rampant in academia](#), Nature are detailing **surveys from the US and Europe on the state of Academia under the pandemic with emphasis on burnout and stress.** In the article, burnout is briefly explained, followed by some tips on how to manage it as a researcher. The authors also postulate that **burnout is nothing new to Academia**, and that the problems we see now with the academic system as a whole, e.g. burnout, are merely exacerbated by the pandemic. Have a look if this sounds familiar to you, as you might find some useful tips!

In a more local effort, **Forskerforum also recently published a [series of interviews](#) with three researchers in Norway where they talk about their experiences working during the pandemic.** One finds that most of her working hours have been swallowed up by digital teaching duties, a pandemic researcher having a feeling of being overworked due to the nature of his specialization, and a PhD candidate who has experienced that her work was so severely delayed that she has to take drastic measures to make it. The article serves as an example of the life-altering consequences of the pandemic, which has led to much turmoil within Academia.

We hope that the contents of this month's newsletter was of use to you. Remember to get outside, and see (up to two) people - it's especially important to stick together in times of need. We hope to see you at our events, and have a great spring!

UiODoc upcoming events:

Boston Consulting Group Event - How to Pitch Yourself Within Consulting

25th of March, 05:00-06:00 PM @ Zoom

Sign up [here](#)!

PhD and PostDoc Breakfast Club (PPBC): Intercultural communication by Sølvi Haavik

25th of March, 9:00-10:00 AM @ Zoom

Sign up [here](#)!

For future events, stay tuned for more details on our [event](#) and [Facebook](#) pages!

Other upcoming events:

- **Information and welcome meeting for new international employees**

Arranged by the International Staff Mobility Office (ISMO)

May 11th 2021, 08:45 AM - 11:30 AM @ Zoom

The University of Oslo invites all international employees, researchers and Ph.D. candidates who have joined our institution recently to a welcome and orientation meeting.

See event and register [here](#).

>>Spread the word!<<

UiODoc:

For the **latest news** regarding our activities, please check-out our **website**:

<https://foreninger.uio.no/uiodoc/>.

Or our **facebook** page:

<https://www.facebook.com/uiodoc>.

Information from MatNat faculty (open to all PhD candidates and PostDocs):

PhD/Postdoc events: www.mn.uio.no/phdevents

PhD/Postdoc message board: <https://www.mn.uio.no/english/research/phd/messages/>

Kind Regards

Michael Goul Larsen, *Secretary*

on behalf of UiODoc

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