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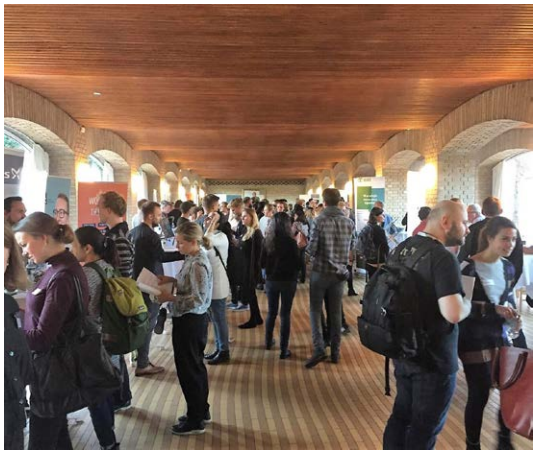
AU Career PhD & JR Newsletter

December 2019

Happy Holidays from AU Career PhD & JR. We wish you all a God Jul and best wishes for a happy and successful 2020

We've had a busy year! Over the course of 2019, we offered over 17 events and workshops. We aim to cover a range of career development options, so as to support our target group of PhDs and Junior Researchers in their career development as best and as broadly as possible. We hope you attended one or more of our events and found them to be valuable. We look forward to seeing you at our events in 2020.

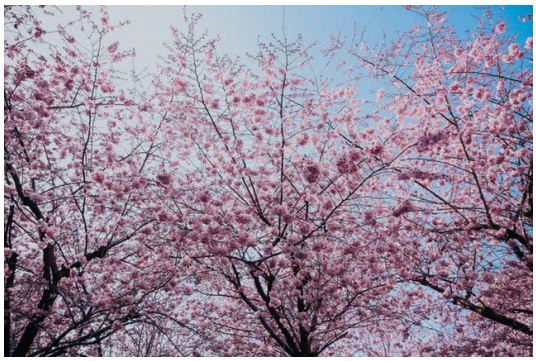
2019 PhD Career Day is in the books



This year's PhD Career Day on November 14th was the biggest ever. With over 200 attendees for the Company Recruitment Insights Panel and the Fair in the Vandrehallen, this event was a huge success. A total of 20 leading Danish and International companies participated.

If you missed out this year, make sure to mark your calendars for next year for 18. November 2020.

A look forward to our spring 2020 workshops and events



Here is a preliminary overview of our workshops and events for the spring. In addition to our general events for all PhDs and JRs at AU, this spring we will feature new faculty-tailored events for each faculty, as well an alumni event targeted to young international researchers.

General events:

- April 2: Cover Letter Writing Webinar. Sign up here
- May 25: CV Writing Webinar. Sign up here
- June 10: CV Writing Workshop. Sign up here

Stay updated by checking our website here or our Facebook-page here

Faculty-tailored events

Arts:

- **March 10**: Uncovering Strengths and Weaknesses: Try the Garuda focus profile test. Join this event to get insights into your work preferences, work focus, strengths and weaknesses through a type indicator test. Sign up here
- **April 7**: Competences and Career Options for Arts PhDs & JRs. More information will follow in January. Sign up here
- **May 6**: Alumni event. This alumni event is targeted Phds and JRs from ARTS. Further description and content will follow in January. Sign up here

BSS:

- **February 26**: Alumni event. This alumni event is targeted Phds and JRs from BSS. Further description and content will follow in January. Sign up here

- **March 25**: Uncovering strengths and weaknesses: Try the Garuda focus profile test. Join this event to get insights into your work preferences, work focus, strengths and weaknesses through a type indicator test. Sign up here
- **May 19**: Competences and Career Options for BSS PhDs & JRs. More info will follow in January. Sign up here

S&T/Health:

- **February 4**: Uncovering strengths and weaknesses: Try the Garuda focus profile test. Join this event to get insights into your work preferences, work focus, strengths and weaknesses through a type indicator test. Deadline for registration to this event is **January 30! Sign up here.**
- **March 11**: Competences and Career Options for ST/Health PhDs & JRs. In this workshop, you will work on identifying your competences through competency mapping. More information will follow in January. Sign up here
- **April 16**: Alumni event. This alumni event is targeted Phds and JRs from ST/Health science. Further description and content will follow in January.Sign up here

Internationals:

- **April 29**: Alumni Event for International PhDs & JRs. Meet Internationals that will talk about their career pathways and experiences as an International living and working in Denmark. More information will follow.in January. Sign up here

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Mentor Programme Update

Our mentor programme is now well underway. We have 34 matched mentors and mentees from a wide range of industry experts as well as the public sector. Next year's program is open for registration at the end of February – Read more about our programme here

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Counselling Services at AU Career PhD & JR

We want to remind you about one our key services here at AU Career PhD & JR, which is individual counselling. We offer one-on-one talks, where you can discuss career directions or alternative career options. You can get feedback and advice on your CV and cover letter, and you can increase your awarenss of your competences and what you have to offer, as well as other career related topics that you would like to discuss. If you are unable to attend a counselling session in person, an online meeting is also possible. Read more and sign up here

New coaching opportunity

Also in 2019, we added an additional coaching service by an external provider. Bodil Øster is a PhD alumni from AU and a newly certified GROW2 coach who wants to support you in moving forward while she gains more experience as a coach. You can be coached on many different topics such as how to avoid stress, what are my passions and my strengths, how do I get more energy and job satisfaction, how do I balance career and family and much more. It is up to you. The coaching sessions will take place on campus and Bodil is doing this on a volunteer basis. If you are interested in knowing more about the possibility, the set-up or Bodil, then contact us on vibr@au.dk and we will answer your questions and/or put you in contact with Bodil.

More opportunities

Ph.D. Cup 2020 is now open for registration

Ph.D. Cup is a competition in communicating science to the general public for Ph.D. students, who have finished their Ph.D. and received approval in 2019. The event is arranged in a co-operation between DR, Lundbeck Foundation and the Danish daily newspaper, Information. The event aims to contribute with the sharing of knowledge and science to the broad population in Denmark. The five finalists end up on stage in DR Koncerthuset presenting their respective proposition in front of a live audience and three judges – whilst also being broadcasted to a national audience. The winner of the Ph.D. Cup receives a fee of 30.000 DKK. Read more here

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Do you need a Christmas gift idea or some holiday reading for yourself?

Career Corner is our new initiative here at AU Career PhD & JR. As the name implies, this corner will feature all things related to career pathways, such as career tips, practical advice, career profiles, and more.

Have a look at these career related books for inspiration:

- *Succeeding Outside of the Academy: Career Paths beyond the Humanities, Social Sciences, and STEM.* Editied by Joseph Fruscione & Kelly J. Baker. (University Press of Kansas, 2018); 198 pages
- *The Professor is in: The Essential Guide to Turning Your Ph.D into a Job.* By Karen Kelsky. (Three River Press, 2015); 438 pages
- *Lean In: Women, Work, and the Will to Lead.* By Sheryl Sandberg. (Knopf, 2013); 217 pages
- *Deep Work: Rules for Focused Success in a Distracted World*. By Cal Newport. (Grand Central Publishing, 2016); 296 pages

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