

# My Ph.D. in project mode

Length:	2 days
Venue:	Your facilities/Online
Calendar:	TBA
Group size:	5 to 15 persons
Target audience:	1st year Ph.D. students
Trainers:	Laurence Moss, Marine Pansu

Doctoral students from all disciplines are required to become project managers during their doctoral experience. For many, this is the first time they have managed a large-scale project independently.

Approaching the doctorate as a project is an effective way of improving efficiency, achieving objectives within a research team and managing stress. It's also an opportunity to identify and avoid psychosocial risks, locate support and understand how the doctoral process works within the university.

First-year doctoral students can project themselves over their entire thesis period, while developing skills that can be put to good use when looking for a job after their thesis.

## Overall pedagogical objective

Be able to manage your thesis project independently

## Specific pedagogical objectives

- Structure projects through appropriate phasing
- Install appropriate management tools
- Control project progress
- Manage stress and maintain motivation
- Understand psychosocial risks (burnout, imposter syndrome, etc.)
- Identify and select internal resources according to needs
- Apply project management to the production of scientific articles

## Teaching method

We offer a participative training approach that allows everyone to express and share their ideas. In this way, doctoral students can discuss their practices and find answers to their specific problems. Training is adapted to individual needs.

Each participant leaves the course with his or her own personalized thesis project management system. It can be implemented immediately after the course. They have the keys to assess the effectiveness of the system they have chosen, and the methods for implementing modifications if necessary.

## Programme

- Collective assessment of project management practices
- Share best practices among participants to collectively enhance skills
- Identify gaps and misunderstandings
- Understand project management concepts
- Understand project phasing in its various forms: agile & predictive
- Anticipate your project
- Understand and question the stakes of your project in depth, in the initial pre-project phase.
- Structure your project
- Define operational objectives over time
- Organize tasks according to a logical breakdown relevant to the project (phasing over time, by objectives, by location, etc.).
- Prioritize
- Learn to delegate or eliminate non-priority tasks (know how to say no)
- Plan and schedule
- Invest time rationally between projects
- Application to the production of articles
- Recognizing psychosocial risks and identifying help