

OLTECH - Mentoring programme for young researchers

in cooperation with

Equal opportunity office for School V - School of Mathematics and Science, School VI – School of Medicine and Health Sciences and collaborating research training groups (SFBs)



10/2021 - 10/2022



You can join the programme, if you are:

- a PhD student
- enrolled in the Graduate School Science, Medicine and Technology – OLTECH
- member of the School V School of Mathematics and Science or member of a SFB or other coordinated programme, or of Department of Computing Science (Dfl)
- member of the School VI School of Medicine and Health Sciences
- a disadvantaged or discriminated scientist due to your gender and or other conditions
- Maximum of 12 participants
- Language: English

OLTECH - Mentoring programme for young researchers

Seite 2 06.04.2022





What is a mentoring?



- An older and experienced "mentor" shares knowledge with you and supports you in finding your personal career
- The mentor is like a wise person, who you can ask all about the profession and career you like to reach
- One-to-one mentoring is usually complemented by a supporting programme that prepares
 you as a "mentee" for their role and offers opportunities for networking and reflecting on
 the mentoring process.
- Mentoring is a non-hierarchical partnership and does not involve authority to issue instructions.
- The duration of a mentoring partnership is limited. Regular contact is maintained throughout the mentoring period.
- In addition, training workshops or lectures are usually offered that are specifically tailored to the needs of the mentees.





Concept and Goal of our Mentoring



Young researchers:

- Actively addressing their career options
- Learning methods for career development
- Building a network and improve networking strategies

This will be done through:

- Career phase-specific trainings e.g. workshops & lectures
- Offering a frame for a fruitful mentoring partnership

https://uol.de/en/oltech/courses-events/mentoring





Program overview

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Oct. 21

Kick-off –Workshop: Preparation & goal setting
Official opening and introduction of the programme

Official opening and introduction of the programme.

Methods and strategies for individual career management

and for finding the right mentor.

In presence 14. & 15. October 2021 (1,5 days) or Online: 13.+14.+15. October 2021 (9:00 – 12:30)

1st Meeting: Starting your effective mentoring relationship

In presence 21. January 2022 (1 day) or Online: 20. and 21. January 2022 (09:00 – 12:00)

Find a mentor

Meetings with the mentor

Coaching hour:

between December 2021 and February 2022

Fire side chat "Science management"

Apr. 22

Nov. 2

Dec. 21

Jan. 22

Feb. 22

Mar. 22

May 22

Jun. 22

Jul. 22

Aug. 22

Sep. 22

Oct. 22

Half Year Meeting

13. May 2022 (1/2 day)

Extra Workshop: Conflict resolution / leadership / self presentation / interview skills 30.06. & 01.07.2022

OLTECH GRADUATE SCHOOL

Seite 5

06.04.2022

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Fire side chat

"working in industry"

Dr. Ferdinand Esser — Graduate School Science, Medicine and Technology - OLTECH

Final Workshop: Closing symposium (partly with

Mentors): Reflection of the program. Career & networking strategies for your future career.

In presence 13. & 14. October 2022 (2 days) or Online: 12.+13.+14. October 2022 (9:00 – 15:00)



Mentoring – time and effort



➤ Mentor-Mentee relationship:

- Support finding a mentor
- Monthly meetings with the mentor (~ 2 hours)
- Two group Workshops (1,5 2 days)
- Two day (or half day) Meetings
- > 5 days workshops within a year on career management, communication and more
- ➤ Optional:
 - Further thematically workshops
 - Two evening talks (Fire side chats, 2 hours)
 - Individual coaching (1 hour)







Application

- > Motivation letter and Application form for mentees
- ➤ Sent the application to the coordinator of the OLTECH graduate school: **Dr. Ferdinand Esser**: oltech@uol.de
- https://uol.de/en/oltech/courses-events/mentoring
- **Deadline: 15. September 2021**
- ➤ Join the **info event** to the OLTECH Mentoring programme for young researchers: **09.09.2021** at **15:00**
- ➤ Online meeting: https://meeting.uol.de/b/fer-6iq-0xn-xuy)



SCIENCE, MEDICINE AND TECHNOLOGY

Coordinators:

Dr. Ferdinand Esser

Graduate School Science, Medicine and Technology (OLTECH)

E-Mail: oltech@uni-oldenburg.de

https://uol.de/en/oltech

Equal opportunity office for faculty 5:

Dr. Beate Grünberg

E-Mail: <u>beate.gruenberg@uol.de</u>





Obligatory participation:

- > Once you have accepted the mentoring programme, participation is obligatory.
- > Active participation is expected.
- Cancellation is only possible with a valid (medical) reason. In the event of non-participation without a reason, expenses must be paid.



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Programme instructor



Personal- & Persönlichkeitsentwicklung

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20459 Hamburg

Tel.: +49 174 921 76 88

http://brittanaumann.de









Mentoring Program in a nutshell



Target group:	Doctoral	candidates t	from their :	2 nd year o	f PhD,	member of	Graduate
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School Science, Medicine and Technology – OLTECH, Members of the

FK V or member of a SFB or other coordinated programme

Mentor:	Are approached by the mentee and can come from companies, public
	authorities industry consulting institutions universities etc.

authorities, industry, consulting institutions, universities, etc.

Duration: 12 month (10/2021 to 10/2022)

Number of participants 12 Mentees

Start October 2021

Fee: Participation is free of charge

Language: English

The mentoring program is opened by patron **Prof. Dr.-Ing. Astrid Nieße**, Deputy Director of OLTECH from Faculty II-Department of Informatics.



Dr. Ferdinand Esser — Graduate School Science, Medicine and Technology - OLTECH

