



Connect • Exchange • Grow

Networking during your PhD

Why is networking so important?

PhD students are a vulnerable population

More likely to suffer from depression and anxiety

... and loneliness

Why? Moving cities, countries, isolation because of covid19 or writing articles for example



Why is networking so important?

Opportunities to make friends and socialize as a PhD student

Connecting with people and building strong, professional relationships

Maintain a balanced mental health

Social life can help reduce stress level

Avoid loneliness and stay sociable even when we think we don't need it

Surround yourself with people who can help you achieve your goals



Networking inside ULiège

Réseau des doctorants

Instagram > Comment, follow & build a network

Linkedin > Add the ReD into your CV if you are volunteering & connect with others

Slack > volunteer to any project -- short-term or long-term --, become a relay or look for other members with the same interests as yours

Facebook > join your faculty facebook group (if there is not, ask your faculty relay)

Discord > discover other PhD candidates within ULiège



Networking inside ULiège

Inside your circle

Faculty > Go to your Welcome Drink, participate to ReD events, faculty event

Lab > is there a PhD group in your lab ?

Others groups inside Uliège

Pot'Ingé > participate in a collective vegetable garden

Free language course



Networking outside ULiège

**Look for associations, federations and networks
related to your thesis!**

Psychology > Belgian Association for Psychology Sciences

Neurosciences > Belgian Society for Neurosciences

Chemistry > The Royal Flemish Chemical Society

Oncology > Belgian Society of Medical Oncology

.....



Networking outside ULiège

**Look for associations, federations and networks
related to your field!**

Congress

Conferences

Masterclass



Meet people working on the same topic or in the same area. Do a **poster tour** and **speak to the presenters**, send them emails, connect on LinkedIn, thank a speaker after his/her speak in person, engage in networking activities

...



Networking outside ULiège

**Look for associations, federations and networks
related to your values!**

BeWiSe's main objectives are to support the position of women in science, both in public and private sectors and to improve communication among women in the Belgian and European scientific community



Networking outside ULiège

Look for social networks related to your job (the PhD) or your topic!

- PhD students Discord
- Instagram accounts
- Youtube Videos
- Masterclass



Networking outside ULiège

PhD students Discord

There are channels for almost everything: serious topics (writing, publishing, working session) and channels to share personnal topic, advice, meme and so much more!



► TRAVAIL
• #!-readme-!
• #! général
• #! 📚-biblio
• #! 📜-rédition-manuscrit
• #! 📝-rédition-article
• #! 📈-outils-numériques
• #! 📈-organisation
• #! 🌐-manips-expérimental
• #! 🔎-enquête-de-terrain
• #! 📊-données-et-stats
• #! 🚦-programmation
• #! 📈-infographie-pro

► CHILL
• #! 🎵-chill-et-rencontres
• #! *-solidarité-et-bons-plans
• #! 🎵-pitch-mal-ta-thèse
• #! ⚽-bar-des-sports-;
• #! 🌟-bien-être
• #! 🌿-bien-dans-ma-tête
• #! 🎉-memes
• #! 🎨-création-perso
• #! 🐱-nos-zanimaux
• #! 🍕-food-food-food
• #! 🌸-flower-power
• #! 🎁-holiday-time

► LE COIN DES DOCTORANT-ES
• #!-readme-!
• #! 🏆-objectifs
• #! 💪-victoires
• #! 🎯-coup-de-blues
• #! 🎓-pédagogie
• #! 💎-entrepreneuriat-proj...

► SECRÉTARIAT
• #!-readme-!
• #! 📄-information-administ...
• #! 📋-questions-aux-doctor...
• #! 📋-questions-aux-phd
• #! 💼-offres-jobs-doc-post...
• #! 📚-these-cifre



Networking outside ULiège

Instagram, Twitter ...



@biendansmathese



@thesecareofyou



@thesard_es



@phdgeom



thesezvous

Thèsez-vous? • Abonné(e)s : scientifiquon...



theseetnous

thèseetnous • Abonné(e)s : elymapping +...



theseasoi

Une Thèse à Soi • Abonné(e)s : 365jrs_det...



balancetathese

Balance ta thèse • Abonné(e)s : elymappin...



these_et_vous

Thèse et vous! | Jean • Abonné(e)s : ecris.t...



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Take home message

Challenge yourself this afternoon and try to connect with at least 2 PhD students

Connect during your thesis within Uliège and outside Uliège

