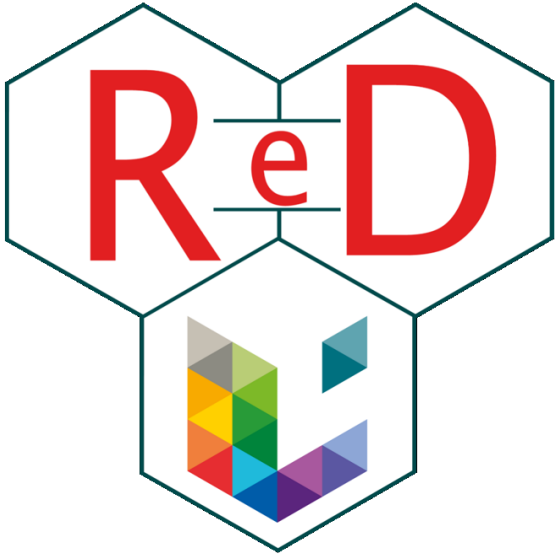
Connect • Exchange • Grow



Networking during your PhD

Coline Grégoire

01st October, 2021

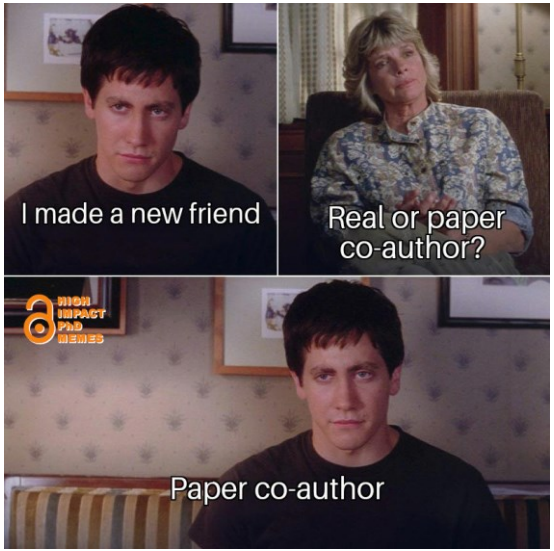
Why is networking so important?

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!

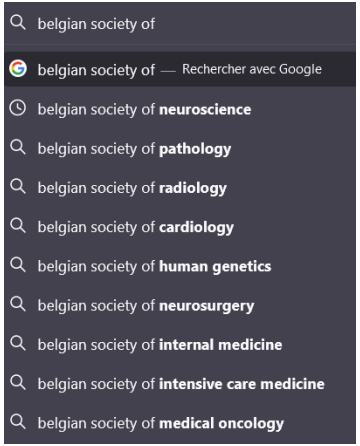
Psychology > Belgian Association for Psychology Sciences

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

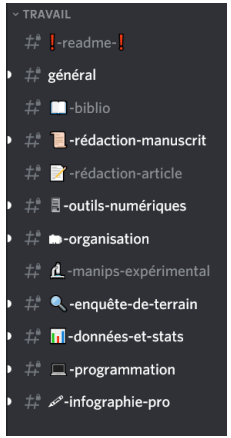
Look for social networks related to your job (the PhD) or your topic!

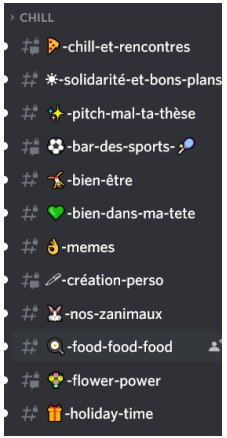
- PhD students Discord
- Instagram accounts
- Youtube Videos
- Masterclass

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!





Networking outside ULiège

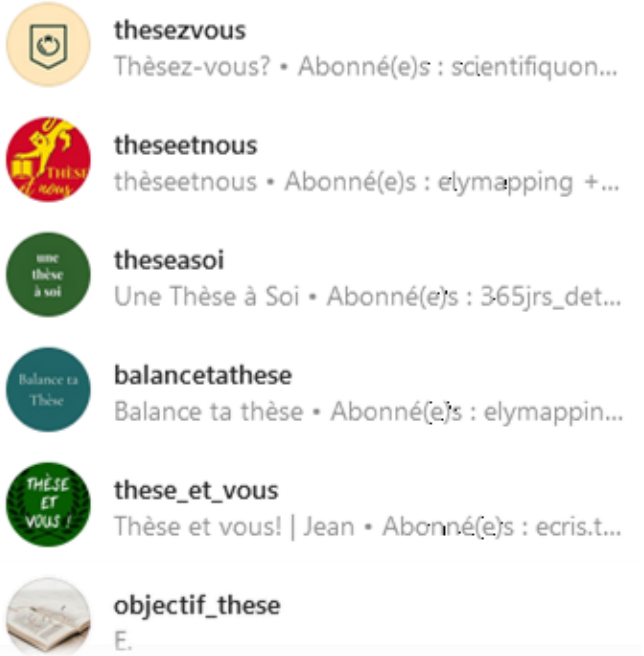
Instagram, Twitter …

@biendansmathese

@thesecareofyou

@thesard_es

@phdgeom



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