

Fribourg Graduate School of Life Sciences (FGLS)

Services & Opportunities & Tools for PhD students at the University of Fribourg

compiled by Samantha Coinus

updated in September 2019



The Central Services of the University of Fribourg 1



Soft Skills, or Transferable Skills 2

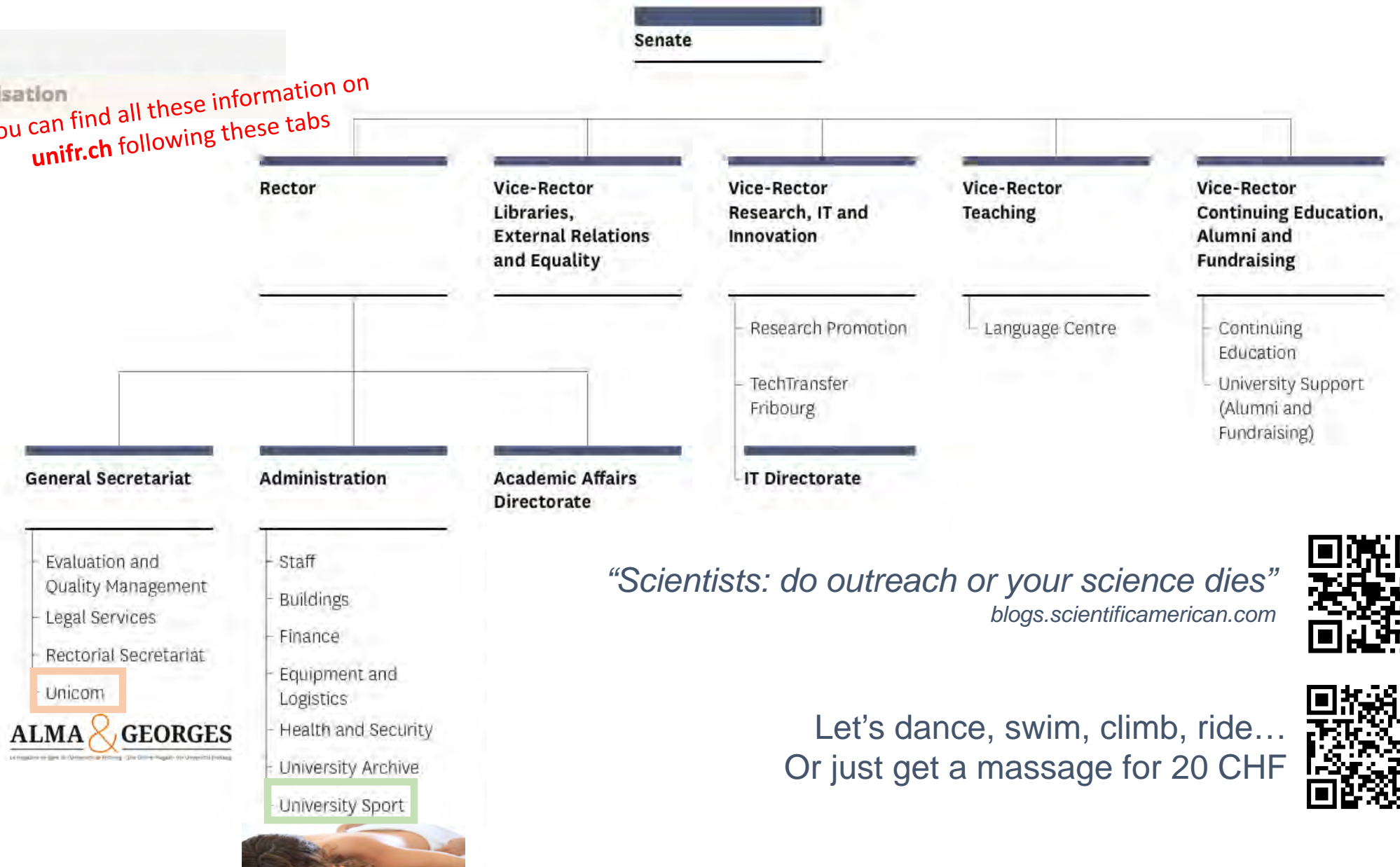


Academiatic.net 3



The Central Services of the University of Fribourg ₁

You can find all these information on unifr.ch following these tabs



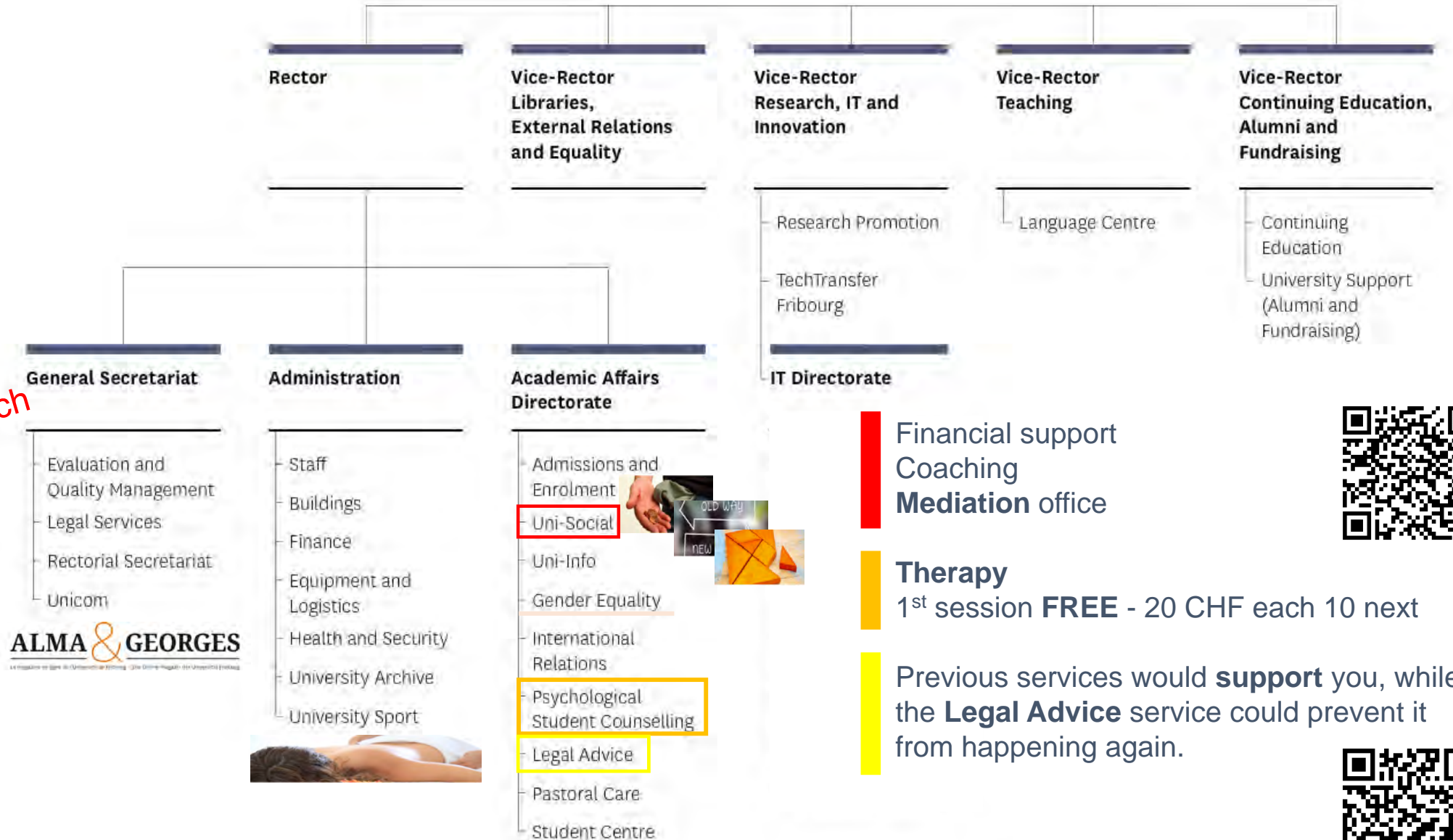
ALMA & GEORGES
La bibliothèque de l'Université de Fribourg - Die Bibliothek der Universität Fribourg

“Scientists: do outreach or your science dies”
blogs.scientificamerican.com

Let's dance, swim, climb, ride...
Or just get a massage for 20 CHF



Senate



Personal growth
Preventative approach
Confidentiality

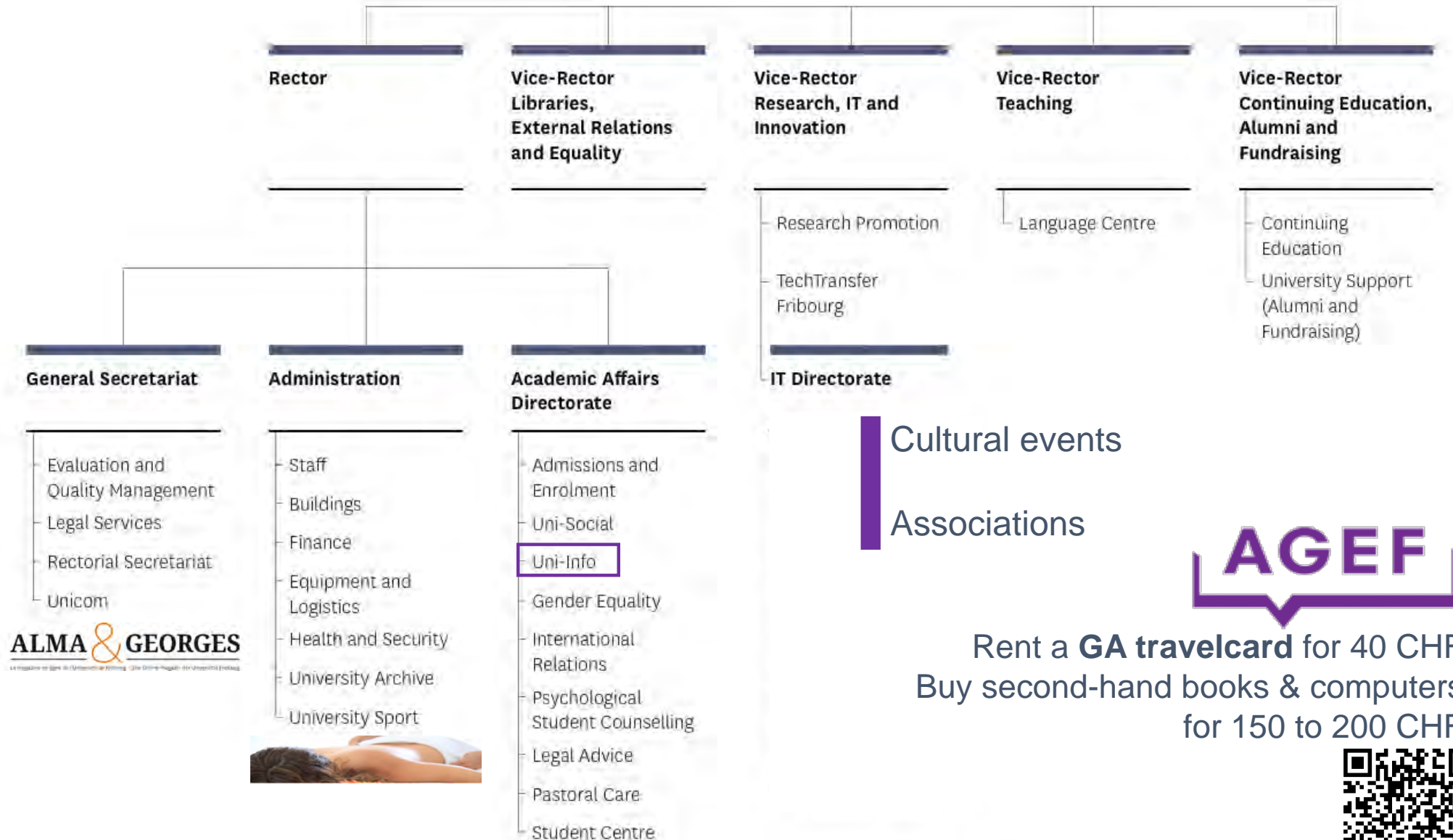
Financial support
Coaching
Mediation office

Therapy
1st session **FREE** - 20 CHF each 10 next

Previous services would **support** you, while the **Legal Advice** service could prevent it from happening again.



Senate



ALMA & GEORGES
La bibliothèque en ligne de l'Université de Fribourg - Die Online-Bibliothek der Universität Fribourg



Cultural events

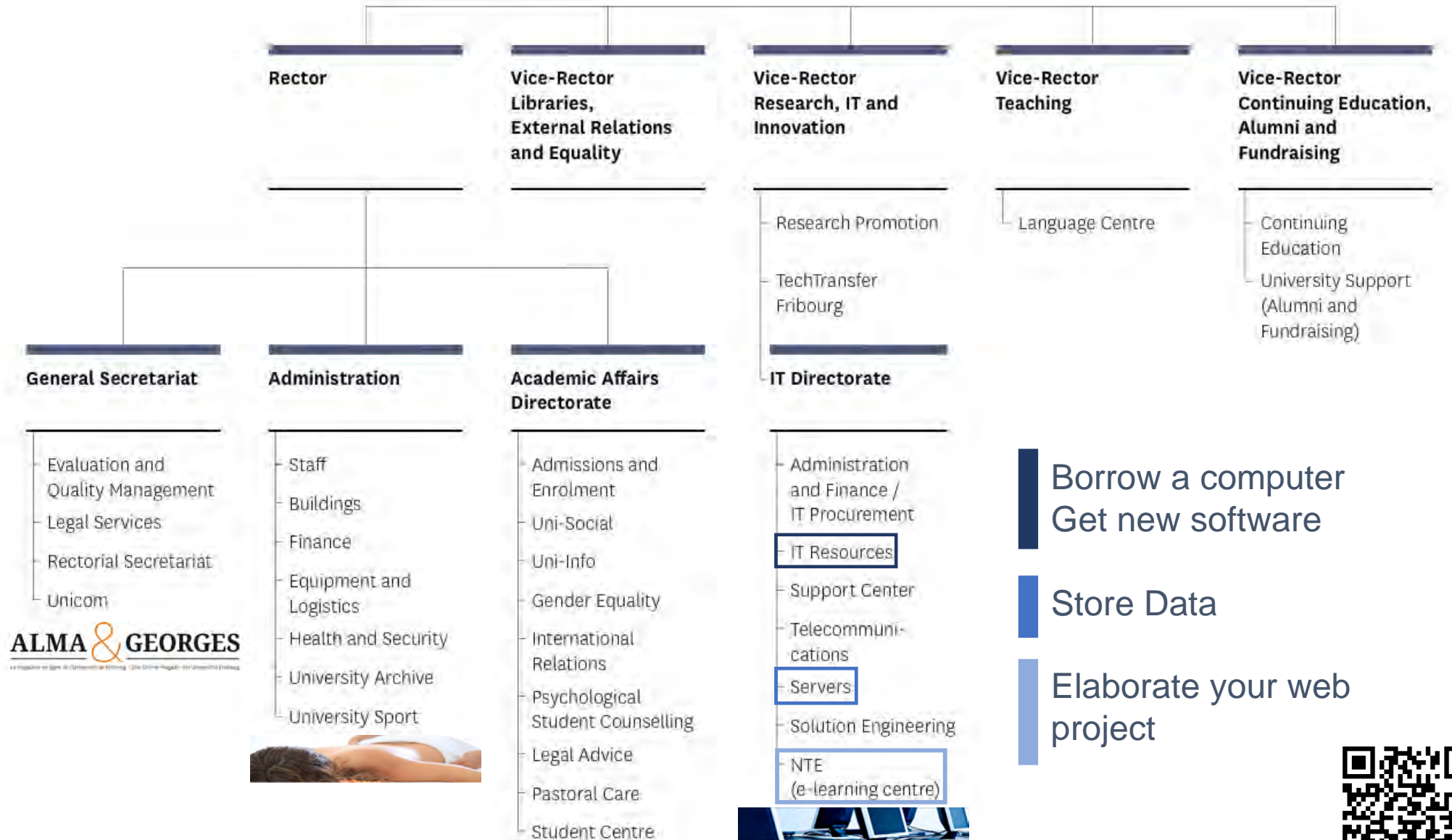
Associations

AGEF

Rent a **GA travelcard** for 40 CHF
Buy second-hand books & computers
for 150 to 200 CHF



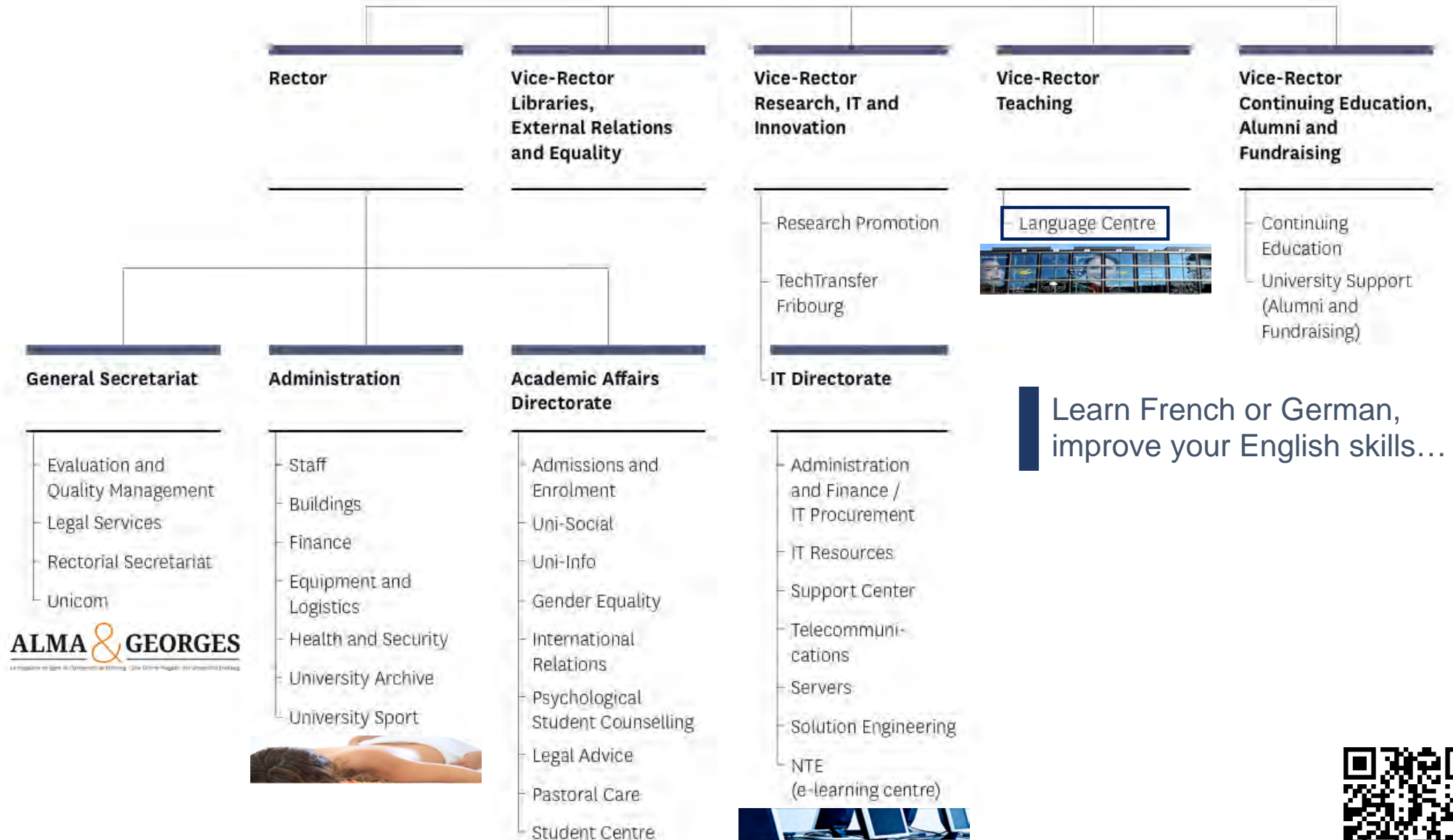
Senate



- Borrow a computer
- Get new software
- Store Data
- Elaborate your web project



Senate



Learn French or German,
improve your English skills...





The Central Services of the University of Fribourg ₁



Soft Skills, or Transferable Skills

2



Soft Skills, or Transferable Skills

What are Soft Skills?

Soft Skills are **interpersonal skills**.

They include motivation, communication, listening, conflict solving, empathy, networking, time/team/stress/project management abilities...

All these skills, also called **Transferable Skills**, make you an **adaptable, efficient** and most of all **unique** candidate.

CUSO

- **Competence CUSO** - The transversal programme [...] offers a diverse range of workshops to help you develop your transferable skills - the skills that will be essential for your doctoral studies, but above all, to best prepare for your entry into the professional world.





Soft Skills, or Transferable Skills

UNIFR, via Swissuniversities enables you to benefit from these programmes for free:

- **Did@ctic:**
 - .Workshops
 - .Coaching for PhD students: Tame your PhD, Get the writing done...
 - .Courses to become **the teacher of the year!** (You can even get a diploma for that.)
- The **REGARD program** *aims* to develop competences and to propose concrete tools for **career management** and **supervision**. [...] They also aim to increase awareness about **gender equality** in the academic career.
- Get a **mentor** via the *Réseau romand de mentoring pour femmes* (Website in ENGLISH)
- Get very specific support, advice, courses to become **the perfect teacher** via **Rcfe.ch** - *Réseau romand de Conseil, Formation et Evaluation* (Website in “FRENGLISH”)



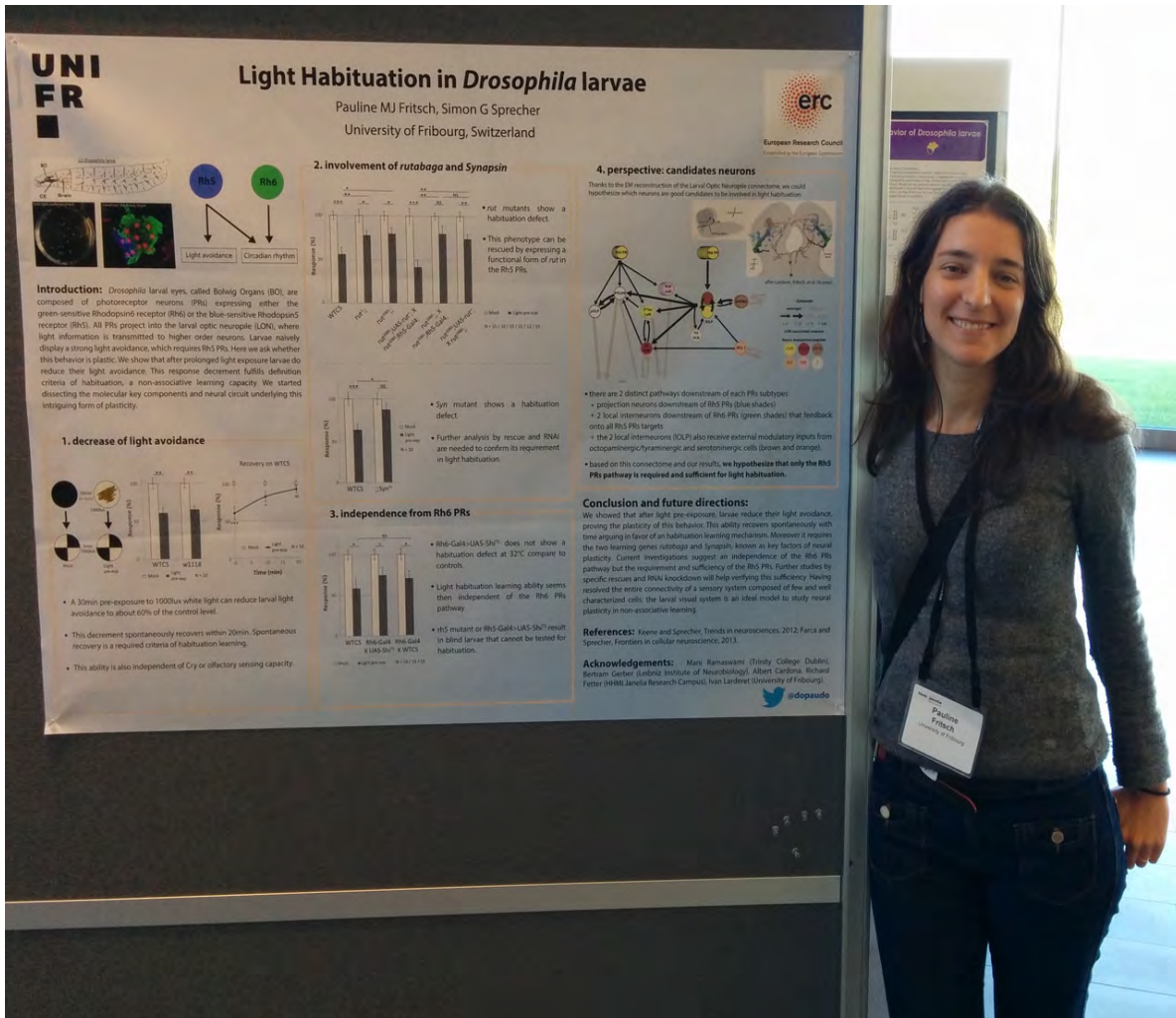
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Academiatic.net 3



The blog [academic.net](https://www.academic.net) is made by **Pauline Fritsch**. She got her PhD in Biology at the University of **Fribourg** in September 2017. She decided to share what helped her in her PhD and therefore what could help you.

She writes about the **Competence CUSO Program (Soft Skills)**, about our **University Services** like UniSocial and Psychological Counselling. She is also giving tips for project management.

To understand her story, have a look [here](#).
Also, her top article is [here](#).

To help you get better organized you can read [this short article](#).

Welcome!

I'm Pauline, I just started this blog (July 2018) to discuss about **what helped me during my PhD studies** in the hope that it can help other students and, who knows, maybe inspire universities in what to do to help their students :)

I am writing about PhD students' [#mental health](#) and about [#soft skills](#) (transferable skills) because for me these two subjects are partly overlapping. More about that in my first blog post: [How my doctoral program saved my PhD](#). I wrote a series about soft skills in academia, [click here to see it](#).

Also, as I am also a bit nerdy, I will regularly publish posts with technical tips, see the category [#tech](#).

I'm French and completed my PhD in [Switzerland](#) to know more about me, have a look at the [About](#) page.

In Fribourg!

Here are all my blog posts so far:



Are Gantt charts useful for PhD students?

2018 Oct 23 | Soft Skills | 0

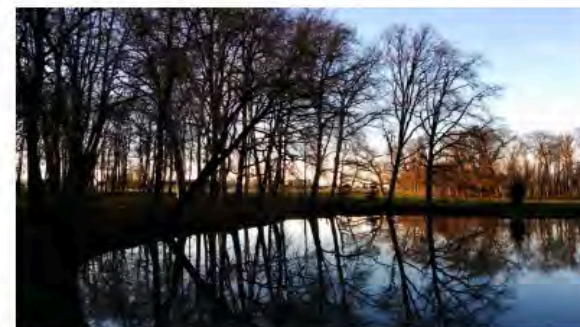
Yes, but there are some drawbacks. Use it to visualize your whole PhD or to plan the



Let's try to plan a realistic To-Do list for the week

2018 Oct 16 | Soft Skills | 0

Plan only 60% of the week and clarify what you truly "need to have" done versus the



How to use retro-planning to plan your PhD graduation

2018 Oct 9 | Soft Skills | 0

To plan for the different steps of writing, submitting and defending a thesis. The big

If you register to the newsletter, you would get all new articles directly into your mail box, no need to browse Pauline's website anymore!



This is only a brief overview of all the services available for you!

Please contact the FGLS administrator for further information.

*...Clap along if you
feel like that's what
you wanna do...*



Content provided by Samantha Coinus, PhD student.

Many thanks to the FGLS, especially to Jörn Dengjel, and to Marisa Almeida-Rodrigues and Pauline Fritsch for their comments and inputs.

Fribourg, November 2018.