STARTING A PHD, WHY NOT?

Jolien Steyaert - 6th december 2017

Promotion 2013
Passion for research as an on-going process of seeking answers to questions as a process of self-enrichment
JOLIEN STEYAERT

- 4th year PhD student
- Lab of Neurobiology
- Identification of disease-modifying genes to unravel the FUS pathobiology
Lab of neurobiology

- I do what I like doing
- It’s new and innovative
- Using of the newest techniques
- Learning about yourself
- Contributing to medicine
- Independency
- “Being paid for thinking”

- Deadlines
- Experiments are not giving the expected results
- Technical issues
- Dealing with frustrations
- Paper pressure
• Research experience
• Skills needed for industry
  • Presentations
  • Dealing with deadlines
  • Motivation
  • Organisatory skills
  • Being persuasive
  • Perseverance
  • Being patient
  • Independency
  • Being critical
• Professional network
• Higher chances to grow in industry
• “Problem solving” mind

11 AM Weekly meetings
12.30 PM ALS ice bucket
4 PM Microscopy: analysis
  CCAP neurons
2 PM DNA isolation
8.00 AM Screen collection

PhD candidate survivor

SCIENCE MEETS LIFE
What are the expectations of the doctoral school?

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
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<tbody>
<tr>
<td>Provisional doctoral plan</td>
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<td>Final doctoral plan (board presentation)</td>
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<tr>
<td>Evaluation seminar</td>
<td>Research seminar</td>
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<td>Public defense</td>
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<td>Individual development plan part 1</td>
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<td>Individual development plan part 2</td>
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What else to know/do:

• Congress
• Meetings
• Teaching practical courses
• Guide labrotation students or masterstudents
• Journal clubs
• Lab retreats
• Writing articles

Succes is a journey, not a destination
Why did you start your PhD?

- "I wanted to contribute to the society"
- "I was interested in doing science"
- "During my master thesis, I really enjoyed doing research."
- "I wanted to keep all possibilities open for my career"
- "Every day is a new intellectual challenge"
- "It is an excellent opportunity for self-enrichment"
- "You are paid to think"
- "First step for a research career in industry"
- "Obtaining research experience to grow faster in industry"

Thank you!

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