

Personal Study Plan for Doctoral Studies

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| OverviewThe study plan for doctoral studies is designed to help you and your supervisor to plan, document, and consider your activities as you advance on the doctoral path. Remember, that the major part of your path is formed by your doctoral research and you are responsible for taking an active role in making supervision arrangements suit your needs. The purpose of this document is to support the discussion of your overall progress at least once a year. It is also worth pointing out that this document does not replace the regular supervision meetings that are essential for the progress of your doctoral research.In addition to the cover sheet, your personal doctoral training plan includes six sections:* Substance of your dissertation and your career goals
* Doctoral research progress plan
* Study plan
* Mobility plan
* Chart of your doctoral path
* Reflection
 |  | Review dates

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| Personal information

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| Name |  |
| Faculty |[ ] [ ] [ ] [ ]
|  | Social Sciences | Law | Education | Art and Design |
| Doctoral programme | [ ] The Arctic in a Changing World (multidisciplinary) |[ ]
|  |  | Discipline-specific programme (discipline-based study paths)  |
| Process supervisor |  |
| Other supervisors, their faculties and roles |  |
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| Type of doctoral dissertation |[ ] [ ] [ ]
|  | Monograph | Article compilation | Artistic |

 |  | AppendicesPlease attach your research plan before the first discussion with your supervisor, and any updated versions later on if applicable.In addition, please attach your transcript of study records from the Peppi system when needed.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*NOTE: to tick a box with Mac, place the cursor next to the box and press space bar. Repeat to remove marking.* |

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| Substance of the dissertation

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| *Topic* |  |
| *Main research question/task* |  |
| *Methodological approach* |  |

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| Career goals Describe a long term vision of your career – what are your motivations for doctoral studies?

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Funding planHow do you plan to fund your research?

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| Doctoral research progress planThis section is meant to assist you in planning the following steps of your doctoral research in the upcoming year and in reflecting on your progress. The section aims to provide a general framework for the description of advancement of your doctoral research. More detailed questions and decisions are addressed in the regular supervisor meetings. |
| ScheduleOutline here the schedule for your doctoral process with estimated key dates. Indicate also if you plan to work fulltime or part-time.

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| Current statusDescribe shortly the research you have done so far and outline the actions that still remain to be taken.

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| Next stepWhat are your planned activities to advance your doctoral research and dissertation during the upcoming year?

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# Supervision meetings

When have you received guidance for your doctoral research?

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| *Date* | *Meeting/Skype/Seminar/Other?* | *Supervisor(s)* |
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| STUDY PLANPlan your studies with your process supervisor and mark here the courses with your proposed study schedule. Add the dates of course completion after you receiving the study credits.Thematic, multidisciplinary studies (20 ECTS) OR Discipline-specific and faculty-specific studies (20 ECTS)

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| **COURSE CODE** | **COURSE TITLE** | **PLANNED: SEMESTER / YEAR** | **COMPLETED:** **DATE**  |
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| Philosophy of research and research skills (20 ECTS)

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| Discipline-specific and faculty-specific studies (20 ECTS)

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| MOBILITY PLANYou are encouraged to include one or more periods of international mobility in your doctoral training process. Discuss your plans with your supervisor.Short term mobility (Conferences, seminars, summer/winter schools, etc.)

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| **DURATION** | **EVENT / HOST DEPARTMENT AND ORGANISATION** | **PLANNED: SEMESTER / YEAR** | **COMPLETED: SEMESTER / YEAR** |
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| Long-term mobility (Exchange period)

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| **DURATION** | **HOST DEPARTMENT AND ORGANISATION** | **PLANNED: SEMESTER / YEAR** | **COMPLETED: SEMESTER / YEAR** |
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| **DESCRIBE HOW THE PLANNED MOBILITY PERIOD WILL SUPPORT YOUR DOCTORAL RESEARCH** |
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| **IN RETROSPECT, REFLECT ON WHAT YOU GAINED FROM THE MOBILITY PERIOD** |
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| Your doctoral pathYour doctoral path is structured into 4 phases (equal to four years of full-time work). You may use the chart to estimate and plan the schedule of your progress. You can mark the dates on approximate phases on the progress chart below after each time you have revisited your study plan with your process supervisor.

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| *Estimated timetable* | *Review dates* | *Phases of the doctoral process* |
|  |  | **Phase 1: Confirming training plan**The end of the first phase confirms your doctoral training plan. By now, you have been formally accepted as a doctoral student by a faculty, you have been assigned a process supervisor, and you have enrolled into a doctoral programme after discussing the decision with your supervisor. Your plan may be revisited again at this phase to redirect your study or research plan and/or confirm other supervisor relations.*Good luck on your doctoral path – go ahead!* |
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|  |  | **Phase 2: Developing substance**The completion of this phase confirms that your studies and your doctoral research are progressing according to the plans and your doctoral programme curriculum towards a distinct goal. You have participated in research seminars of your faculty and doctoral programme, and presented your research in an international conference as well. By now you have a general idea of the relevant networks, conferences and publications in your field. |
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|  |  | **Phase 3: Advanced maturity**By the end of this phase you have completed your doctoral studies according to the training plan and your research is well on the way towards dissertation. You have now begun to establish a position as an active member of the academic community both at University of Lapland and in relevant domestic and international networks. You have at least some experience in authoring a publication at this point. |
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|  |  | **Phase 4: Independent expertise**To finish the fourth phase you have now reached the level of independence as an expert of your research subject. You are ready to submit your dissertation manuscript for examination after receiving final comments from your supervisors. After this you will find support for the process from the guidelines for doctoral defence guidelines. *Congratulations!* |
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| ReflectionYou may use the questions offered below to reflect upon your doctoral process at each phase. You may also raise other issues that are timely on your doctoral path. You can copy the table and fill it again in later phases of your process.**1st phase**

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| **What are your particular strengths and challenges as a doctoral student?** |
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| **Where are your biggest needs for guidance at this point?**  |
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| **What kind of activities would give optimal support for your remaining doctoral path?** |
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| **What kind of plans and challenges do you anticipate for your career path?**  |
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| **Other issues** |
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