

Support along your career journey

Sharing experience and knowledge helps you reflect on career decisions and gain orientation. Female researchers of the University Alliance Ruhr (UA Ruhr) can take advantage of an exclusive mentoring offer for this purpose: **mentoring³**.

We are offering this established programme together with our partner universities in the Research Academy Ruhr. Subject-specific programme lines complement the 1:1 mentoring relationship with an experienced researcher. A new cohort for female doctoral candidates respectively postdoctoral researchers starts every year.

Research Academy Ruhr

Research Academy Ruhr is the cross-university platform for promoting early career researchers within the UA Ruhr.

Under Research Academy's umbrella, we offer events and workshops, together with our colleagues from Bochum and Dortmund, that help you prepare for a career in research, business, and society. The trainings and events provide you with many opportunities to sharpen your academic profile and connect with other researchers in the Ruhr area.

Learn more at:
www.research-academy-ruhr.de



Contact

We are happy to answer your questions, whether you are thinking about starting a doctorate, are already in the middle of a doctorate, or are doing research as a postdoc.

Please direct your inquiries to our general e-mail address gcplus@uni-due.de or contact us in person.

Contact details of all team members can be found on our homepage: www.uni-due.de/gcplus.

Newsletter

Our newsletter informs you twice a month about upcoming events, training offers, and funding opportunities for (prospective) doctoral researchers, postdocs, and the Junior Faculty.

Sign up at:
www.uni-due.de/gcplus/en/newsletter.php

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Graduate Center Plus

The central point of contact for doctoral researchers, postdocs, and the Junior Faculty at the UDE

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The Graduate Center Plus

The Graduate Center Plus (GC Plus) is the central point of contact at the University of Duisburg-Essen for (prospective) doctoral researchers, postdocs, and the Junior Faculty.

We support UDE's early career researchers with information, counselling, and qualification offers according to their needs. Our broad information and training programme promotes personal and professional growth and prepares for a career in academia and beyond.

Since peer support is crucial at all stages of an academic career, we encourage the exchange of experiences through regular networking opportunities within our offers.



Counselling and coaching

Do you have questions about the doctoral process or the postdoc phase? Are you currently facing a challenge in your career planning? Take advantage of our counselling and coaching services!

We offer counselling and coaching sessions in person, by phone or digitally – in German or English.

Topics can be, for example:

- € How can I finance my doctorate?
- 🌍 How can I gain experience abroad during my doctorate?
- 🔍 What is the best way to prepare for my next career steps?
- 👤 What career options do I have as a postdoc, both inside and outside the university?
- 🕒 What can I actively do to achieve a good work-life balance?
- 👥 How do I deal with different roles and expectations?

Workshops, career events and networking

In addition to expertise in your research field, transferable skills are important ingredients for your future career. Whether you want to pursue an academic career or choose a job outside of the university, communication and presentation skills, self-management or some knowledge of project management will be helpful in any case.

That's why we provide you with an interdisciplinary training and event programme tailored to the different phases of an academic career:



Workshops

On topics such as presenting, writing, good scientific practice, research data management, applying for third-party funding, career planning, or project management.



Information and networking events

e.g. on career options after your PhD or on starting a doctorate.

Some of our events take place under the umbrella of the Research Academy Ruhr, so that you can benefit from the exchange of experiences with colleagues and experts within the entire UA Ruhr.

