PhD Support Group

Dear PhD Students of the faculty,

We are a group of PhD students and would like to share our experience about forming a PhD support group with our peers.

The concept of PhD support groups is to meet with fellow PhD students to discuss everyday topics and issues you are encountering in your PhD and work life. Groups are formed by around 3-4 people (which always stay the same) and meet every 4-6 weeks. During the meeting, every participant talks about a current topic or problem and receives collegial advice (about 30-45 min per participant). This allows getting support with e.g. thematic issues or organizational information, as well as communication or motivational issues. For sure these are just recommendations from our side and can be adapted to the individual group’s needs. The PhD support groups are also a tool to network and collaborate with your fellows from other disciplines. The PhD support groups were founded by PhD students for PhD students, they are voluntary and no mentor or professor is connected with it.

Of course, confidentiality is expected regarding the topics discussed in the meetings.

If you are interested in joining a PhD support group send us an email to anne.imig@tum.de, francesca.perosa@tum.de, sonja.teschemacher@tum.de or anica.mayer@tum.de with some information about yourself (e.g. contact information, year of PhD studies, area of PhD project, accepting that we can forward you contact to other interested students, preference English or German support group…) we can then connect you with a PhD support group. Depending on the number of interested students, we can match you based on the progress of your PhD project. We have the understanding that it is not important which field you belong but rather get along well with each other and are going through the same phase in your PhD project. In case you already know interested students, you can form a PhD support group without our contact. For this, we can suggest the following questions to be addresses during the meeting:

1. What issues are you encountering during your PhD in the moment? Do you have trouble proceeding with your tasks? Do you have troubles with communicating with your colleagues?

2. What could help you to overcome these issues?

3. What would you like to achieve until the next meeting?

4. Did you achieve the tasks you have planned since the last meeting?

We are hoping to see a lot of PhD support groups forming in the future!

Francesca, Sonja, Anica and Anne