3mE PhD Life





DEFENSE SEBASTIEN CALLENS

10:00



DEFENSE AWAZ ALI Steering in interventional cardiology -

15:00



DEFENSE EWOUD POOL

17:30



12:30

DEFENSE ALI AHMADI DASTJERDI

DEFENSE SIMONE SILVESTRI

17:30



DEFENSE PETER KUPPENS

Q&A NEW DIRECTOR GS

15:00





SPORTS EVENT

WANTE

NEW MEMBERS

The PhD council is still looking for new members from the PME, P&E and DCSE department. Are you interested in supporting the social and professional needs of the PhD Community at the Faculty of 3mE? Then please check out the 3mE PhD council webpage and/or contact

Graduateschool-3mE@tudelft.nl and join our monthly lunch meeting to see what the PhD council is all about.

And besides having a great time, you can also earn a maximum of 2 GS credits for your involvement in the PhD council. Don't hesitate!

SPORTS EVENT

The current situation has us all trapped inside our homes and offices, unable or unmotivated to go outside and get the exercise we so desperately need and love. Hence, this is the perfect year to finally sign up for the annual PhD Sports Event! This year's event will be organized slightly differently from earlier years, but it will be just as competitive and engaging as it's always been!

The event will be held over the course of June, where everyone competes in their sport of choice (cycling, running, walking or inline skating) to win one of the oh-so-desired prices that will be rewarded after the event. You'll use Strava to record your total distance covered in June, which is an activity sharing app allowing users to track and upload their performance.

You can participate wherever, whenever, and with whomever you want! The top three ranking participants for each sport will be rewarded a VVV GIFTCARD OF \$50, \$35, OR \$20 for finishing in first, second, or third place!

We encourage you to share your experiences by including some pictures or a short text with your recorded activities, for all participants to see! So are you ready to get back in shape, and throw off those covid kilo's you've been denying accumulated over the last year? Then spread your wings, and sign up here!

When: June 1st, 00:00 - June 30th, 12:00













Are you still in need of discipline-related credits for Graduate School? We have compiled a list of resources for those of you who are a bit lost on how to get these credits. As a reminder, you can get discipline-related credits in the following ways:

- Courses offered by Research Schools; these courses are not organized by TU Delft Graduate School. You can find the list of Research Schools that TU Delft is affiliated with here.
- Courses offered by 4TU; the 4TU universities (TU Delft, University of Twente in Enschede, TU/e in Eindhoven and WUR in Wageningen) have opened up their Doctoral Education training programmes to each other's doctoral candidates. Explore the courses on offer for Eindhoven, Twente, and Wageningen.
- Online courses; check out websites such as EdX and Coursera for a huge collection of online courses. Get a 'verified certificate' as proof that you've passed the course, the charge for this will be reimbursed by GS.
- Faculty doctoral courses: It is also possible to follow courses at another faculty. For 3ME, you can find the doctoral courses here. We are working on adding more to this list!
 - Does your work require you to use specialized machines or equipment for which you have to follow a training? You can get discipline related credits for this as well, have your trainer sign this form. Contact Mascha Toppenberg for the amount of credits you can receive per training.
 - Summer/winter schools; unfortunately, due to Corona these have not been organised for the past two years. We will keep you updated once we know when they will be organised again!

A bit of history ...

PHD COUNCIL INSTAGRAM

winning a FREE COFFEE FROM COFFEE STAR



CONSULTATION HOURS GRADUATESCHOOL

If you have any doubts about your PhD trajectory, the number of GS courses you still need to do or the credits you can receive for an online course, Mascha Toppenberg from Graduate School is available for online consultation, every Wednesday from 13.00 till 14.00.

You can reach her via standard Skype: graduateschool-3me.

or via Skype for Business: m.p.i.toppenberg@tudelft.nl.

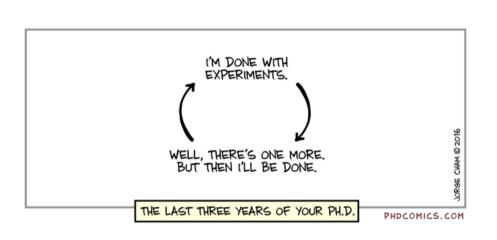


WORK STRESS IN ACADEMIA

On the 6th of May, in quick succession to the talks and discussion session on 'Open Science', the 3mE PhD council organized another talk on 'Work Stress in Academia'. This event was conducted in light of the increasing levels of stress, exhaustion, mental illness, and burnouts among

PhD students at TU Delft and worldwide. This is especially relevant during Corona times, when workloads remain high but carrying out workplace duties are more difficult than ever. The speaker was Dr. Ali Haseltalab, a postdoc from the Department of Maritime and Transport Technology in 3mE, someone with years of experience in academia. The audience consisted of a little over 30 PhDs from the faculty.

Ali took an interesting approach to the topic, focusing on the root causes of the intense competition in academia and suggesting that work stress can effectively be reduced only if certain societal structures are overhauled. In particular, he levelled criticism at the system of capitalism and its tendency to encourage people to work themselves to the bone in order to succeed, even at the cost of their health and happiness. The talk was philosophically oriented and intentionally refrained from mentioning the usual short-term remedies to work stress offered by many speakers, such as meditation, yoga, mindfulness etc., which was a refreshing take on the subject and appreciated by the attendees. The discussion session following the talk was also of a philosophical nature and concerned how (hypothetically) the system could be overhauled. Due to the positive response to this event, the 3mE PhD council plans to conduct future sessions to examine this topic further and from different angles to identify the best ways to reduce the pressures faced by PhDs and academics in the workplace.



WARM WELCOME TO..



Mostafa Osman



Can Özkan



Nicholas White



Sohan Phadke Iris Burgers Shrinjay Sharma

OPEN SCIENCE DISCUSSION

On the 22nd of April, the 3mE PhD council organized a series of short talks and a discussion session on 'Open Science', with the help of the TU Delft library and the data stewards of the university. The speakers were Dr. Emmy Tsang, manager of the Open Science Community Delft, Dr. Yasemin Turkyilmaz-van der Velden, the data steward of 3mE, Dr. Jason Moore, assistant professor at BMechE, and Dr. Santosh llamparuthi, the data steward of EWI. Each talk lasted 10-15 min and covered a unique aspect of open science.

Emmy's talk was an introduction to open science and open access literature, Yasemin's concerned open/FAIR data, Jason's presentation was on open source software, and Santosh's was about open hardware. There were over 30 attendees who said they found the talks interesting and informative. It was clear that there is a lot of support for open science in the PhD community, judging by the fruitful discussion session after the talks and the many questions in the chat. A few PhD candidates even asked how they could convince unwilling supervisors to make the switch to open science, which was encouraging since it showed that people were willing to take action on this issue. Given the success of this event, the 3mE PhD council plans to conduct future sessions on this topic and urge the 3mE faculty to move rapidly towards open science.