Health and Biosciences Doctoral Programme (HBS-DP)
Terveys- ja biotieteiden tohtoriohjelma

Ritva Saastamoinen & Mirja Peltola
27.2.2018 Info & Brainstorming
Key players in doctoral training

- Supervisor(s)
- Follow-Up Group
- Doctoral student

Doctoral Degree Programmes (DDP) & Doctoral Programmes (DP): Field-specific training

UniOGS: Overall framework, General & transferable skills training
Our playground: Organization of Doctoral Training at UO
# HBS-DP: How to get in?

## Admission to UniOGS:
- Opintopolku.fi/Studyinfo.fi online system – current call open until April 30
- See also: [http://www.oulu.fi/uniogs](http://www.oulu.fi/uniogs)

## Doctoral Degree Programmes (4 years):
- Medicine
- Dentistry
- Health Sciences
- Biochemistry and Molecular Medicine
- Biology
- + occasional students from other DDPs

## Doctoral Training Committee for Health and Biosciences (HBS DTC)

=

- Automatically to Health and Biosciences
- Doctoral Programme (HBS-DP)
**HBS players: Responsible people**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>UniOGS Dean</td>
<td>Harri Oinas-Kukkonen</td>
<td>Head of UniOGS</td>
</tr>
<tr>
<td>UniOGS Vice-Dean</td>
<td>Jouko Miettunen</td>
<td>General training</td>
</tr>
<tr>
<td>HBS-DTC Chair</td>
<td>Seppo Alahuhta (vice-chair Risto Kerkelä)</td>
<td>Leads HBS-DP</td>
</tr>
<tr>
<td>Degree Programme Directors:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Petri Lehenkari (MD) &amp; Jouko Miettunen (PhD)</td>
<td>Degree requirements, course curriculum, admin</td>
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<tr>
<td></td>
<td>Pekka Ylöstalo</td>
<td></td>
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<tr>
<td></td>
<td>Thomas Kietzmann</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maria Kääriäinen</td>
<td></td>
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<tr>
<td></td>
<td>Laura Kvist</td>
<td></td>
</tr>
<tr>
<td>HBS UniOGS coordinator</td>
<td>Anthony Heape</td>
<td>Guidance, general administration</td>
</tr>
<tr>
<td>HBS-DP coordinators</td>
<td>Mirja Peltola &amp; Ritva Saastamoinen</td>
<td>First-hand contact, field specific training</td>
</tr>
<tr>
<td>Chief of Postgraduate Education (Johtava koulutusasiantuntija)</td>
<td>Titta Koski (Faculty of Medicine, FBMM) (on leave during 15.3. – 31.12.2018; substitute TBA)</td>
<td>End processes!</td>
</tr>
<tr>
<td></td>
<td>Katri Suorsa (Faculty of Science)</td>
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Where are we: Everyday contacts in HBS-DP

Doctoral Programme coordinators:

- Mirja Peltola
- Ritva Saastamoinen

Questions, need guidance? Want to give feedback? Always welcome to contact and visit us!
**Doctoral training: Individually tailored curriculum**

<table>
<thead>
<tr>
<th>Total number of credits required for most Degree Programmes/ Majors of HBS-DP students: 20 ECTS</th>
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<tbody>
<tr>
<td>➢ General studies: 4 ECTS</td>
</tr>
<tr>
<td>➢ Field-specific studies: 16 ECTS</td>
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<table>
<thead>
<tr>
<th>Obligatory studies</th>
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<tbody>
<tr>
<td>➢ Introduction to Doctoral Training (1 ECTS, UniOGS)</td>
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<tr>
<td>➢ Scientific Research and Ethics (2 ECTS, UniOGS)</td>
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<tr>
<td>➢ Doctoral training plan (3 ECTS, UniOGS) – During year 1</td>
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<tr>
<td>➢ Research plan seminar (1 ECTS, HBS-DP) – By the end of year 1</td>
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<tr>
<td>➢ Annual reporting and follow-up group meetings (1 ECTS, UniOGS)</td>
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<thead>
<tr>
<th>Optional studies, examples – Take advantage as much as possible!</th>
<th></th>
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<tbody>
<tr>
<td>➢ HBS-DP field-specific training – Calendar of Events!</td>
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<tr>
<td>➢ Oral and poster presentations in conferences</td>
<td></td>
</tr>
<tr>
<td>➢ UniOGS optional studies (transferable skills, entrepreneurial</td>
<td></td>
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<tr>
<td>skills!)</td>
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<tr>
<td>➢ Courses given by other UO DPs or outside of Oulu (e.g. other</td>
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<tr>
<td>Finnish Universities, NorDoc, EMBO)</td>
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## HBS-DP Training framework

<table>
<thead>
<tr>
<th>Field specific studies</th>
<th>Practical courses, lecture courses, seminars, symposia, workshops, conferences, other (scientific) events</th>
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</thead>
<tbody>
<tr>
<td><strong>Language:</strong></td>
<td>Mainly in English, some in Finnish</td>
</tr>
<tr>
<td><strong>Collaboration</strong></td>
<td><strong>Local:</strong> Faculties; other UO doctoral programmes and organizations; Research Centres: MRC Oulu, Biocenter Oulu</td>
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<tr>
<td></td>
<td><strong>National:</strong> National Graduate School of Clinical Investigation (VKTK) network (Helsinki, Turku, Kuopio, Tampere), FinBionet</td>
</tr>
<tr>
<td></td>
<td><strong>International:</strong> NorDoc, Ulm University Germany, ...</td>
</tr>
<tr>
<td><strong>Trainings and events are announced in:</strong></td>
<td><a href="http://www.oulu.fi/uniogs/dp/hbsdp">http://www.oulu.fi/uniogs/dp/hbsdp</a></td>
</tr>
<tr>
<td></td>
<td>Mailing list <a href="mailto:hbsdp@lists.oulu.fi">hbsdp@lists.oulu.fi</a> (HBS-DP doctoral students) and other relevant mailing lists + campus ads</td>
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### HBS-DP: Upcoming courses/ events, spring 2018

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>March 2</td>
<td>Oral diseases Symposium</td>
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<tr>
<td>March 15-16</td>
<td>Introduction to Doctoral Training (obligatory UniOGS course)</td>
</tr>
<tr>
<td>March 26</td>
<td>HBS-DP Research Plan Seminar</td>
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<tr>
<td>April 12</td>
<td>Oulu BioImaging Network OBI Day</td>
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<tr>
<td>April 23</td>
<td>HBS-DP Research Plan Seminar</td>
</tr>
<tr>
<td>May 17-18</td>
<td>Advanced SPSS-course (in Finnish). Tilastollisten analyysien jatkokurssi SPSS-ohjelmistolla</td>
</tr>
<tr>
<td>May 28</td>
<td>HBS-DP Research Plan Seminar</td>
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<tr>
<td>June 13-15</td>
<td>The 3rd Paula Rantakallio Symposium on Birth Cohorts and Longitudinal Studies</td>
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<tr>
<td>June 15</td>
<td>Symposium of Sudden Cardiac Death and Cardiac Arrhythmias</td>
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+ Others TBA

Follow updates in the Calendar of events [http://www.oulu.fi/uniogs/dp/hbsdp/calendar-of-events](http://www.oulu.fi/uniogs/dp/hbsdp/calendar-of-events), see ads around the campus and read our emails!
### Seminars

<table>
<thead>
<tr>
<th>Includes</th>
<th><strong>HBS Guest Seminars</strong> (Spring 2018: April-June)</th>
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<tbody>
<tr>
<td></td>
<td><strong>Research Plan Seminars</strong> (monthly)</td>
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<tr>
<td></td>
<td><strong>Other symposia and events organized by HBS-DP</strong> (regular and occasional)</td>
</tr>
<tr>
<td><strong>Credits</strong></td>
<td>Sign up for seminar</td>
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<td></td>
<td>Record the attendance on seminars (date, seminar title, duration, place)</td>
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<tr>
<td></td>
<td>Credits: either as indicated in the course programme, or hour-based 0,5 ECTS / 10 h</td>
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<tr>
<td></td>
<td><strong>HBS-DP email list</strong> <a href="mailto:hbsd@lists.oulu.fi">hbsd@lists.oulu.fi</a></td>
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<tr>
<td><strong>Why</strong></td>
<td>Not only for ECTS, but also: networking, updating, innovating, collaboration!</td>
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# Research Plan Seminars

<table>
<thead>
<tr>
<th>Where</th>
<th>HBS-DP research plan seminars</th>
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<tbody>
<tr>
<td></td>
<td>Group/faculty/research unit meetings or seminars</td>
</tr>
<tr>
<td>When</td>
<td>HBS-DP seminars in Spring 2018: <strong>Feb 26, March 26, April 23, May 28</strong></td>
</tr>
<tr>
<td>Why</td>
<td><strong>Not only because it’s obligatory but also</strong>: presentation skills, publish your research, comments, networking, collaboration…</td>
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<tr>
<td>How</td>
<td>HBS-DP Research Plan seminars:</td>
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<tr>
<td></td>
<td>1) Presentations preferably in English</td>
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<td></td>
<td>2) Supervisors participation</td>
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<td>3) Registration: via website (Calendar of events) or email to Mirja</td>
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<tr>
<td><strong>Nordic Doctoral Training in Health Sciences</strong> Network (Denmark, Sweden, Norway, Finland, Iceland)</td>
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<td><a href="https://www.nordochealth.net/">https://www.nordochealth.net/</a></td>
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<td><strong>Open course market:</strong> courses available in the partner organizations</td>
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<td><strong>Annual Nordic PhD Summit:</strong></td>
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<tr>
<td>- Next: Helsinki, Finland, August 23-24 (Doctorala programme travel support will be available)</td>
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<td>+ Other activities TBA</td>
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Questions? Discussion, Brainstorming for new ideas

What is especially needed that we do not have in our curriculum? Do we have something in the curriculum that is not needed?

**Signs You’re Ready to Graduate**

- When a form letter calls you “Doctor” and you don’t react.
  - Dear Dr. We write to inform you that the...
  - Huh.

- When your prof asks you to take on another project and you say “no.”
  - Allison, can you?
  - No!

- When you start winning arguments with your PI.
  - See?
  - Mmm, yes, you’re right.

- When the younger students are genuinely surprised to see you in the lab.
  - Oh, hey. You’re here.
  - What?

**Thanks!**