The PhD/Postdoc Career Center (ZePrOs) is assigned to the division of research and advancement of young researchers in the Academic Planning and Development Department.

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Advisors

Consultation for postdocs, mentoring programs for young female scholars, advancing the concept of developing PhD students and young scholars

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Consultation for PhD students and prospective PhD students, networking, program of courses and events

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Site map
Parking options: Ledenhof garage, Kamp garage
Bus connections: Nos. 21, 22, 91/92, 491, X493

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About us
The PhD/Postdoc Career Center (ZePrOs) – an interdisciplinary facility at Osnabrück University – provides support to PhD students and postdocs from all subject areas, enabling them to hone their research and multidisciplinary skills.

The ZePrOs offers interdisciplinary seminars to help participants strengthen their academic and professional key competencies, as well as career guidance. With regard to career planning, young scholars are offered accompaniment in shaping their university or non-university career paths.

Services
Key elements of our services:

Individual advice
As a central contact point for current and prospective PhD students and postdocs, the ZePrOs provides them with individual and multidisciplinary advice. The ZePrOs supports prospective PhD students in their decision whether or not to pursue a PhD. It also supports PhD students in the process of deciding which career to pursue after completing a PhD and offers process-related advice during the PhD phase, whenever required. The ZePrOs offers postdocs multidisciplinary career guidance on how to shape career pathways in academic and non-research-based areas.

Interdisciplinary networking
The ZePrOs offers PhD students and postdocs all kinds of opportunities to engage in disciplinary and interdisciplinary networking. These activities include multidisciplinary seminars, workshops, and discussion events, as well as conferences, colloquia and round tables organized by the ZePrOs or by the PhD students and postdocs themselves. There is also the possibility to engage in exchange via networking platforms and mailing lists.

Interdisciplinary training
Each semester, the ZePrOs offers a multidisciplinary program of courses and events geared towards the needs of PhD students and postdocs, enabling them to gain academic and professional key competencies in four areas of competence:
- Science and methods
- Leadership skills
- Self-management skills and career planning
- Work techniques, language and media skills

Those interested in taking part in a course are asked to register with the ZePrOs accordingly. Information about registration and the application procedure can be found at:
www.uni-osnabrueck.de/development_of_young_scholars/mentoring

Establishing contacts to companies
The ZePrOs establishes contacts between PhD students/postdocs and companies/organizations, making non-university fields of work more accessible. Contacts to companies are arranged individually, tailored to the needs of the PhD student/postdoc. The ZePrOs cooperates with over 50 regional companies and organizations.

Mentoring for young female scholars
Mentoring programs enable young female scholars to receive individual accompaniment and support with regard to their career development. The modular programs comprise the elements of one-to-one mentoring, training and networking. In addition, a framework program helps to formalize the program and to assure its quality. With its mentoring programs for young female scholars, Osnabrück University has implemented instruments to develop young scholars whilst ensuring more equal opportunities in the science system.

The ZePrOs offers two target group-specific programs: an 18-month program for female postdocs and junior professors, and a twelve months program for female PhD students implemented in cooperation with the Equal Opportunity Office.

More information:
www.uni-osnabrueck.de/development_of_young_scholars/mentoring

Cooperation partners
In the field of developing young scholars, the ZePrOs works in close cooperation with Osnabrück University’s Research Funding Advisors. In the field of interdisciplinary training, the ZePrOs cooperates with Further and Continuing Education, the Language Center, the Professional Skills Development Coordination Center, the Center for Information Management and Virtual Teaching (virtUOS), the University Library, and Osnabrück universities’ joint Knowledge and Technology Transfer. International PhD students and postdocs are supported in collaboration with Osnabrück University’s International Office.