



**SwissMAP**

The Mathematics of Physics  
National Centre of Competence in Research

# SwissMAP Mentoring Program for PhD students and Postdocs



SWISS NATIONAL SCIENCE FOUNDATION



Can't decide between an academic path or industry?

Many researchers are reluctant to seek help, believing that they should be able to resolve their problems alone, we offer our support and experience to our PhD students and Postdocs.



### SwissMAP PhDs and Postdocs

The Program is open to you and is there to support you in achieving your goals effectively, and to give you access to the knowledge, skills and expertise of more senior SwissMAP participants.



Problematic supervision ruining your research?



Too much to do and too little time to do it?

## First step: decide to speak to someone

It is well known that PhDs can be presented with difficult decisions and mentoring can greatly influence and shape a researcher's experience and future career trajectory. Effective mentorship can play a critical role in a researcher's professional growth and development. The SwissMAP mentoring program offers PhDs and Postdocs impartial confidential support and advice for those crucial moments. Examples of some issues which could be addressed include personal crises, study problems, relationship difficulties and career advice amongst others.

## Second step: find a suitable mentor

Your mentor does not need to be someone you already know or in your department or field. A number of SwissMAP professors have volunteered to act as official mentors and to provide their viewpoints, advice, and information as part of the program. We understand it isn't easy to approach someone especially when we know they are 'very busy' but please bear in mind that our Mentoring Program participant professors have all volunteered to provide their viewpoints, advice, and information and most of them are very likely to have experienced similar issues or asked themselves similar questions at some point in their lives. Their valuable expertise can assist you and support you in issues concerning your professional and personal life. If you decide to choose a mentor in another institution SwissMAP will cover the travel expenses.

## Third step: contact a mentor

In order to launch this programme we invite SwissMAP PhD students and Postdocs to read the profile of our participant Professors and to choose a mentor. Their profiles are available through our internal website: [nccr-swissmap.ch/login](http://nccr-swissmap.ch/login)

## The Mentors



Anton  
Alekseev



Anna  
Beliakova



Giovanni  
Felder



Shaula  
Fiorelli



Susanne  
Reffert



Julian  
Sonner



Andras  
Szenes



Corinna  
Ulcigrai

We hope that this mentoring program will meet your expectations and provide you with the resources for a successful career.



You can also contact us directly for further information on the programme:

[communication-SwissMAP@unige.ch](mailto:communication-SwissMAP@unige.ch)



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*u<sup>b</sup>*

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FR**  
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UNIVERSITÄT FROBING



University of  
Zurich <sup>UNIZH</sup>