



Sveriges lantbruksuniversitet  
Swedish University of Agricultural Sciences

# Monika Appel

Doctoral student ombudsman/ombudsperson

Doctoral student councillor/PhD student commissioner

Division of Educational Affairs

Introduction to Postgraduate studies NJ-faculty  
2019-09-05

The word “ombud” is of Swedish origin and means representative

**Ombudsman** – someone who is representing the interests of someone, a company etc.

**Doctoral student ombudsman** – someone who is representing the interests of doctoral students



**Main task** – be a support for PhD students at SLU when you experience concerns or problems in your situation as PhD students

# Criteria

Professional secrecy

*Public Access and Secrecy Act*

Independent role

Unpolitical

## **The Public Access to Information and Secrecy Act**

### Chapter 23, Section 5, Paragraph 1

Confidentiality applies to other areas of education [...] for information relating to psychological assessment or treatment and information regarding an individual's personal circumstances held by a psychologist, social worker or study and career advisors unless it is clear that such information may be revealed without causing the individual or any person close to him/her to suffer in any way.

# Who can get in touch?

All PhD students at SLU who experience concerns or problems in your situation as PhD students

***Free of charge***

# Types of support

Discuss your situation, concerns or problems related to your situation as PhD student (private as well as working related)

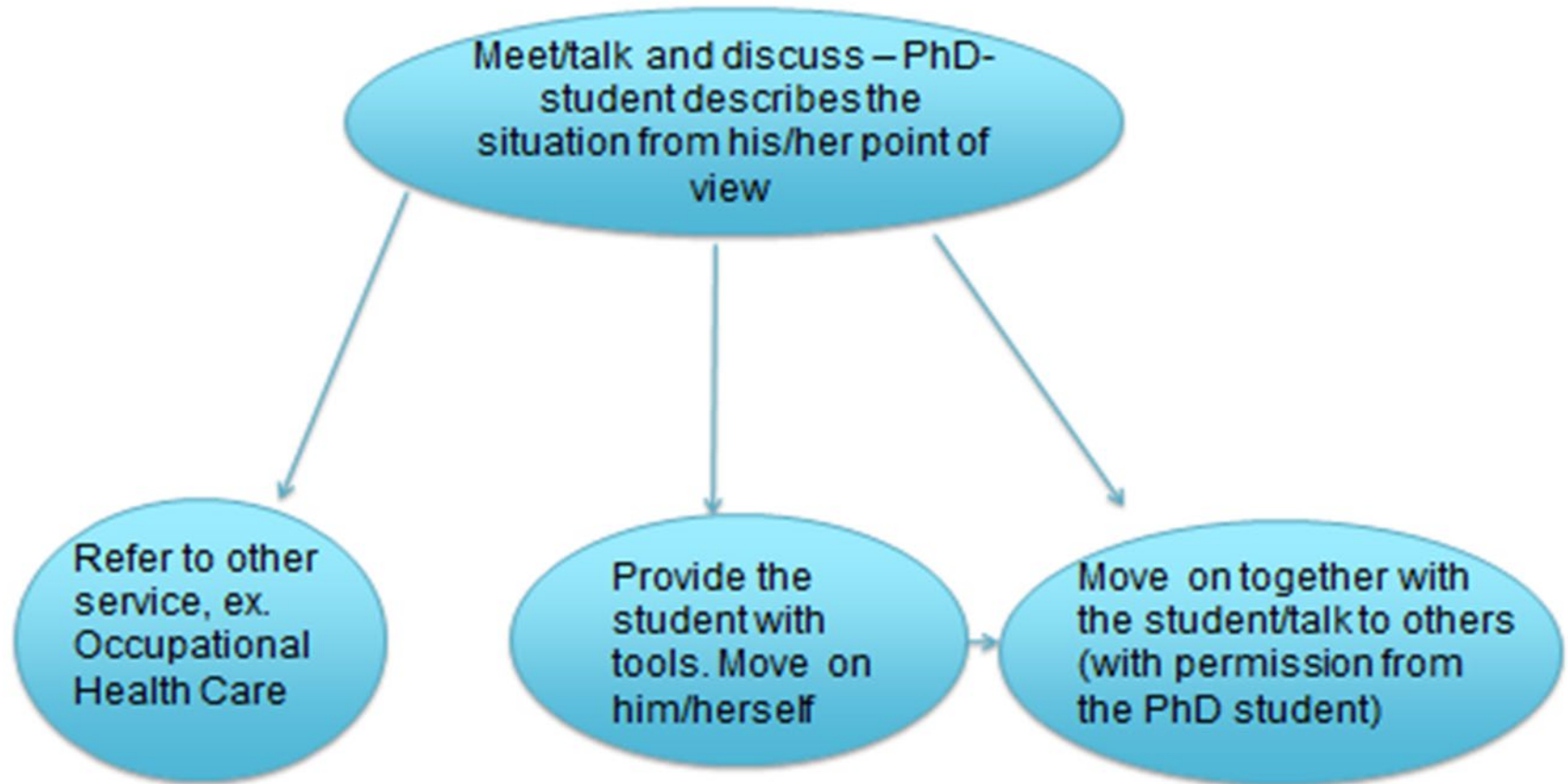
Possible collaboration with other ombudsmen at other universities (national, scandinavian network, but also individual contacts)

Possible collaboration with the trade union

Refer to, help and assist in contact with appropriate authorities

Offer support in conversations that may feel difficult (change of supervisor, faculty board, harassment, rehab meetings etc.)

***I follow the legislation***





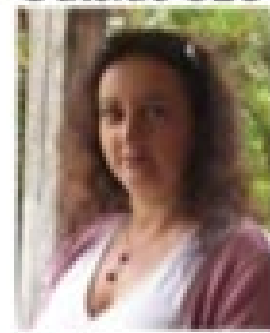


**National network for  
ombudsmen**

**Informal network  
KTH, SU, KI, SLU**

**Scandinavian network for  
ombudsmen**  
Norway, Sweden, Denmark

Outside SLU



Within SLU

**SLUSS PhD  
Student Council  
(SLUSS DN)**  
-co-opted member

ASK DN  
ULS DN  
SHS DN  
VMF DN

**Council of Doctoral  
Education (FUR)**  
-co-opted member

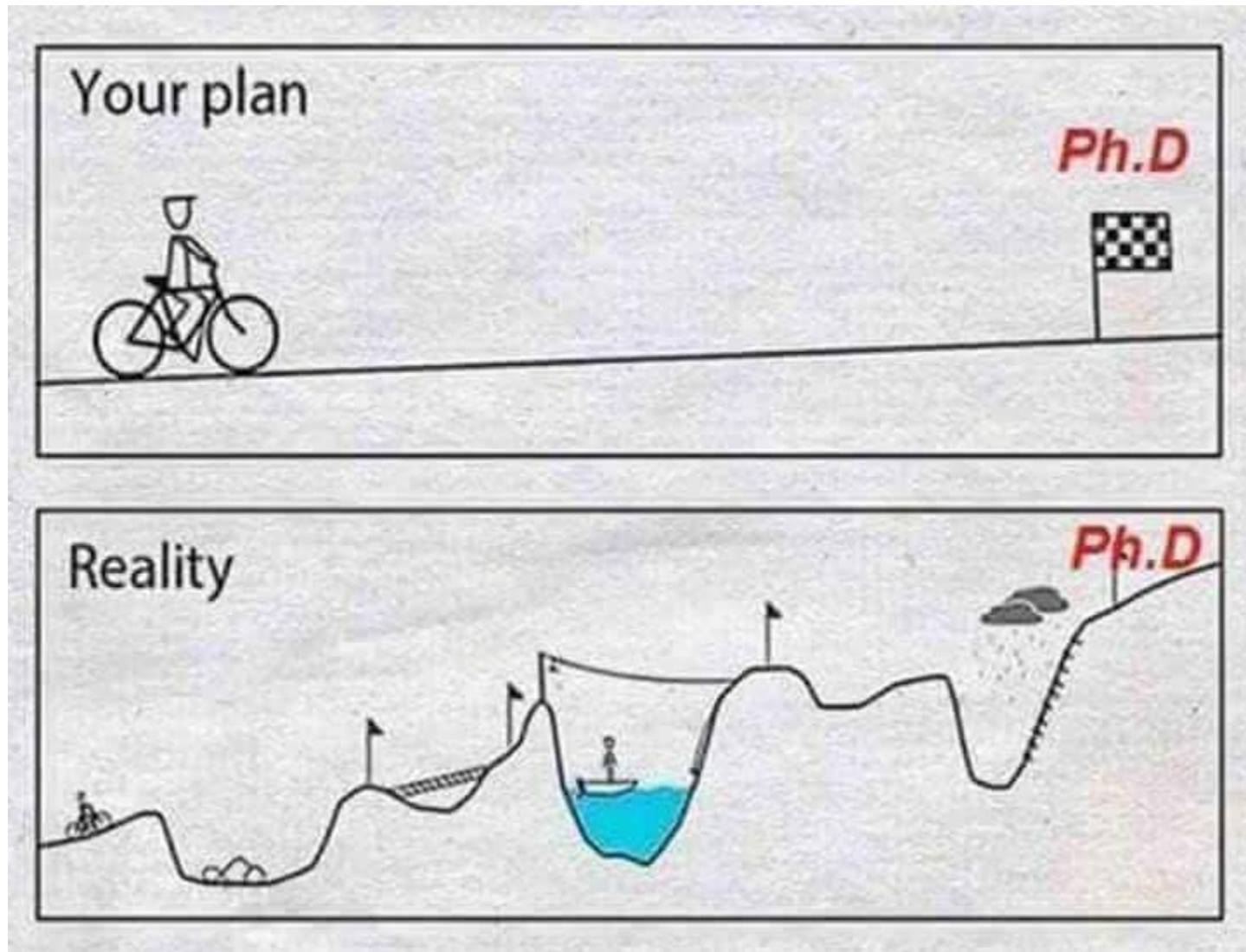


# Doctoral award ceremony



Between 14% – 28 %  
had been in touch

# Realistic goals on a bumpy road



Research is            1% inspiration  
                                 99% perspiration

(Stefan Einhorn, Swedish Physician, professor, and author)

"LIFE is FULL of UPS and DOWNS"

The Trick is ENJOY the UPS,  
and have the COURAGE  
during the DOWNS.





**Alice Munroe**, who was awarded the 2013 Nobel prize for being a "master of the contemporary short story, was originally rejected for choosing short fiction for her art



**Eric Bentzig**, Nobel Prize winner in chemistry 2014 declared that chemistry was his weakest subject in school

# Don't give up!!





# Rejected manuscripts



"Editor says the manuscript would serve some purpose if it were written on toilet paper."

# A few tips

Communication, expectations, supervision

Shortterm goals

Rewards

Breaks

Seek help





**Good luck!!!**



# Contact

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