Overcoming isolation and loneliness with the PhD Alumni Network!

Our motto "UGA PhD Alumni Network: Counting on others, counting for others" has taken on its full meaning in the current situation. During this period of Covid-19 Coronavirus lockdown, the "inventory of living and study conditions" survey carried out by the Student Life management team that the Doctoral College passed on to PhD students has highlighted the fact that many of you - and in particular international PhD students - are isolated and finding this lockdown a lonely period that is difficult to overcome. The PhD Alumni Network is here to help you find other PhD students and alumni, to create ties, share, overcome this loneliness and show solidarity.

Overcoming isolation with the PhD Alumni Social Media Network

This is why we wish to promote the PhD Alumni Network to all PhD students and recently qualified Doctors as a place to meet, chat and overcome barriers together. Peers will be able to answer your questions. Nothing better than another PhD student or PhD to understand your situation as a PhD student. This is in line with the values we all share and gives meaning to the network's motto "PhD Alumni Network UGA: counting on others, counting for others".

These informal discussions could be a support for you in addition to the actions carried out at institutional level by various entities such as UGA, CROUS, your employer etc.

Remote workshops for personal and professional purposes

The Doctoral College is aware of the situation and is offering, via the PhD Alumni Network, various distance-learning workshops - both personal and professional. These workshops are open to all PhD students and Doctors registered in the PhD Alumni network. If you are not registered in the Network, don't worry. It's free, simple and quick to do.

The workshops:

Personal
**My lockdown, my thesis and I:** On April 24th 2020 from 11AM to 12.30PM: Free speech group on the experience of living in lockdown, its impact on your thesis work and on you. *In english* [speaker Sandrine Chapon, practitioner in emotional regulation]

**Lockdown, dealing with your emotions:** On May 5th 2020 from 11AM to 12.30PM: Learn techniques for regulating overwhelming emotions and stress. *In english* [speaker Sandrine Chapon, practitioner in emotional regulation]

**Professional**

**How to work remotely using digital tools?** April 30th 2020 from 2PM to 5PM: Discover digital tools useful for research activities and choose those that meet your needs. *In english* [Adoc Talent Management]

**Networking - a springboard for my future! How to communicate effectively on social network.** on May 19th 2020 from 2PM to 5PM. In english [ABG]

**The skills portfolio: an essential step in my PhD journey** - June 12th, 2020 from 2PM to 5:30PM - Take the time to pinpoint the skills acquired during your thesis. In english [ledoctorat.fr]

#UGAonEstEnsemble

See also the webconf(inements) (lockdown web lectures) by the ABG association.

The ABG meets every Wednesday in April, from 11am to 12:30pm for its **Webconf(inements): a time for discussion, reflection and advice** on several topics related to the professional development of Doctors.

Updated on April 16, 2020

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**Thesis Defences**

**Upcoming doctoral dissertation defences**

Coronavirus COVID-19 : Informations for PhD Students

Consult regularly updated information

UGA Informations about Coronavirus Situation

**Measures taken by UGA to deal with the coronavirus COVID-19 infection situation**

Survey

**Answer the survey “inventory of living and study conditions” to identify the difficulties that may arise in this situation of confinement.**