

FEDERAL PHDS NEWSLETTER

ASSO. GERMAN DOCTORAL RESEARCHER

MARCH 2026

IMPOSSIBLE WORK-LIFE BALANCE

The question of balancing a doctoral programme, family and caregiving is difficult. Most doctoral researchers work overtime and are stretched thin! Do you know of any good support structures at your university?



JUGGLING TO MUCH TO ACHIEVE EXCELLENCE

In today's research environment, doctoral researchers often have to juggle multiple responsibilities, such as research, teaching and administrative work, despite being employed only part-time. This might hinder the development of excellent research.



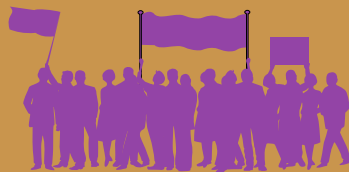
GET TO KNOW OUR NEW SPOKESPEOPLE:

Our treasurer Leonard ensures that our financial foundation is solid and we carry out our work sustainably. Meanwhile, he drives the development of structured processes for membership forward and establishing contacts with universities.

NEW
NEW
NEW
NEW

WHAT IS HAPPENING FOR PHDS RIGHT NOW?

- Our 9th March 2026 EGM was a success but we did not reach the required number of voters. We must wait for the results of the delayed online voting for the new EC to be officially called.
- NACAPS will begin a new follow-up study in mid-April on the well-being of doctoral researchers.
- We have posted some blogs over the last weeks - have you read those?



“ I DON'T SEE THE FAILURES AS MISTAKES BECAUSE I ALWAYS LEARNED SOMETHING FROM THOSE EXPERIENCES. I SEE THEM AS HAVING NOT ACHIEVED THE INITIAL GOAL, NOTHING MORE THAN THAT.”

—

JAMES E. WEST



YOUR VOICE MATTERS!



We value your feedback and suggestions. If you have any ideas reach out to us and get involved!

More details to the segments of our newsletter and further information about us on our website:

[promovierende.de](https://www.promovierende.de)

