PERSONAL STUDY PLAN, INSTRUCTIONS (see page 2 for a model draft of the plan)

Personal study plan is an important and compulsory part of the application for doctoral studies. The Scientific Postgraduate Committee evaluates the plan, which must adhere to the curriculum for doctoral studies at the Faculty of Medicine and Life Sciences.

According to the curriculum, the grand total of 30 ECTS should be divided into two categories:

1. **General Doctoral Studies 1–10 ECTS**
   These studies must include a course on research ethics. The student can choose courses offered by the University of Tampere Doctoral School or seek for other equivalent options.

2. **Doctoral Studies agreed upon with the Supervisor 20–29 ECTS**
   The goal of these studies is to offer the student in-depth familiarization with the field of research in question and the research methods related to it. The studies should support the doctoral dissertation project as much as possible.

Below are some examples of recommended maximum credits for various study activities:

- **Scientific conferences in Finland or abroad**
  - A one day conference where the student gives a poster presentation 1 ECTS
  - A one day conference where the student gives an oral presentation 2 ECTS
  - A two or three day conference 1 ECTS
  - A four or five day conference 2 ECTS

- **The degree of specialist in medicine**
  - No more than eight (8) ECTS credits worth of specialist courses may be included in the degree within that clinical field

With the supervisor’s permission the Degrees of Doctor of Health Sciences and Doctor of Philosophy may contain a maximum of eight (8) credits worth of academic courses.

- **Postgraduate/scientific seminars**
  - Participation in a seminar (10 hours / 1 ECTS)
  - Presentation at a seminar (1 presentation / 1 ECTS)

- **Writing a scientific publication**
  - A scientific article, which is not included in the dissertation itself 2–4 ECTS
  - Field-specific literature, examinations and essays: predetermined number of credits.

The supervisor(s) of the dissertation determine(s) what studies can be included in the doctoral degree.
## Personal Study Plan

1st August 2017

### General Doctoral Studies 1–10 ECTS

<table>
<thead>
<tr>
<th>Name of the study module</th>
<th>ECTS</th>
<th>Planned time of completion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Research Ethics, TaY</td>
<td>4 ECTS</td>
<td>fall 2017</td>
</tr>
</tbody>
</table>

Total: 10 ECTS

### Doctoral Studies Agreed upon with the Supervisor 20-29 ECTS

<table>
<thead>
<tr>
<th>Name of the study module</th>
<th>ECTS</th>
<th>Planned time of completion</th>
</tr>
</thead>
<tbody>
<tr>
<td>World Congress on Internal Medicine + poster</td>
<td>1 ECTS</td>
<td>summer 2018</td>
</tr>
<tr>
<td>Field-specific meetings (1 ECTS/meeting)</td>
<td>4 ECTS</td>
<td>spring 2018- spring 2020</td>
</tr>
<tr>
<td>Quantitative research data, TaY</td>
<td>4 ECTS</td>
<td>fall 2017</td>
</tr>
<tr>
<td>Collecting quantitative data, TaY</td>
<td>4 ECTS</td>
<td>spring 2018</td>
</tr>
<tr>
<td>Analyzing quantitative data, TaY</td>
<td>5 ECTS</td>
<td>fall 2017</td>
</tr>
<tr>
<td>Specialist of Clinical Microbiology, TaY</td>
<td>8 ECTS</td>
<td>spring 2018</td>
</tr>
<tr>
<td>Biological Data Analysis, HY</td>
<td>2 ECTS</td>
<td>spring 2019</td>
</tr>
</tbody>
</table>

Total: 28 ECTS

Theoretical studies combined: 32 ECTS. (Please note that you can study more than 30 ECTS as long as the criteria set for different categories are fulfilled.)

I accept the proposed study plan.

_________________________    ________________________________
Date                                    Signature of the supervisor(s)