Guidelines - Student's individual plan for third cycle studies

The student's individual plan includes four parts:
- The part of training for research activities;
- Research; Collection of factual material and thesis writing;
- Structure of the proposal-thesis;
- Cooperation with the mentor/s.

(The student describes in a few words the skills and knowledge that he/she will develop in these two semesters. The chosen elective courses will also be included here).

1. **Research training activities**

   **Semester 1**
   - Obligatory course (10.0 ECTS)
   - Obligatory course (10.0 ECTS)
   - Obligatory course (10.0 ECTS)

   **Semester 2**
   Approval of student’s individual plan (10.0 ECTS)
   - Elective (10.0 ECTS)
   - Elective (10.0 ECTS)

2. **Research; Collection of factual material and thesis writing**

   **Semester 3 and 4**

<table>
<thead>
<tr>
<th>Activities according to the PhD program in semesters</th>
<th>Short description of the activity</th>
<th>Data (location, time, etc.)</th>
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<tbody>
<tr>
<td>Students’ mobility (5.0 ECTS)</td>
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<td>Publications I (15.0 ECTS)</td>
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<td>Research work (40.0 ECTS)</td>
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Semester 5 and 6

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<tr>
<th>Activities according to the PhD program in semesters</th>
<th>Short description of the activity</th>
<th>Data (location, time, etc.)</th>
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</thead>
<tbody>
<tr>
<td>Presentation of research results (20.0 ECTS)</td>
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<tr>
<td>Publications II (10.0 ECTS)</td>
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<td>PhD dissertation (30.0 ECTS)</td>
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3. Structure of proposal-thesis

Research proposal should consist of the following elements:

- Introduction - for discussion
- Nature of the problem – subject of the research
- Why is the problem important?
- How will your research contribute to solving the problem - will it be implemented in industry or community?

Research question(s) or hypothesis (hypotheses)

- What is the relationship between two or more concepts, variables, phenomena, events that you are determined to do research etc? This should also include an operational definition of key terms that the PhD candidate will use in his/her dissertation. (Max. 7 key terms).
- The theoretical part on the problem that you have chosen for dissertation
- (An integrated statement that explains why these studies or these theories are relevant to your research).
- Research methodology (This section includes methods, techniques, research ethics, collection of factual material, its analysis, interpretation, place – research centre or the institution where the research will be conducted, etc.).
- First and second hand collected data
- Timescales (the time allowed for completion of PhD studies/dissertation).
- Bibliography
- Length of the plan: 10-15 pages, Calibri size 12, APA,Style

4. Cooperation with the mentor

- The student describes the way and the time needed for cooperation with the mentor.