

CRITERIA FOR THE ACHIEVEMENT OF THE CORRESPONDING PERSONAL TRAINING PLAN IN THE DOCTORAL PROGRAMME IN PSYCHOLOGY, HEALTH AND QUALITY OF LIFE

(Approved at the meeting of the Academic Committee of 15 January 2024)

The recently approved Royal Decree 576/2023 of July 4th has introduced several changes that have been reflected in the procedure for monitoring doctoral theses at the University of Girona, which was modified by the Steering Committee of the Doctoral School in session No. 6/2023, on November 8th. This document can be consulted at the following link:

<https://www.udg.edu/ca/Portals/1/Normativa/ProcedimentmentseguimentTDmentrev2023.ca.pdf>

In accordance with these changes, students entering doctoral programs starting from the 2023-2024 academic year must define a personal training plan during their first year. The University of Girona has chosen to present this plan as a single document, which also includes the research plan. This combined document is referred to as the **Research and Personal Training Plan** and must be approved by the corresponding Academic Committee.

From the second year onwards, students are required to submit a list of activities carried out during the year, corresponding to both the research and personal training plans. This list should be submitted in the form of a follow-up report, which will be evaluated by the Academic Committee of the doctoral program in which the student is enrolled.

This document specifically focuses on **the personal training plan**, as the research plan has not undergone any amendments. The procedure for monitoring doctoral theses now includes a list of activities to be considered as part of this personal training plan. These activities are as follows:

- Attendance at congresses
- Research stays in national and international groups
- Courses and training activities
- Group seminars
- Regular meetings with supervisors
- Scientific production
- Writing scientific articles
- Training in open science
- Data management plan
- Citizen science activities
- Language courses

- Providing activities
- Other aspects deemed relevant by the Commission

The Academic Committee of the corresponding program will determine which of these activities are mandatory to receive a positive assessment. Therefore, in accordance with this document, the Academic Committee of the Doctoral Program in Psychology, Health, and Quality of Life has established that, from the list above, the following activities will be **mandatory**:

- **Courses and training activities**
- **Group seminars**
- **Regular meetings with supervisors**
- **Data management plan**
- **Other aspects deemed relevant by the Commission**

The remaining activities will be considered additional merits, highly valued by the Commission, but not mandatory.

Regarding **training courses and activities**, these will cover not only the 2 compulsory credits required by the doctoral regulations (in line with the offer of the Doctoral School) but also an additional 1 annual credit starting from the third year (assuming that the 2 compulsory credits will be completed in the first two years). These courses may include those offered by the Doctoral School, language courses, and research and open science training courses available both inside and outside the UdG. **Seminars with the research group** related to the doctoral thesis will only be mandatory if the thesis supervisor conducts their research within a research team.

The Commission will also assess whether the personal training plan includes a **schedule of meetings with thesis supervisors**. A report of the meetings held, along with the main content discussed, should be included in the follow-up reports for the corresponding year. Additionally, the student must define a **data management plan** (for more details, see: https://www.udg.edu/ca/Portals/1/Normativa/Procediment_seguint TD_rev2023_ca.pdf), specifying how the student plans to manage any data collected, whether directly or through third-party sources. Follow-up reports in subsequent years must include information on how data is being managed, as part of the progress in completing the doctoral thesis.

Finally, with regard to **other aspects the Commission deems important**, it is mandatory for students to present a communication at the Pre-Doctoral Researchers Conference organized by the University of Girona at some point during their doctoral studies, in relation to their thesis.