

THE FINAL FRONTIER...

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Associate Professor, UiB

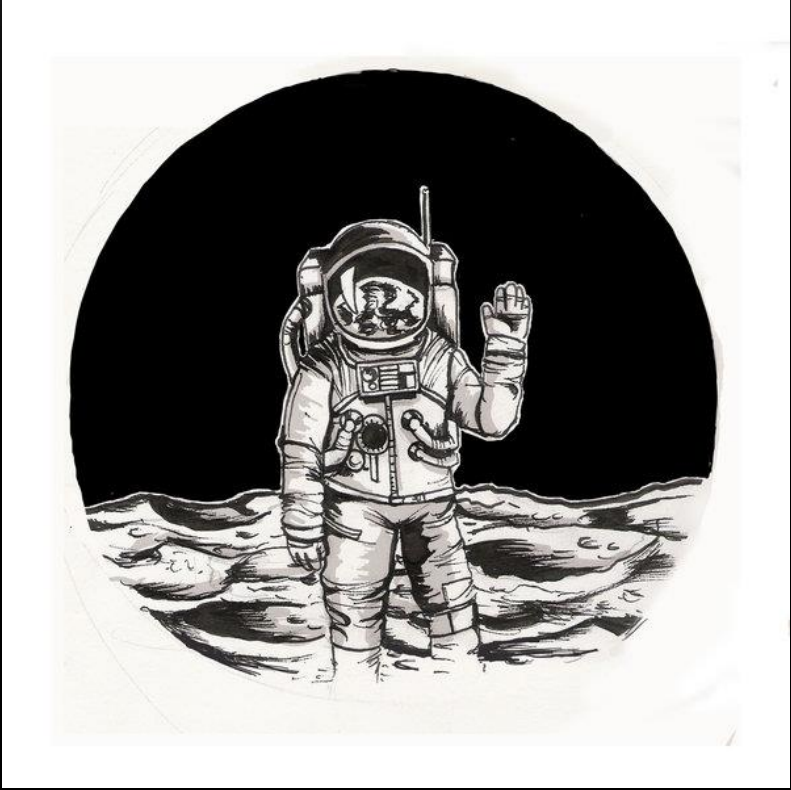
The USS Enterprise NCC 1701-A is shown in a three-quarter view, angled towards the bottom right. The ship's hull is a metallic gold color with black and white markings. The registration number "NCC 1701-A" is clearly visible on the side of the saucer section. The ship's two nacelles are positioned at the top, each with a glowing red light. The background is a vibrant red and orange nebula with scattered white stars.

SPACE, THE FINAL FRONTIER. THESE ARE
THE VOYAGES OF THE STARSHIP ENTERPRISE.

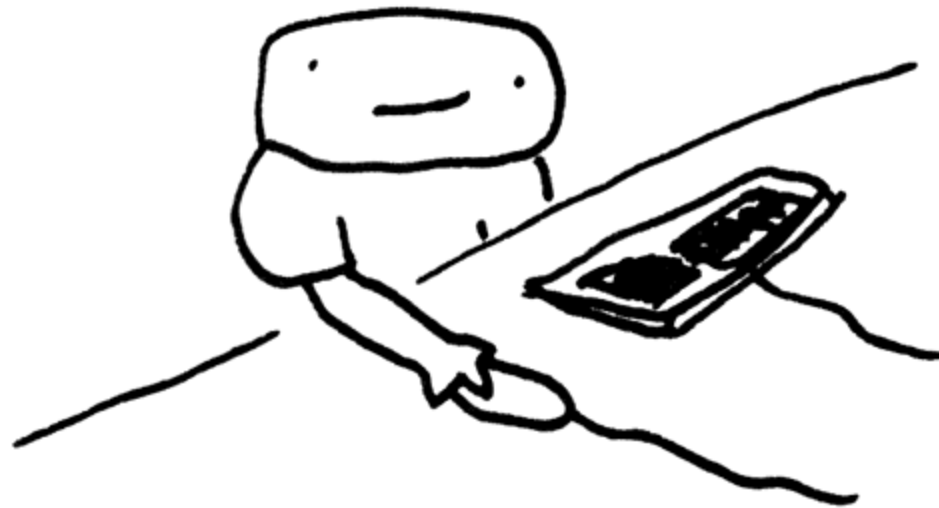
IT'S CONTINUING MISSION, TO EXPLORE
STRANGE NEW WORLDS, TO SEEK OUT
NEW LIFE AND NEW CIVILIZATIONS.

TO BOLDLY GO WHERE
NO ONE HAS GONE

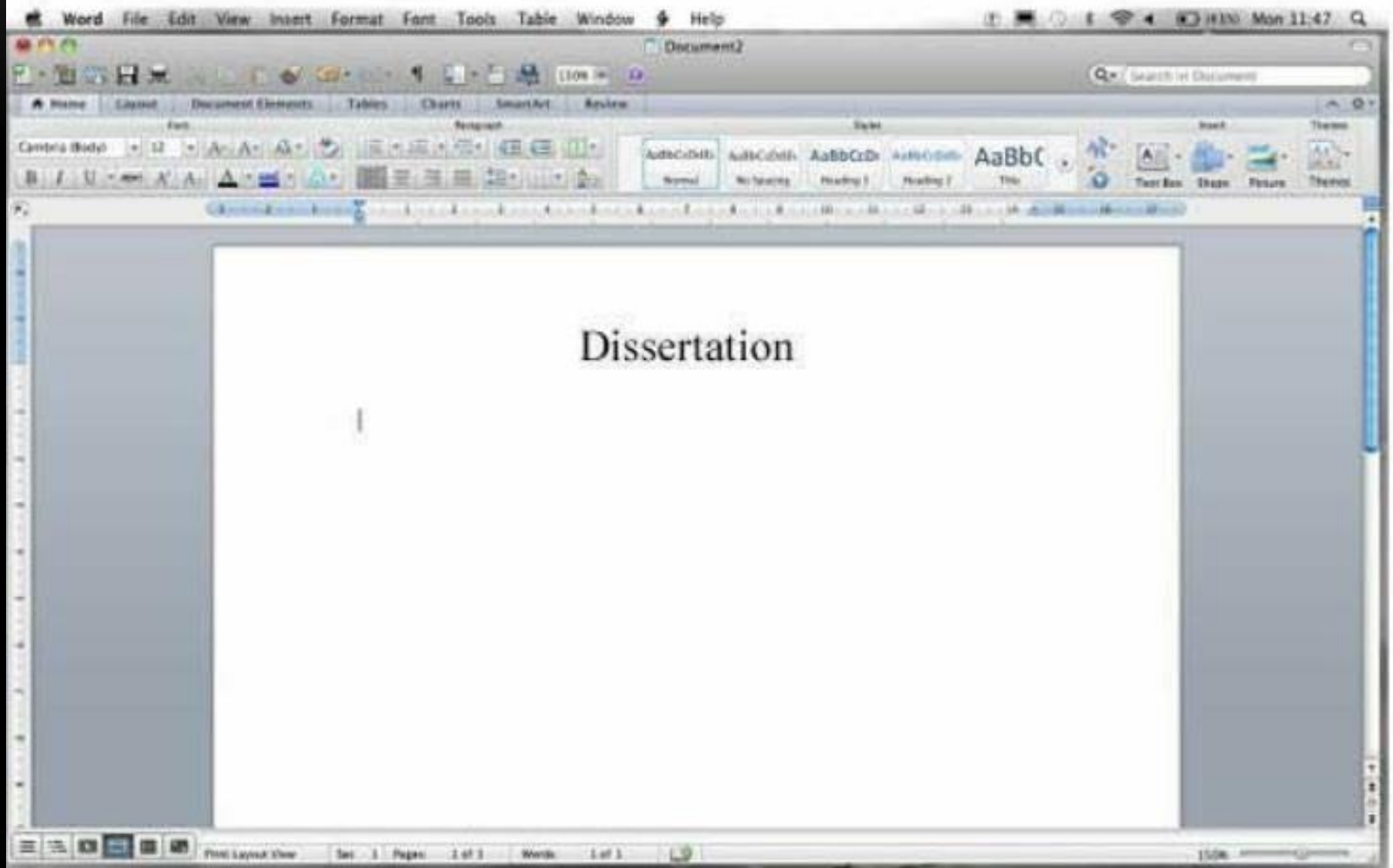
BEFORE.



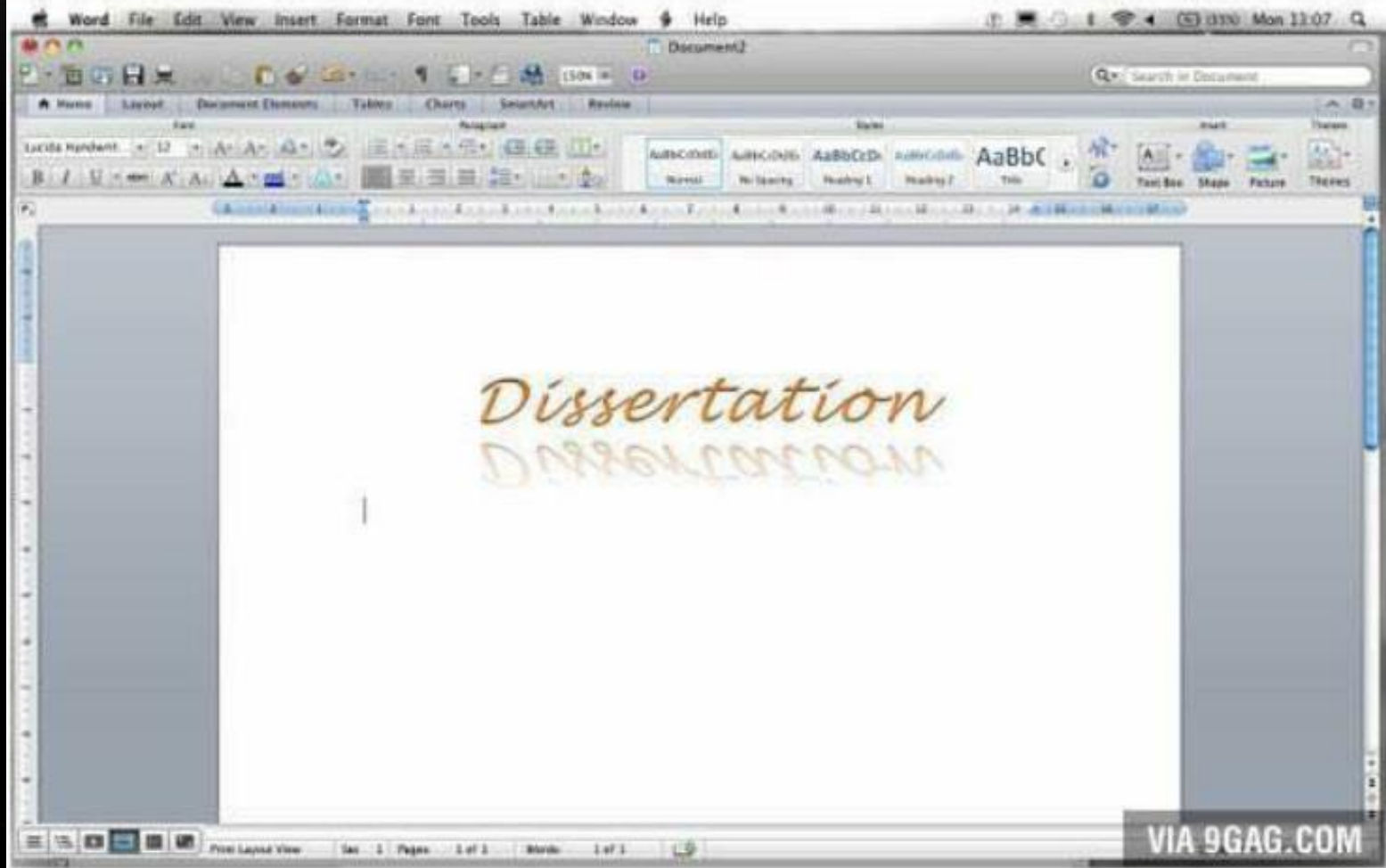
A difficult task is a
sign from the universe
that you should be on
the internet right now.



Hour 1



Hour 2





UNIVERSITETET I BERGEN
OM INNLEVERING AV DOKTORGRAD SARBEID OG
FORSLAG TIL BEDØMMELSESKOMITÉ

Skjemaet med vedlegg sendes til post@psyfa.uib.no.
Merk e-posten tydelig med institutt tilhørighet.

Institutt for samfunnspsykologi
Camilla Løvvik
98037546242

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Year: 2015

Title: Common mental disorders and work participation – the role of return-to-work expectations

Author: Camilla Løvvik

Print: AIT OSLO AS / University of Bergen

Scientific environ

The doctoral work presented here
project commissioned by the Norwegian
and financed through the National
the project was administered and
"opening" trial (AWaC) (Trial reg
ion number NCT01146730).

educat:

SUBMITTING YOUR THESIS

- Timeline?
- Develop detailed timeline and overview of progression (with supervisor)
- At least 6 months prior to submission
 - Approval of doctoral education
 - http://www.uib.no/sites/w3.uib.no/files/attachments/inlevering_drgrad_elektronisk_0.pdf

RESOURCES

- <http://www.uib.no/phd>
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- Helen Green: Helen.Green@uib.no

FORMS

- <http://www.uib.no/psyfa/44574/skjema-til-bruk-ved-innlevering-av-doktorgradsarbeid#>
- Independent research contribution
 - Based on author contributions
 - Repetitive, not creative



UNIVERSITY OF BERGEN
Faculty of Psychology

DECLARATION

in connection with **(candidate name)**'s dissertation

Name:

Institution/position:

I hereby confirm that I have been approached and am willing to accept the task of being a member of the evaluation committee.

EPHORUS



EPHORUS

Why? When? How? Who? What?





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TRIAL LECTURE AND DEFENSE

CONCLUSION

Overall, we consider that the candidate's research has made an important contribution to the understanding of the role of return to work expectations in people with common mental health disorders.

In conclusion the committee unanimously finds that the thesis meets the requirement for consideration of the PhD degree and that the thesis therefore is worthy of a public defense.

London/Amsterdam/Bergen
August 2015

PREPARING FOR DEFENSE

- Evaluation from the committee
 - 10 working days prior to your public defense
 - Meet up with supervisor, meet with research group (other peers that are within your field or neighbouring fields?)
 - Interpretation of the evaluation
 - Topic for trial lecture probably hidden in there somewhere?
 - Give up on perfection!
 - Reading through your thesis
-



Common mental disorders and work participation - the role of return-to-work expectations • Camilla Lovvik

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TRIAL LECTURE

- General advice
 - Use a manuscript
 - Set aside time to rehearse (at location)
 - Ask your peers for recommendations and input
 - Develop timeline (with strict deadlines)
 - Trust in your own mind, your own perspectives
 - Ignore "horror stories". IGNORE them!
-

«SURVIVAL KIT»

- Ask for help or advice with practical stuff
 - Delegate tasks
 - Doctoral dinner
 - Family/kids
 - Back-up, extra copies of your manuscript
 - Take breaks
 - Eat!
 - Sleep!
 - Work out!
-

THE MEANING OF LIFE...





DISORIENTED

BEWILDERED





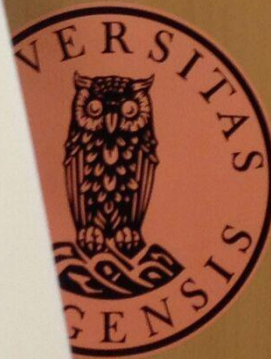
You Can Do It!



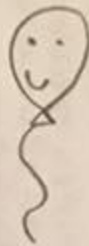
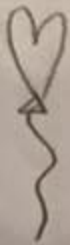
Common mental disorders
and work participation
- the role of return-to-work expectations

Camilla Lovik

Dissertation for the degree of philosophiae doctor (PhD)
University of Bergen, Norway
2015



FEST



Happy

Party

Doktorgrad

Fest

Mathias

Matilde

Mie

Mamma

Pappa



Happy

Happy

Party

