



Application Form

GROW Program 2025 – Empowering female and 1st generation postdoctoral researchers¹ Mentoring, Workshops, Peer-Mentoring Group

Personal information

First name: _____

Last name: _____

Email: _____

Current employment at UZH: Senior teaching and research assistant Postdoctoral researcher

Duration of the current contract: _____

Faculty: _____

Institute/Department/Research group/Research centre: _____

Academic career

Please describe your academic journey and your future academic aspirations for the next 5 years (including grant applications planned for the next year). If applicable, briefly share how being a first-generation academic has influenced your path (max. 200 words):

Motivation to participate in the GROW Empowerment Program

Please explain your motivation for joining the program and what you hope to gain from the experience (max. 200 words):

¹ Researchers whose parents did not obtain a university degree.

Goals and expectations on the GROW Mentoring

Please outline the goals you hope to achieve through the one-on-one mentoring and the experience and background that are particularly important for you in a mentor, and the topics you would like to explore during the mentorship (max. 200 words):

Subjects GROW Mentoring

Which subjects would you like to address with your mentor?

- Career planning and strategies
- Acquisition of third-party funding
- Building and maintaining networks
- Supervision of (doctoral) students
- Negotiation strategies
- Project and time management skills
- Challenges specific to 1st generation academics
- Structures, processes, and rules in the academic system
- Insights into the career and life of a professor
- Maintaining a good work-life balance
- Other: _____

Agreement

Upon acceptance into the program, I commit to participating in all program components (i.e., program kick-off, workshops, one-to-one mentoring, peer mentoring) as well as to share my impressions for the final evaluation.

Date and place: _____

Signature: _____

Please send this application form together with your CV to jeannette.bours@grc.uzh.ch by **13 July 2025**. Your information will be treated confidentially.