

**The doctoral  
students  
committee in  
Sveriges  
Förenade  
Studentkårer**

**SFS DK**

## Part 2: The question of prolongation.

*“A practical guide to estimating the consequences of the pandemic on your own education”*

# How to apply for prolongation?

**It depends on the university:** Look/ search for “särskilda skäl” or “Special circumstances”

**If you can't find the information:** Contact your doctoral student council, student union, the Doktorandombud, or the trade union (like SULF) at your university.

**Write an application:** How an application should look will depend on the university. In the next slides I go through some questions that can help you write it.

**Your notes:**

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# How did your work day look before the pandemic?

SFSDK

**Why answer this:** Because the best way to assess the consequences of the pandemic is to compare how it was before and how it is now.

**How to answer this:** Describe in detail how an average work day looked like before, and how it looks now: Check out my blogpost at SFS for my example.

**Your notes:**

# How did the pandemic affect your work place?

SFSDK

**Why answer this:** Most likely you will be asked to answer this in an application for prolongation.

**How to answer this:** Describe how your workplace has changed.

**What have you have done to address this:** Describe how you addressed the issue. Describe both what you could and could not do to help the situation.

**Your notes:**

# How did the pandemic affect your own course work?

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**Why answer this:** Because most likely you will be asked to answer this in an application for prolongation.

**How to answer this:** If your course work has not been affected just write so, if your course work has been affected write how.

**What have you have done to address this:** Describe how you addressed the issue. Describe both what you could and could not do to help the situation.

**Your notes:**

# How did the pandemic affect your own teaching (and supervision) ?

SFSDK

**Why answer this:** If you teach you might have e.g. experienced that it took longer due to the digitalization.

**How to answer this:** Write down how much time you had to use extra, and what caused that it took longer time to carry out the tasks. Describe how this continues to cause delays.

**What have you have done to address this:** Describe how you addressed the issue. Describe both what you could and could not do to help the situation.

**Your notes:**

# How did the pandemic affect your other duties and representation?

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**Why answer this:** Teaching and supervision is not the only departmental duties doctoral students can have. Consider if representational task took longer.

**How to answer this:** Same as last slide, but also in as much detail as possible, describe how the task has changed or been affected by the pandemic.

**What have you have done to address this:** Describe how you addressed the issue. Describe both what you could and could not do to help the situation.

**Your notes:**

# How did the pandemic affect the research environment around you?

SFSDK

**Why answer this:** We understand research environment Everything in that makes up your work and educational environment. This is one of the intangible delays.

**How to answer this:** In as much detail as possible, describe how your research environment has been affected by the pandemic.

**What have you have done to address this:** Describe how you addressed the issue. Describe both what you could and could not do to help the situation.

**Your notes:**

# How did the pandemic affect YOUR research?

SFSDK

**Why answer this** The main part of your doctoral education is the research you do.

**How to answer this:** Describe how your research has been affected.

**What have you have done to address this:** Describe how you addressed the issue. Describe both what you could and could not do to help the situation.

**Your notes:**

# How did the pandemic elsewise affect your education?

SFSDK

**Why answer this:** There are many different ways the pandemic has affected doctoral studies, include all!

**How to answer this:** In as much detail as possible, describe how your education and progress as a doctoral student has been affected by the pandemic.

**What have you have done to address this:** Describe how you addressed the issue. Describe both what you could and could not do to help the situation.

**Your notes:**

# How have you been delayed?

SFSDK

**Why answer this:** This is the central question we have been working our way towards answering.

**How to answer this:** Answer both in terms of what time you have lost, but also in terms of what quality of education you have lost.

**What have you have done to address this:** Describe how you addressed the issue. Describe both what you could and could not do to help the situation.

**Your notes:**

# And then what?

SFSDK

**Write an application for prolongation:** Use the template that is required at your university. Add attachments if you think the template does not cover your situation.

**Ask a colleague to look at it:** A second set of eyes are always good, maybe swap with someone you know. Check that the application is understandable and that you are realistic (neither underestimating nor overestimating the consequences).

**Show the application to your supervisor or similar:** If you at all have a relationship with your supervisor where this is an option, then show the application or a description of your delays to them.

**Apply:**

# Useful links

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## **The consequences of the corona pandemic:**

<https://sfs.se/new-report-consequences-for-doctoral-students-due-to-the-corona-pandemic/>

## **Delays of doctoral education due to the corona pandemic:**

<https://sfs.se/new-report-delays-of-doctoral-education-due-to-the-corona-pandemic/>

## **The blog post:**

<https://sfs.se/blogg/life-as-a-doctoral-student-pil-maria-saugmann-writes-about-doctoral-education-during-covid-19-and-the-new-report-from-sfs-dk/>

## **The debate article:**

<https://sfs.se/blogg/debatt-forlang-doktorandernas-utbildning-med-anledning-av-corona/>

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for  
listening**

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