

The doctoral student ombudsperson/counsellor at SLU

Personal support and counselling on the journey as a doctoral student



Photografer: Victor Wrangé

A warm welcome to all new doctoral students!

My name is Monika Appel, and I am the doctoral student ombudsperson/counsellor here at SLU.



Photografer: Linda Wallgren

I wish you all a stimulating journey as doctoral students, and hope that you'll enjoy your study time. During this journey, you'll probably learn much about your thesis subject as well as about yourself, and others.

However, the journey is probably not always smooth, and for some of you, the road may feel both slippery and bumpy. Challenges in both your work as doctoral student and private life can sometimes be overwhelming, and you may feel stuck in a difficult situation. In that case, do not suffer in silence! Get in touch with someone who can provide you support and who you feel comfortable talking to.

In my role as ombudsperson/counsellor (DO), I monitor all doctoral students' work situation and strive to make sure that you get the help to which you are entitled. The service is free of charge, and all doctoral students are welcome to get in touch!

My *main task* as DO is to be a support for all doctoral students at SLU if and when you experience any concerns or problems during your doctoral period – from admission to dissertation.



Photographer: Mark Harris



Photographer: Jenny Sverrnäs Gillner

I give individual support and counselling, and try to find solutions to problems that may arise in your position as a doctoral student. No matter how small or serious the problems may be, you are welcome and encouraged to turn to me as the DO for assistance.

I cannot solve all problems, but I will help you find the right channels and people to contact in order to ensure that your doctoral studies go as smoothly as possible.

Professional secrecy

All matters are treated confidentially. Information will not be released without your consent. You decide whether or not to reveal the confidential information, or whether to give the DO permission to share it.

Exceptions are in case of danger for life (yours or others) or committing a crime, for example.

Contact information

If you want to schedule an appointment, please send an e-mail to Monika.Appel@slu.se. You can also call me. My telephone number is 018-67 11 64. My office is located on the 3rd floor in Ulls Hus, Almas allé 8 in Uppsala.

Good luck!