**F3.3 PERSONAL TRAINING PLAN**

**DETAILS OF THE DOCTORAL STUDENT**

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| **SURNAME** | | **NAME** |
| *DNI / NIE* | **PHONE** | *E-mail* |
| **DOCTORAL PROGRAMME** | | |

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| **Training activity** | **Competences** | | | | | | |
|  | **a** | **b** | **c** | **d** | **e** | **f** | **g** |
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*Add as many rows as necesary*

Competences to be acquired by the doctoral student

1. Systematic understanding of a field of study and mastery of research skills and methods related to that field.
2. Ability to conceive, design or create, implement and adopt a substantive research or creative process.
3. Ability to contribute to the expansion of the frontiers of knowledge through original research.
4. Ability to critically analyse, evaluate and synthesise new and complex ideas.
5. Ability to communicate with the academic and scientific community and society at large about their fields of knowledge in the modes and languages commonly used in their international scientific community.
6. Ability to promote, in academic and professional contexts, scientific, technological, social, artistic or cultural progress within a knowledge-based society.
7. Ability to promote Open Science and Citizen Science, in accordance with Article 12 of Organic Law 2/2023 of 22 March, as a way of contributing to the consideration of scientific knowledge as a common good, through the evaluation of transversal activities carried out by the doctoral student related to different dimensions of Open Science and Citizen Science, as well as the training acquired in each discipline in the form of micro-credentials or similar.

*Signature: the doctoral student*