



UNIVERSITÀ
DEGLI STUDI
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PhD program in Psychological Sciences
DPG – DPSS

PHD Welcome MEETING

03 November 2025



NB: The pdf version of this presentation will be made available on our website



**SAVE
THE DATE**

PHD
WELCOME DAY

**November 10, 2025,
h. 4.30 - 7.00 p.m.**



AULA MAGNA - PALAZZO BO
VIA VIII FEBBRAIO, 2, 35122 PADOVA PD



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ESSENTIALS FOR STARTING YOUR PhD

MEETING SCHEDULE:

PartA: ICE-BREAKER & PRESENTATION ROUND

PartB: ESSENTIALS TO START WITH: - EMAIL, BADGE & OFFICE
- WEBSITE & YOUR PROFILE
- PhD SECRETARIAT

PartC: TIPS & ADVISE FROM FELLOW PhD STUDENTS

PartD: MORE ESSENTIALS: - SUPERVISOR (& CO-SUPERVISOR)
- CLASSES & MANDATORY MEETINGS
- STUDENT SUPPORT
- NEXT MEETING

PartY: LET'S GET TOGETHER OVER LUNCH



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PartA:

ICE-BREAKER & PRESENTATION ROUND



INSTRUCTIONS:

FIND A SIT BY COLLEAGUES YOU DO NOT KNOW (YET) - BRING YOUR TENT CARD -

WITH A PEN/FELT DRAW (BY YOUR NAME OR ON THE BACK OF THE TENT CARD) 3 OBJECTS OR KEYWORDS THAT REPRESENT YOURSELF

CHOOSE ELEMENTS THAT ARE LIKELY MEMORABLE AND THAT REPRESENT ASPECTS YOU WOULD LIKE US TO KNOW AND REMEMBER ABOUT YOU

TURN TO A COLLEAGUE YOU DO NOT KNOW : INTRODUCE YOURSELVES AND HAVE ONE ANOTHER GUESS THE MEANING OF YOUR 3 DRAWINGS

IN TURN EACH OF YOU SHOULD INTRODUCE THE OTHER PERSON TO THE AUDIENCE EXPLAINING THE 3 KEY ELEMENTS



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PartB:

ESSENTIALS TO START WITH:

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INSTITUTIONAL EMAIL

You have been assigned an institutional email:

domain: @studenti.unipd.it

You will receive an email with the instructions for associating your account to the alias domain **@phd.unipd.it**

It is important that you **use the official email**

All the PhD information will be sent to this (and only this!) address.



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BADGE

You are assigned a personal badge, which is required for entering the buildings, accessing labs and keys, garages, laser printers.

How to activate the badge:

You have completed the form, and your badge will now be delivered to you.

The badge shall be returned the day you discuss your thesis.

For specific laboratories, please contact the Department Management Office, as those accesses will need to be activated separately later on according to your needs.



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OFFICE

Your working desk will be assigned to each of you by the Department of your supervisor (either DPG or DPSS). Both departments are aware and prepared to offer you a working station.

For most of you your permanent office shall be located in the CLA building (this building), where you will carry out your regular work activities.

Should you need a desk in the Computer Room (room 036 in Psycho 1 building – ground floor), this has 18 working positions (with PC) which are primarily available for temporary use — PRE-BOOKING IS REQUIRED via <https://vlabbooking.vdi.ict.unipd.it>



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WEB PAGE ON PHD WEBSITE

Your names appear already in our website:

<https://phd.psy.unipd.it/>

By clicking on your name you can access a personal page.

This new website will replace the previous one:

<https://dottorato.psy.unipd.it/>.

The faculty member in charge of the website is Prof. Enrico Toffalini, whom you may contact for any related matters at enrico.toffalini@unipd.it.



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[Home](#)[Program ▼](#)[People ▼](#)[Admissions ▼](#)[Student resources ▼](#)[Educational offer ▼](#)[List of courses](#)[School meetings](#)[School lunches](#)[AVA3-Advisory board mission](#)

Our offer of courses

Our PhD Program offers a range of courses every academic year, delivered by both faculty members and invited scholars. These include **thematic, methodological, programming, and soft skills** courses.

All course materials can primarily be accessed through the **University's Moodle platform** (some courses even have their own websites or external resources, all linked from inside Moodle)



See the List

The current educational offer of courses is updated in real time on Google Sheet, with details on all courses as well as times and rooms for lessons as soon as they are scheduled.

Consult the Google Sheet by clicking the button, or see the preview below:

[OPEN THE COURSE LIST](#)



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ADMINISTRATIVE SECRETARIAT:

Email: phd.psychology@unipd.it

Ms GIULIA PANOZZO

Office: Psycho 1 building (ground floor), 028/A

Front office: From Monday to Thursday 9.00-13.00

Remote working (only mail or phone): Friday

Phone: 049/8276477

Only for travelling requests (missions):

Ms GIOVANNA MEZZETTI

Office: Psycho 1 building (ground floor), room 028

Front office: Monday, Tuesday, Thursday and Friday 9.00-13.00

Remote working (only mail or phone): Wednesday

Phone: 049/8276593



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PartC:

TIPS & ADVISE

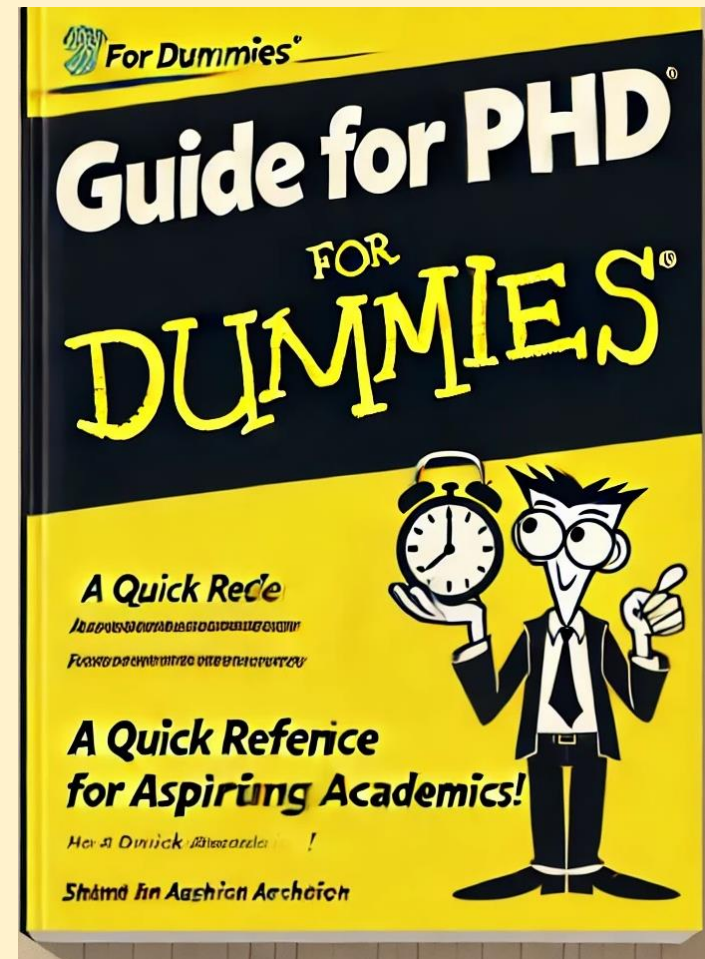
FROM FELLOW PhD STUDENTS





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Doing a PhD should be fun and rewarding
Spend all time discovering things and pursuing ideas
It's an occasion to explore the academic life and to
understand if it fits you

What the university expect from you:

- Take the responsibility of your project
- Work hard
- Multitask (don't exaggerate though)
- Develop new skills (data collection, analysis, writing)
- Be prepared to spread your research



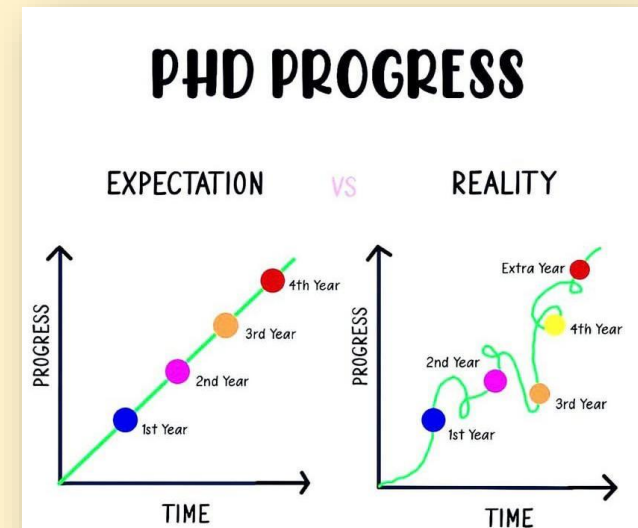
PhD student (center) looking at his project while his supervisor (right) watches over him



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- Take time to define your PhD project
- Be realistic about your objectives and the time at your disposal
- Plan your work in advance but be flexible
- Listen to feedbacks and be ready to compromise
- Take your time to learn skills you don't have yet (Psicostat is here for you)
- Side-projects can be a growing experience

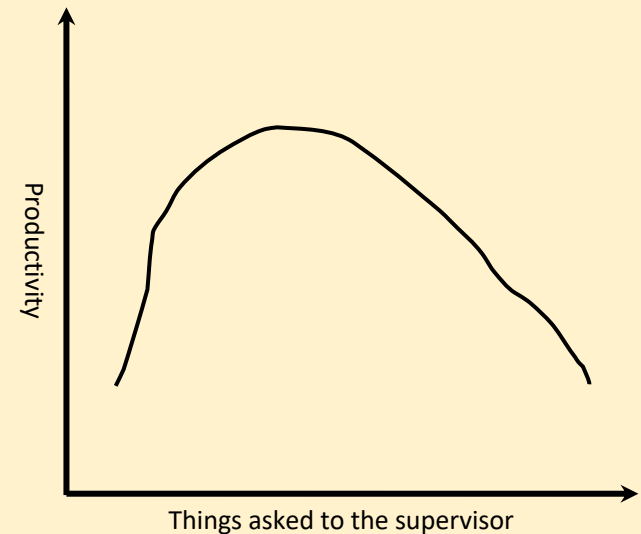




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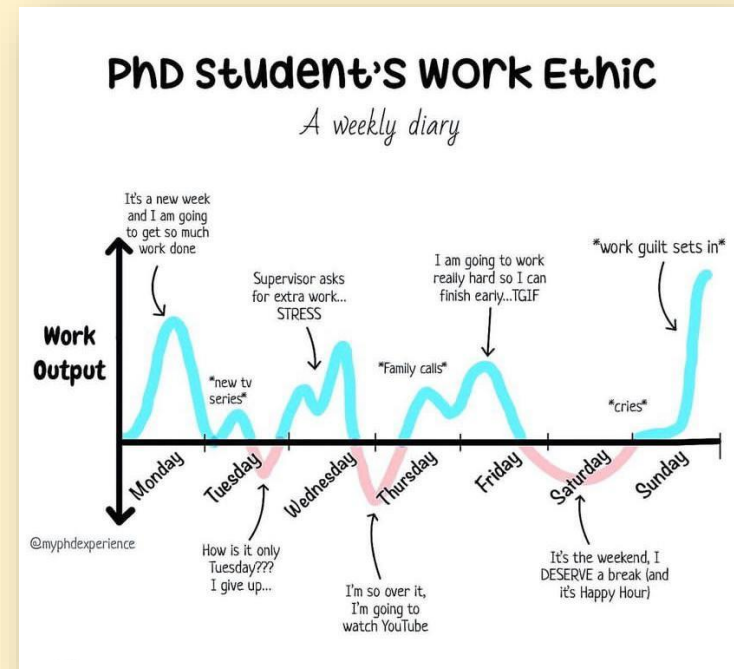
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- Nurture a good relationship with your supervisor and your research group
- Explicitate your expectations to your supervisor and ask them to do the same with you
- If someone asks you to do something and you are not able to, don't be afraid to say it. You are here to learn!
- Find other people in the faculty that can support your research





- Everyone can experience the impostor syndrome: if you're here you deserve it!
- Don't compare yourself with others (everyone has their own journey), but find inspiration from them
- You're gonna make mistakes, don't be afraid of them
- Be patient with yourself: it's okay to not have the same motivation every day.





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- The PhD life is very flexible, enjoy it and experience many things...
- ...like traveling thanks to the research budget
- There are many amazing positive and supportive people, go find them and keep them close!
- Take a break every once in a while, it's better to take a day off than to overstress and work badly
- We are all in this together... if you need help we are here!





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PartD:

MORE ESSENTIALS:

- SUPERVISOR (& CO-SUPERVISOR)**
- CLASSES & MANDATORY MEETINGS**
- STUDENT SUPPORT**
- NEXT MEETING**



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SUPERVISOR (tutor assigning procedure)

The supervisor is FORMALLY assigned by *Collegio dei Docenti* (General Board of the Professors of the PhD course) within December 31st 2025

Whenever possible, the assignment procedure takes into account reciprocal expectancies (PhD students and Board)

Grants on Dedicated or pre-assigned project (e.g., DPG, DPSS, MSCA COFUND, PNRR, etc.) and grants related to specific agreements with other Institutions (e.g., CSC) follow different assignment rules



CO-SUPERVISOR

- It is mandatory for each PhD student to select a Co-supervisor (ASAP and possibly within 31 March 2026)
- The co-supervisor can have different roles depending on the project specificities:
 - Research collaboration and research support
 - Mentorship, external support
 - Referent or supervisor for a separate research
- The co-supervisor shall be approved by the supervisor



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CLASSES

During your PhD you are required to attend a minimum of 145 hours of courses in total, distributed as follows:

- 1st year: at least 100 hours of classes
 - 65 hours of mandatory courses
 - 35 hours of elective courses (chosen according to your research interests)
- 2nd year: 25 hours of mandatory courses
- 3rd year: 20 hours of mandatory courses

You are strongly recommended to complete all 1st-year courses within your first year.

There are also several optional courses, including:

Methodology and statistics

Practical skills

Mini-courses

Programming



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OTHER MANDATORY APPOINTMENTS

You must sign to attest your presence

A minimum of 70% attendance is mandatory

SCHOOL MEETING

Period: *Fall-Winter (OCTOBER-DECEMBER)*

When: *on Thursday, 13:00 (SEE SCHEDULE ON OUR WEBPAGE)*

Where: *Psycho 1 building - Aula Magna (ground floor)*

What: Members of the academic staff or visiting/invited scholars are asked to give a seminar to broaden your interdisciplinary knowledge, seminars will focus on original research questions, new trends or hottest issues in Psychological Sciences.





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OTHER MANDATORY APPOINTMENTS

You must sign to attest your presence

A minimum of 70% attendance is mandatory

SCHOOL LUNCH

Period: Spring-Summer (APRIL-JUNE)

When: on Thursday, Lunch time

Where: TBC

What: Third year students present their work to the members of the PhD Board and of the Psychological Departments. Note that this is a very important event as the presentation is formally evaluated in order to decide on the admission of the presenter to the Final Exam.





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The academic mediators appointed within the PhD courses of our University have the task of giving support, listening and proposing possible solutions to PhD students who report relational problems during their PhD course of studies.

<https://www.unipd.it/en/phd-academic-mediators>

For our program:

<https://phd.psy.unipd.it/mediators/>



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SUPPORT TO THE PhD STUDENT: OUR MEDIATORS



Prof. Caterina Suitner
caterina.suitner@unipd.it

&



Prof. Nicola Cellini
nicola.cellini@unipd.it



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SUPPORT TO THE PhD STUDENT: OUR MEDIATORS



Prof. Michele Vicovaro
michele.vicovaro@unipd.it

&



Prof. Simone Cutini
simone.cutini@unipd.it



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Nicola Cellini



Associate Professor, Department of General Psychology (DPG)

Office: PSICO 1, 6° floor – ROOM 6-016

Phone: 049-827 6712

Email: nicola.cellini@unipd.it ✉

<https://dpg.unipd.it/en/nicola-cellini>

Simone Cutini



Associate Professor, Department of Developmental Psychology and Socialisation (DPSS)

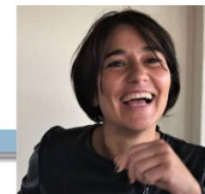
Office: PSICO 1, 3° floor – ROOM 3-023

Phone: 049-8276574

Email: simone.cutini@unipd.it ✉

<https://www.dpss.unipd.it/en/simone-cutini>

Caterina Suitner



Associate Professor, Department of Developmental Psychology and Socialisation (DPSS)

Office: PSICO 1, 2° floor – ROOM 2-021

Phone: 049-8276579

Email: caterina.suitner@unipd.it ✉

<https://www.dpss.unipd.it/en/caterina-suitner>

Michele Vicovaro



Assistant Professor (RtD-B, DPG)

Office: PSICO 1, 6° floor – ROOM 6-022

Phone: 049-827 6602

Email: michele.vicovaro@unipd.it ✉

<https://dpg.unipd.it/en/en/en/michele-vicovaro>



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The Role of the PhD Academic Mediator

Purpose

To promote the *amicable resolution* of conflicts between PhD candidates and their supervisors at the University of Padua.

To support a *healthy and constructive* student–supervisor relationship.

How Mediation Works

Activated upon request by either party (student or supervisor).

Entirely voluntary and confidential.

Both parties must consent to participate and may withdraw at any time.

Mediator's Function

Acts as a *neutral facilitator* helping the parties identify and develop options for resolving their conflict.

Provides *information, guidance, and assistance* — but **has no decision-making or sanctioning power**.

May alert the *PhD Program Coordinator* to **systemic** issues to prevent future conflicts.



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Core Principles

Impartiality & Independence: No conflict of interest; acts autonomously and reports only to the Vice-Rector.

Confidentiality:

Mediation sessions are private and undocumented.

No information is shared without consent.

Exception: risk of serious harm or legal violations.

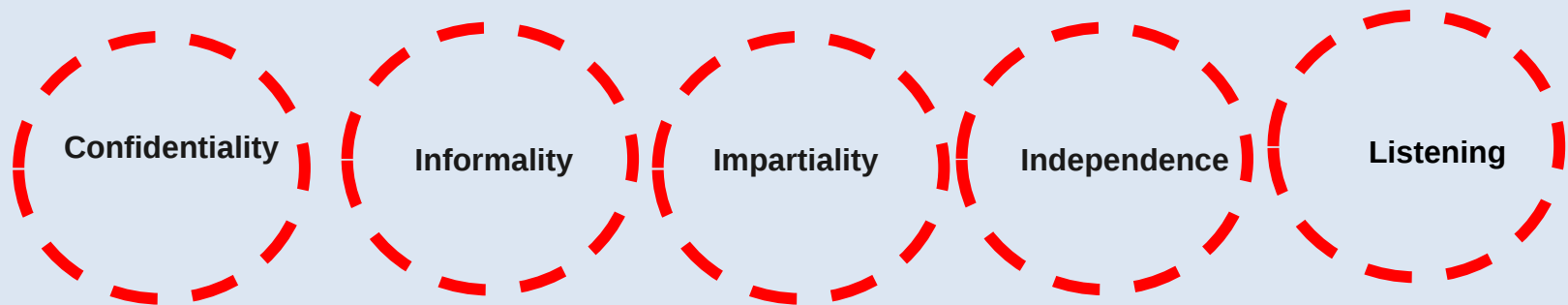
Privacy Compliance: All data handled according to EU GDPR (Reg. 2016/679) and Italian privacy law.



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Core Principles





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psi
coro

Chorus all Research, Teaching, and
Technical-Administrative Staff of the
Psychology Departments are WELCOME TO
JOIN IN

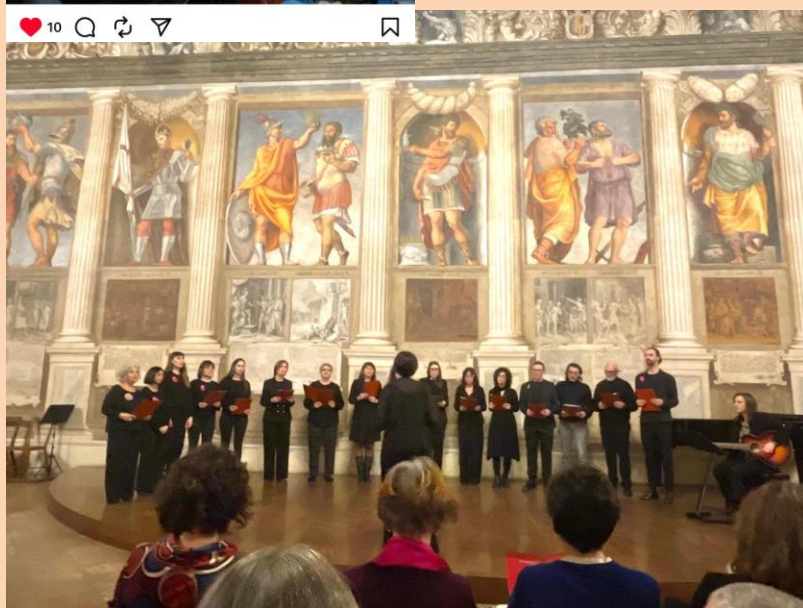
**Open to anyone who wants to sing and play
music together, having fun as a group!**

We meet every two weeks,
on Thursday from 6 pm to 7 pm
in the Cesare Musatti classroom (PSICO 1,
ground floor)

For any information, just write to:

psicoro.unipd@unipd.it

We look forward to seeing you!

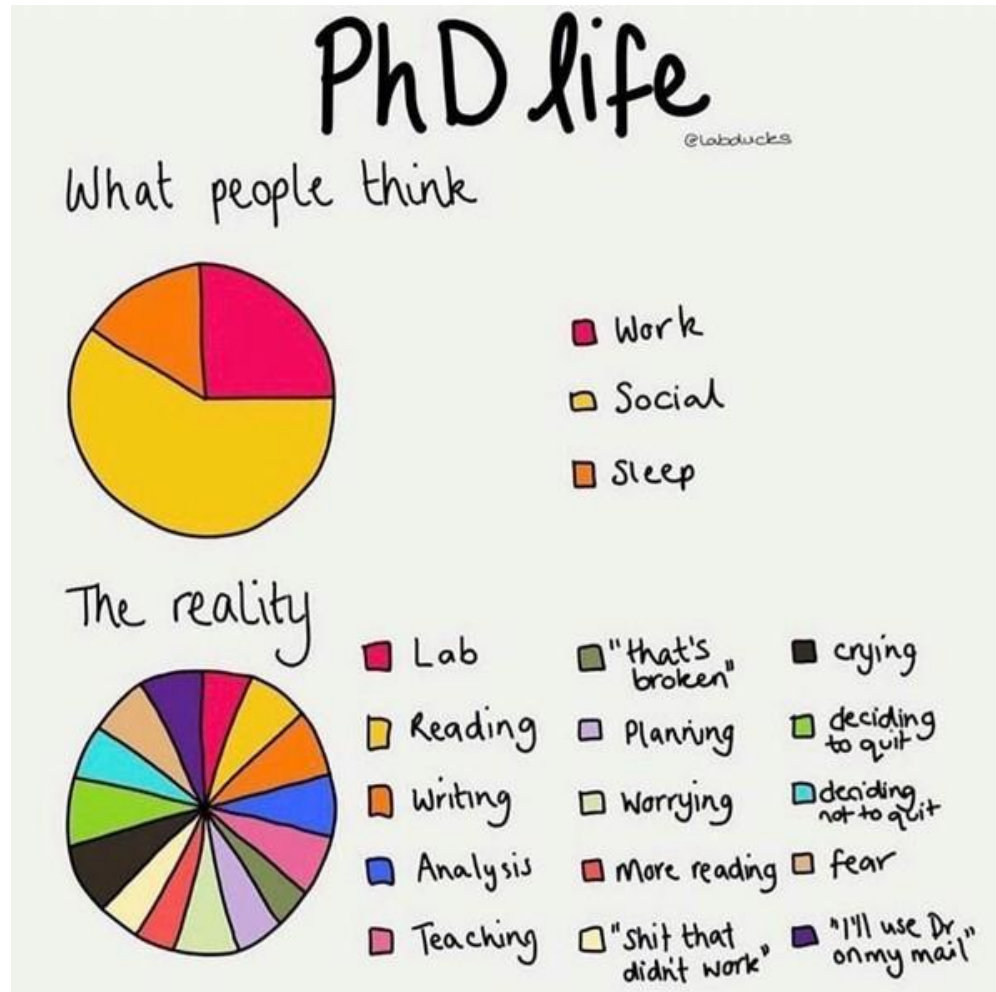




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MORE ISSUES (for later):

1. CLASSES
2. YOUR RESEARCH BUDGET
3. PERIOD ABROAD (MANDATORY)
4. ADMISSION TO THE NEXT YEAR
5. TEACHING SUPPORT ACTIVITY and TUTOR JUNIOR
6. ELECTION OF PHD REPRESENTATIVES
7. REGISTRATION to LOGIN MIUR and IRIS
8. DISSEMINATION & «THIRD MISSION»

 **We will have a technical meeting on Monday, November 24, 2025, in the early afternoon.**

MORE MEETINGS:

PRESENTATION OF OUR TEACHING MODULES (WITH PROF. GIANMARCO ALTOE')
SUPPORT TO SUPERVISION & STUDENTS' WELL BEING (WITH PROF. VICOVARO & REGOLIN/PERESSOTTI)



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As you dedicate yourselves to becoming outstanding researchers, never lose sight of the personal values, integrity, and ethical principles that define you as human beings. Excellence in science must go hand in hand with the qualities that make us truly human—compassion, responsibility, and honor. Remember, before being scientists, you are first and foremost people of character.



<https://stellamaryscoe.edu.in/human-values-ethics.php>

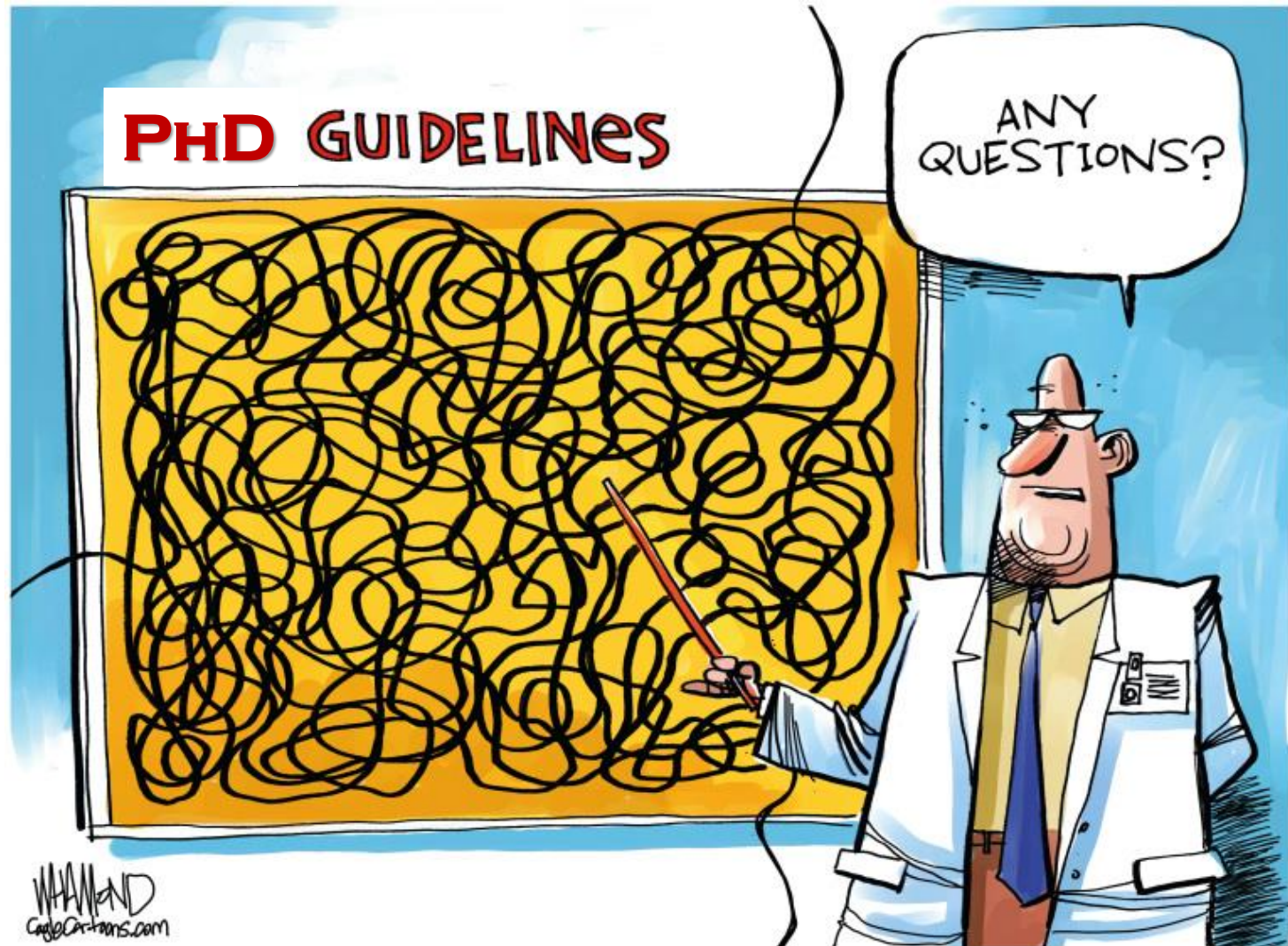
<https://tressacademic.com/new-to-phd-5-tips-for-a-great-start/>



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Part...Y: LET'S GET TOGETHER OVER SOME (veggie) FOOD!



*Follow us in the AMU hall
(ground floor of ESU building)*