**Inspiration for Evaluation**

To see if the PhD is on track, whether both the PhD candidate and supervisors are satisfied, and what may be improved, we would recommend to regularly plan a moment of evaluation (e.g. once per quarter of a year). This may feel like a drain on precious time, but the investment will pay for itself by a better relationship between the PhD candidate and the supervisors, and an improvement in the quality of the PhD project. Due to the nature of the work relationship, the PhD candidate may experience difficulties in giving feedback to their supervisors. However, we would like to invite both parties to create an environment that supports open and bidirectional communication. Use this opportunity also to emphasize what is going well!

* PhD candidate’s well-being
	+ How is the PhD candidate doing (e.g. self-confidence, well-being, work-life balance)?
	+ What is going well? What can be improved (and how)?
* Progress of the project
	+ How is the project going (e.g. milestones achieved, project on track)?
	+ What is going well? What can be improved (and how)?
* Supervision
	+ How is the supervision going (e.g. degree of guidance, giving confirmation, personal involvement, communication, support in career and personal development)?
	+ What is going well? What can be improved (and how)?
* Personal goals and needs
	+ What is the progress regarding career development?
	+ Satisfied with work experience (e.g. equipment/facilities, collaboration (with colleagues), job satisfaction (which tasks are motivating or cause stress))?
	+ What is the progress regarding personal goals?
	+ Are specific needs met?
	+ Are challenges addressed?
	+ What is going well? What can be improved (and how)?
* Other important matters
	+ What other important matters need attention?
	+ How to attend to these matters?

For a more elaborate evaluation on the PhD candidate’s wellbeing, see [Guideline for discussing work-related stress](https://www.amsterdamumc.org/web/file?uuid=697326c4-f197-44dc-bb06-1ed33fb6ee49&owner=a74723e4-a91d-4fe3-859b-fc7f4c1f86a2&contentid=21004).

For a more elaborate evaluation on supervision, see the [Research Supervision Quality Evaluation (ReSQuE)](https://www.amsterdamumc.org/web/file?uuid=f56e883a-46bc-44d6-a4a6-125f0c37306c&owner=a74723e4-a91d-4fe3-859b-fc7f4c1f86a2&contentid=21006).

If you would like to get support for PhD-related issues from the Amsterdam UMC Doctoral School, see our [Advice and Support page](https://www.amsterdamumc.org/education/phd-student/trajectory/advice-and-support-.htm).