



# Application Form

*GROW Program 2026/27 – Empowering 1<sup>st</sup> generation<sup>1</sup> and/or female<sup>2</sup> postdoctoral researchers  
Mentoring, Workshops, Peer Mentoring Group*

## Personal information

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Current employment at UZH:      Senior teaching and research assistant      Postdoctoral researcher

End date of the current contract: \_\_\_\_\_

Month and year of PhD defense: \_\_\_\_\_

Faculty: \_\_\_\_\_

Institute/Department/Research group/Research centre: \_\_\_\_\_

1<sup>st</sup> Generation Academic:      yes      no

Children:      yes      no

## Academic career

Please describe your academic journey and your future academic aspirations for the next 5 years. If applicable, briefly share how being a first-generation academic has influenced your path (max. 200 words):

Note, you can scroll the text fields if you use Adobe Acrobat Reader to fill in the form.

<sup>1</sup> Researchers whose parents did not obtain a university degree.

<sup>2</sup> Trans, inter and nonbinary persons are eligible as well.

**Motivation to participate in the GROW Empowerment Program**

Please explain your motivation for joining the program and what you hope to gain from the experience (max. 200 words):

**Planned grant applications**

Grants are important milestones of an academic career and often used as selection criterion for professorships. Please describe planned grant applications (major and smaller grants) in the coming years and especially grants you are planning to apply to within the next year. Be as precise as possible as this will help to tailor courses to your present needs. (max. 200 words):

**Subjects GROW Mentoring**

Which subjects would you like to address or are on your mind presently?

- Career planning and strategies
- Acquisition of third-party funding
- Building and maintaining networks
- Supervision of (doctoral) students
- Negotiation strategies
- Project and time management skills
- Challenges specific to 1<sup>st</sup> generation academics
- Challenges specific to women in academia
- Structures, processes, and rules in the academic system
- Insights into the career and life of a professor
- Maintaining a good work-life balance
- Other: \_\_\_\_\_

**Agreement**

Upon acceptance into the program, I commit to participating in all program components on the dates stated on the [webpage](#) (i.e., program kick-off, workshops, one-to-one mentoring, peer mentoring) as well as to share my impressions for the final evaluation.

I am available for all program component dates of:

GROW 2026/27 Group A      Grow 2026/27 Group B

(Choose at least one group.)

Date and place: \_\_\_\_\_

Signature: \_\_\_\_\_

Please send this application form together with your CV to [grow@grc.uzh.ch](mailto:grow@grc.uzh.ch) by **08 March 2026**.  
Your information will be treated confidentially.