



Tips to improve the quality of your application

- ✓ Start preparing the application as soon as the web forms are available (July-August).
- ✓ Before starting the preparation of the application, read all the documentation concerning the chosen program (web file, form, documents in the toolbox, etc.) carefully. Every year, many details are updated.
- ✓ Use the space allocated in the forms wisely in order to facilitate the reading of the application.
- ✓ Ensure the collaboration of your director during the various stages of the application including the submission of his or her updated CV according to the FRQS rules (e.g., underlining the names of the students in the publications) and writing the text describing your role and your contribution to the project in the host environment.
- ✓ Clearly report any university-level awards, grants or distinctions in the appropriate sections of the common CV (e.g., award date, amount, and level of prestige). No additional documents can be attached to the application.
- ✓ Report all information regarding your publications and their status (use the PubMed format) as well as any oral or poster presentations (full list of authors, title, event, location, date): detailed list and summary table in the detailed contributions.
- ✓ Describe an original, clear and concise research project with balanced sections (research problem and hypotheses, objectives, relevant methods and analyzes, contributions to the advancement of knowledge); define acronyms and do not overuse them.
- ✓ Clearly and briefly describe your participation in research projects and training internships, including their impacts. Distinguish mandatory training internships from optional (voluntary) ones.
- ✓ Clearly specify the link between the training environment and your research project. If you are under co-supervision, demonstrate the added value of this aspect.
- ✓ If the previous degrees and diplomas were obtained abroad, you must provide a clear and detailed explanation of the grading system.
- ✓ Clearly and explicitly report any information relevant to the eligibility and assessment of your application (illness, parental leave, part-time work or study, etc.) in the section on Interruptions and Postponements in the Detailed Contributions.