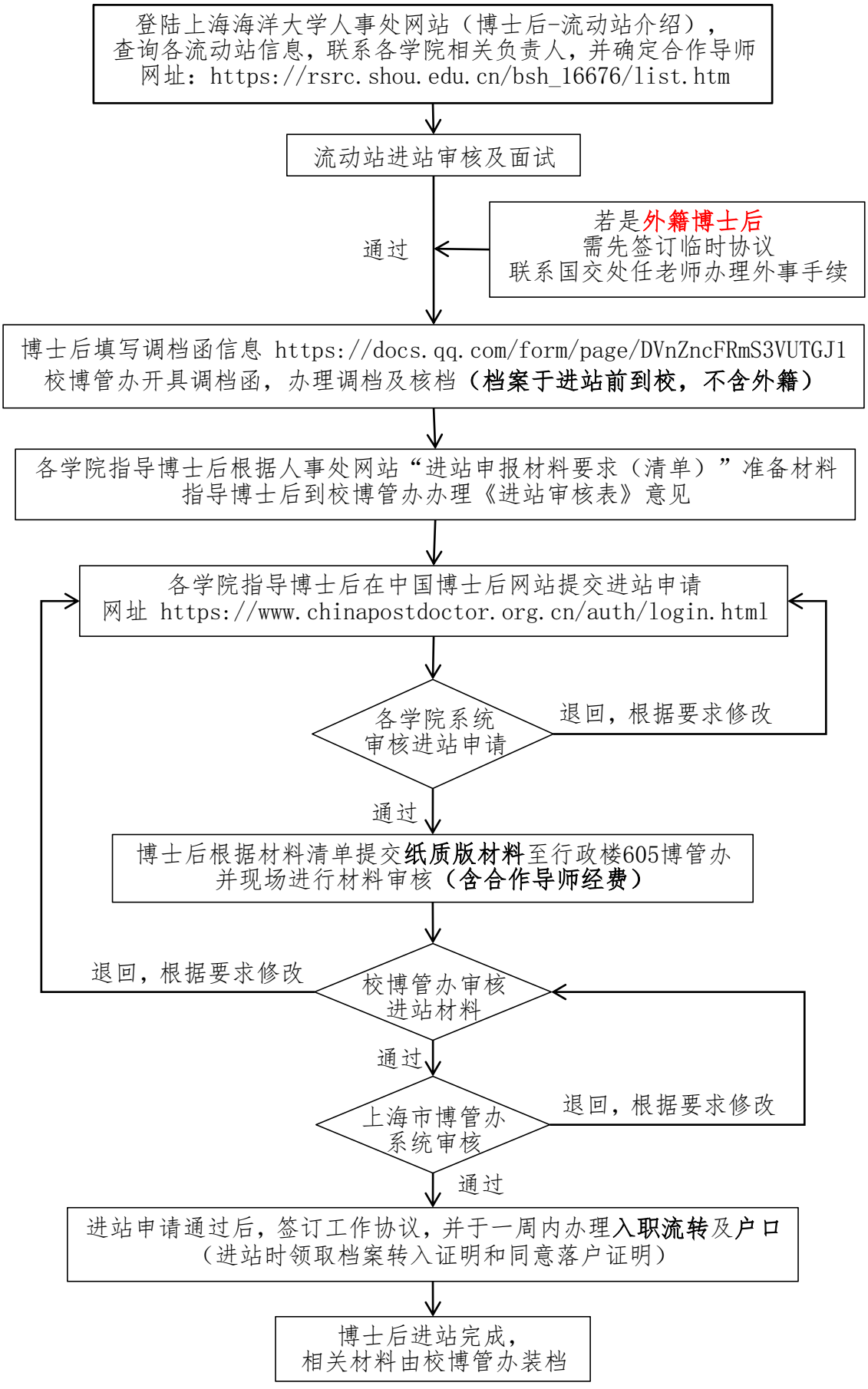上海海洋大学博士后进站流程