COMING TO TERMS WITH YOUR PHD - TIME AND SELF-MANAGEMENT IN THE LAST STAGES OF YOUR DOCTORAL THESIS

Date: 30.10.2017 (8.30 am – 4.00 pm)
Application deadline: 13.10.2017
Lecturer: Dr. Eva Reichmann, beruf & leben – Ganzheitliche Laufbahnberatung, Bielefeld
Number of participants: 15
Language: English
Target audience: PhD Candidates

Course description:
There are many reasons why it could become difficult to finish your thesis - some doctoral candidates are pressed for time, others find it hard to motivate themselves, are scared before exams, or simply started to dislike their scientific work. Whatever the reasons are - it is always worth completing your PhD. when the process has already advanced considerably. The workshop will provide you with methods and strategies to do this. We start with an analysis: why did you decide to write a doctoral thesis? What are the reasons that prevent you from completing it? This is the base for conveying individual strategies to enable you to finish your work. You will learn to set obtainable sub-goals, to describe accomplishable tasks, and to plan the next months methodically.

Contents:
- identify and make available personal strengths and methods by reflecting your “time personality”
- time management techniques to finish a doctoral thesis and/or scientific projects
- goal setting
- optimizing your competence to implement things
- dealing with pressure and stress
- work-life-balance
- self-motivation
- power of volition
- how to deal with exam nerves or writer's block

We will focus on practicing various approaches and methods – this means, that as a participant you should be up to discuss your ideas with others and to receive and provide feedback.

Participation fee: 70,- EUR
- Members of the Graduate Academy can disburse the participation fee with their member budget.

Registration:
The registration form can be found at: https://www.uni-rostock.de/en/research/promotion-of-early-career-researchers/graduate-academy/qualification-programm/registration-for-the-qualification-programm/
The registration for the workshop is binding. The Graduate Academy’s Conditions of Participation apply.