

"During your PhD you learn to braid together the double strands of managing your own time and creating a support network. In the workshop *Get On With It*, we assessed the aspects of this balancing act we had already managed fairly smoothly during the first year of our PhDs, and which aspects had become a bit unwieldy. The workshop led me to a beautiful resolution for myself: it seems to be easy for me to form connections and – to loosen the knot and incorporate the strands – I can strengthen those connections to naturally create interpersonal accountability."

Zoë Lange
PhD Candidate
Physics - Goethe University



Get On With It What Course Adjustments are Required?

Objective

Throughout any doctorate it is always helpful to stop and reflect on your progress:

- What is going well and what areas are in need of adjustment?
- What about my initial enthusiasm – is it still present?

An analysis of progress to date allows you to work on the PhD project and its timely completion in an even more targeted way: Get on with it! At the same time, you can create space for personal development.

Description

This online workshop helps participants to reflect on their PhD progress in a structured way and to develop their own personal strategies for moving their project forward.

The focus is on the following topics:

- Stocktaking: What is going well and where are the problems?
- Setting the course: Where will the PhD topic take you?
- Support: Supervisor, thesis committee and mentors
- Lone ranger? Interaction with colleagues and scientific community
- Stress, demotivation and crises are normal! Dealing with difficult phases during the doctorate
- If I'm overwhelmed with work: How can project and time management help me?
- Strengthening strengths: Empowerment for my PhD
- Get on with it: My next steps

Methodology

The workshop will be adapted to the specific knowledge and needs of the participants, which will be determined in advance via an online form. This course is practice-oriented and includes knowledge input as well as active and interactive parts, such as dialogues, individual and group work, role plays, etc.

Condition

Desktop PC or notebook with webcam and microphone. A smartphone is not sufficient.

Organizational Information

Language / Format	English / Online
Target group	Advanced Doctoral Candidates from all faculties
Date	Wednesday, 12 June 2024, 9:00 – 17:00 Thursday, 13 June 2024, 9:00 – 12:30
Registration	For registration click here

Trainer



Dr. Nathalie Hirschmann
GOLIN WISSENSCHAFTS-
MANAGEMENT, Berlin

Dr. Natalie Hirschmann studied sociology, psychology and classical archaeology at the University of Erlangen-Nuremberg and international criminology at the University of Hamburg. She has many years of project and leadership experience in the scientific and university context as well as professional experience in public administration.

