

Dr. Eva Reichmann

Coming to terms with your PhD

05 February 2014, 9.00–17.00 h

Auditorium, „Zur Rosen“, Johannisstraße 13

There are many reasons why it can become difficult to finish your doctoral thesis. The workshop will provide you with methods and strategies to do this.

Contents:

- identify personal strengths and methods by reflecting your “time personality” and work mode
- time management techniques to finish a doctoral thesis and/or scientific project
- goal setting
- optimize your competence to implement things
- dealing with pressure and stress
- work-life-balance