

8th ICBM PhD Day

Breakout Groups Overview



Mental Health - Overcoming Challenges During the Doctoral Thesis (Room 2112)

With: Julia Brockmüller (trainer at psychologische wege, www.psychologische-wege.de)

Note: GERMAN ONLY

Die Veranstaltung zeigt, wie Promovierende psychische Belastungen frühzeitig erkennen und bewältigen können. Mit alltagstauglichen Strategien wie der Stress-Ampel, Entspannungs-techniken und mentaler Selbstfürsorge. Typische Denkfallen und innere Antreiber werden reflektiert und entkräftet. Ziel: Mehr Balance, Gesundheit und Produktivität im Promotionsalltag.



Building a Strong Research Network (Room 1203)

With: Prof. Dr. Mandy Roheger (group leader of the department of Ambulatory Assessment in Psychology, UOL)

In this workshop you will get information on why you should have a research network and how you can build and maintain your network in a professional way. We can discuss how to connect on conference, build up cooperations and looking for mentoring and job opportunities.



Possibilities of Open-Access Publishing and Financing at the UOL (Room 1112)

With: Kim Braun (Open-Access Officer of the University Library, UOL)

There are many ways to publish open access and almost as many options to support authors to finance the publication cost (APC). The presentation will introduce the open access publication fund, what it covers (and what it does not), and what authors have to do to benefit from the fund.



PhD Roadmap for 1st-year PhDs (Under the Stairs)

With: Dr. Ferdinand Esser (Scientific Coordinator of Early Career Researchers of the ICBM, Managing director of Graduate School (OLTECH))

Get information for a successful start to your PhD and learn about the graduate institutions at UOL, the Supervision Agreement, the Thesis Committee, and how to structure your PhD. Discuss relevant topics for mastering your PhD, including your working environment, your supervisor, your project, and aspects of your project or working environment that can help you get started.

