



Virtual Workshop Series: Between failure and success - What is a healthy PhD mindset?

Dates: 9.9.-10.9.2021 & 16.9.-17.9.2021

Time: 9:00-12:30 & 13:00-16:30

Organised by Trinh Nguyen, Theresa Zekoll and Julia Reiter

PEOPLE FAIL FORWARD
TO SUCCESS

A photograph of a brick wall with a neon sign. The sign is made of pink neon tubes and reads "PEOPLE FAIL FORWARD TO SUCCESS". The sign is mounted on a black metal frame. Below the sign, there are two black electronic components, likely power supplies, connected to the sign's wiring.

Virtual Workshop Series: Between failure and success - What is a healthy PhD mindset?

Doing a PhD is no easy feat, and the constant ups and downs of dissertation life can be challenging. However, the mindset that we use to approach PhD challenges is something we can learn. Accordingly, we proudly invite you to take part in the first virtual workshop series of the Vienna Doctoral School in Cognition, Behavior and Neuroscience (VDS CoBeNe). During the first two weeks of September four trainers will guide you in negotiating a variety of topics, including writing, career development, conflict management, and mindful communication. The workshop series is accompanied by two invited talks by researchers who will share their experiences regarding the balance between failure and success.

Workshop 1: A happy writing mindset with Dr. Gabriela Markova

As academics, writing is our daily bread and butter; yet for many of us, at least from time to time, it is a source of fatigue and anxiety. „Writer’s block“ is a dreaded phenomenon, and often we may feel that whether or not we can write depends on a mysterious force known as „inspiration.“ How can we develop a healthier attitude towards writing? How do we find a writing routine that works for us, and stick with it? And what can be done to overcome writer’s block? In this workshop, we will explore different aspects of the writing process and your personal relationship with writing and hands-on advice is shared.

Thursday, September 9th and Friday, September 10th, 2021, 9:00 AM to 12:30 PM

Workshop 2: Career development: From academia to industry with Tina Persson

It is easy for researchers to fall into the trap of seeing their skills as applicable in only one setting, academia. But nothing could be more wrong. Common skills trained in academia are problem-solving, analytical thinking, big picture, teaching, coordination, administration, making new discoveries. These transferable skills can be used in a variety of settings in the workplace. They can also be developed as you progress in your career. Here you will learn to express your transferable skills in a way that potential non-academic employers will understand and value. This not only creates an attractive CV, but also increases your chances of getting the job.

Thursday, September 9th and Friday, September 10th, 2021, 1:00 PM to 4:30 PM

Invited talk:

Dr. Melanie Stefan – CV of failure and 10 rules to finishing your PhD

Thursday, September 9th, 2021, 4:30 PM

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Workshop 3: Steady as you go: Navigating challenges and building resilience in science communication with Julie Stearns

This workshop will concern all things communication and mindfulness. We will learn how to use mindfulness techniques to help achieve goals and manage stressful situations. Moreover, developing self-awareness and self-confidence, clarifying misconceptions and „faulty-thinking“ patterns and becoming aware of body-mind connections can help us to communicate more clearly..

Thursday, September 16th and Friday, September 17th, 2021, 9:00 AM to 12:30 PM

Workshop 4: Negotiation and conflict with Daniel Mertens

Interestingly, in Latin “confligere” translates to “conflict” – but most would agree that negotiation is a procedure that is preferable to conflict. In fact, negotiation can be seen as an optimization procedure – and most scientists would agree that for constrained situations optimization procedures lead to an optimal situation. In this course we will address fundamentals of negotiation (Harvard Principles), tools to analyze situations of converging interests (the “Cynefin” approach) and introduce negotiation strategies. These tools will be applied to everyday situations to develop ideal scenarios for finding optimal solutions.

Thursday, September 16th and Friday, September 17th, 2021, 1:00 PM to 4:30 PM

Invited talk:

Dr. Heidi Vuletich and Dr. Weiji Ma – Growing Up in Science – the “unofficial biographies” project

Thursday, September 16th, 2021, 4:30 PM

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Workshop participation is open to all PhD candidates affiliated with the VDS CoBeNe. As workshop slots are limited, please fill out the registration form until June 18th, 2021. We will let you know about your workshop allocation by July 2nd, 2021.

Invited talks will be open to all who are interested. For organizational purposes, we ask you to sign up for talks using the same registration form:

Registration form:

<https://forms.gle/tW1NFESMjEKWaGQU6>

If you have any questions, please feel free to email us:

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The Virtual Workshop Series is sponsored by VDS CoBeNe and free of charge.