



universität  
wien

Vienna Doctoral School  
in Cognition, Behavior and Neuroscience



universität  
wien

Vienna Doctoral School  
of Ecology and Evolution



Vienna Doctoral School  
Cognition · Behavior · Neuroscience  
from Biology to Psychology and the Humanities

Vienna  
Doctoral  
Schools

# Talk: Self-Management and Well-Being for Early Career Researchers

Monday, 19.02.2024, 14:00 - 15:00, online via zoom:

<https://us02web.zoom.us/j/88107100378?pwd=S2pRaHdYcHlTUXlVeENTU2pYZ1lKZz09>, Meeting-ID: 881 0710 0378, Kenncode: 459721



We look forward to the talk from Dr. Markus Boeckle, "Self-Management and Well-Being for Early Career Researchers" on the 19th of February 2024, 14:00-15:00, online via Zoom, where no registration is needed.

The entrance to the university marks a period of transition for young people. Through this transition, higher education candidates face new challenges, such as making independent decisions about their lives and studies, adjusting to the academic demands of a challenging learning environment, and interacting with a diverse range of new people. In addition, many PhD candidates must, sometimes for the first time, leave their homes and distance themselves from their support network. These challenges can affect the mental health and well-being of early career researchers. Indeed, there is evidence that a strain on mental health is placed on students once they start university. Although it decreases throughout their studies (Macaskill, 2013, Mey and Yind, 2015), it does not return to the pre-university level.

The VDS CoBeNe and VDSEE invited Dr. Markus Boeckle, a senior postdoc at the Karl Landsteiner University for Health Sciences and psychotherapist, to give us an overview of the current research on mental health and well-being in science and possible ways to approach and implement support services.

## Trainer



Mag. Mag. Dr. Markus Böckle, MSc.