

PROFESSIONAL SKILL COURSE

## Finish it!

# How to overcome typical challenges and finalize your dissertation in time

JUNE 13<sup>TH</sup> 9:00 A.M. TO 3:30 P.M. VIA ZOOM:

Working on and completing a dissertation is a challenging task – especially the last months before the planned submission of your thesis can be stressful and filled with doubts. Between 30 and 50 % of all PhD candidates in Germany do not finish their doctoral theses. There are many reasons for that, but most of them can be eliminated.

In this workshop you will learn how to focus on the most important steps to finish your PhD in time. The workshop offers a variety of impulses to make your doctoral journey more efficient and satisfying. You will also have the opportunity to critically examine your working methods through guided self-reflection and thus meet your individual challenges in a strengthened manner.

The workshop will cover the following topics:

- **Planning and goal setting:** Why is it so important to set smart goals? How do you plan your time efficiently? Why do long-term plans often not work, but it still makes sense to have them? And how can you turn a long-term plan into structured action in everyday life?
- **The writing process:** How can writing the dissertation or the individual publications be tackled early enough? How can you structure your writing process? How can you overcome writer's blocks?
- **Motivation and procrastination:** Where to get the motivation to finish? What demotivates and blocks you? What solutions are there to deal with motivation blocks and procrastination?
- **Unclear expectations:** What do you yourself and what do your supervisors expect from the dissertation? How can expectations be clarified and communicated?
- **Planning and preparing your next steps:** What are your next tasks and steps and what do you need to complete them successfully?

**TRAINER:** Anja Bartsch

**PLACES AVAILABLE:** 12

**PARTICIPANTS:** Members of SFB1423 graduate school (everyone else will be placed on a waiting list)

**REGISTRATION:** email to [juliane.adler@medizin.uni-leipzig.de](mailto:juliane.adler@medizin.uni-leipzig.de)