

Transferable Skill Course
of the Graduate School of SFB 1423

Start-up your PhD

March 05th 2025, 9am - 5pm

Coach: Dr. Andrea Perino

Leipzig University, Institute of Biochemistry
Brüderstraße 34, 04103 Leipzig
Room 410 (seminar room 1)
Travel from Berlin, Halle, Düsseldorf and Mainz is covered

Overview

1. Make a plan

- Goal setting: What do you want to achieve with your PhD?
- From big-picture planning to daily to-do lists
- SMART targets

2. Manage your resources

- Find your „sacred“ hours – time boxing
- Prioritizing tasks: Eisenhower Matrix
- Scheduling effective breaks and removing distraction
- Strategies to create and maintain focus
- Managing perfectionism: The pareto principle
- Know and use your superpowers
- How to create a support network

3. Dealing with crisis

- Pivoting and adapting to changes
- Knowing when to quit

PLACES AVAILABLE: 15

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

REGISTRATION: email to jenny.leopold@medizin.uni-leipzig.de