

Institute of Science and Technology Austria (Graduate School) & Ludwig Boltzmann Career Center

Course: Applied Psychoeducation for Researchers

Event	Applied Psychoeducation for Researchers
Trainers	Judita Huber, Daniela Klammer, Saskia Lackner
Time	Thursdays from 13.15-14.30 CET (75 minutes)
Duration	Spring semester from March 02 nd –June 15 th 2023
Place	Online; 2 sessions at ISTA Campus (3400 Klosterneuburg, free shuttle from Heiligenstadt)
Language	English
Registration	(external): https://phd.ist.ac.at/course-registration-for-external-participants/
Purpose	The aim of this course is to equip you with the ability to lead a good life as an early-career researcher. This course will provide you with a) knowledge about basic psychological concepts b) practical exercises that have been shown to foster well-being.

Agenda

WHEN	WHAT	WHERE
Thursday, March 02 nd 13.15-14.30 CET	Intro session: welcome & expectations	ISTA Campus, 3400 Klosterneuburg
Thursday, March 09 th 13.15-14.30 CET	Well-being (Input & practical exercises)	Online
Thursday, March 16 th 13.15-14.30 CET	Productivity, memory & attention (Input & practical exercises)	Online
Thursday, March 23 rd 13.15-14.30 CET	Stress & resilience (Input & practical exercises)	Online
Thursday, March 30 th 13.15-14.30 CET	Human intelligence & creativity (Input & practical exercises)	Online
Thursday, April 13 th 13.15-14.30 CET	Emotions (Input & practical exercises)	Online
Thursday, April 27 th 13.15-14.30 CET	Motivation, self-efficacy & personal growth (Input & practical exercises)	Online

Thursday, May 04 th 13.15-14.30 CET	Competition & failure (Input & practical exercises)	Online
Thursday, May 11 th 13.15-14.30 CET	Conflicts, power and social beings (Input & practical exercises)	Online
Thursday, May 25 th 13.15-14.30 CET	Mental health: disorders and self-care (Input & practical exercises)	Online
Thursday, June 15 th 13.15-14.30 CET	Reflection & wrap-up	ISTA Campus, 3400 Klosterneuburg

Trainers

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