

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

### Course: Applied Psychoeducation for Researchers

<b>Event</b>	Applied Psychoeducation for Researchers
<b>Trainers</b>	Judita Huber, Daniela Klammer, Saskia Lackner
<b>Time</b>	Thursdays from 13.15-14.30 CET (75 minutes online sessions= and 3 sessions in presence from 14.45 -17.45
<b>Duration</b>	Spring semester from February 29 <sup>th</sup> – April 18 <sup>th</sup>
<b>Place</b>	Online; <b>3 sessions in presence from 14.45 -17.45</b> CET (either at ISTA Campus (3400 Klosterneuburg, free shuttle from Heiligenstadt) or at LBG, Vienna 1090
<b>Language</b>	English
<b>Registration</b>	(external): <a href="https://phd.ist.ac.at/course-registration-for-external-participants/">https://phd.ist.ac.at/course-registration-for-external-participants/</a>
<b>Purpose</b>	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, February 29 <sup>th</sup> 14.45-17:45 CET	Intro session: welcome & expectations; <i>Striving for well-being</i> (Input & practical exercises)	ISTA Campus, 3400 Klosterneuburg
Thursday, March 07 <sup>th</sup> 14.45-16.15 CET	<i>Understanding, Identifying and Managing Emotions</i> (Input & practical exercises);	Online
Thursday, March 14 <sup>th</sup> 14.45-16.15 CET	<i>Realistic Productivity</i> (Input & practical exercises)	Online
Thursday, March 21 <sup>st</sup> 14.45-17:45 CET	<i>Stress: the good and the bad</i> (Input & practical exercises); <i>Recovery &amp; Sleep</i>	LBG Geschäftsstelle, 1090 Vienna
Thursday, April 4 <sup>th</sup> 14.45-16.15 CET	<i>Human intelligence &amp; creativity</i> (Input & practical exercises); <i>Individual &amp; Social Identity: Who am I</i> (as a scientist?)	Online
Thursday, April 11 <sup>th</sup> 14.45-16.15 CET	<i>Competition &amp; Power</i> (Input & practical exercises)	Online

Thursday, April 18 <sup>th</sup> 14.45-17:45 CET	<i>Failure, self-efficacy and self compassion</i> (Input & practical exercises); Reflection & wrap-up	ISTA Campus, 3400 Klosterneuburg
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## Trainers

### **Judita Huber, PhD**

Systemic Neurosciences, Psychologist; Science Education at ISTA  
(Institute of Science and Technology Austria)

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### **Dr. Daniela Klammer**

Psychotherapist (Cognitive Behavioral Therapy), Career Counsellor at  
ISTA (Institute of Science and Technology Austria)

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### **Dipl.-Psych. Saskia Lackner**

Organisational Psychologist, Trainer and Coach; Program Manager  
Leadership Development at LBG Career Center

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