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

Course: Applied Psychoeducation for Researchers

Event | Applied Psychoeducation for Researchers
Trainees | Judita Huber, Daniela Klammer, Saskia Lackner
Time | Thursdays from 13.15-14.30 CET (75 minutes online sessions and 3 sessions in presence from 14.45 -17.45)
Duration | Spring semester from February 29th – April 18th
Place | Online; 3 sessions in presence from 14.45 -17.45 CET (either at ISTA Campus (3400 Klosterneuburg, free shuttle from Heiligenstadt) or at LBG, Vienna 1090)
Language | English
Registration (external): [https://phd.ist.ac.at/course-registration-for-external-participants/](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

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<tr>
<th>WHEN</th>
<th>WHAT</th>
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<tr>
<td><strong>Thursday, February 29th 14.45-17.45 CET</strong></td>
<td>Intro session: welcome &amp; expectations; <em>Striving for well-being</em> (Input &amp; practical exercises)</td>
<td>ISTA Campus, 3400 Klosterneuburg</td>
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<td><strong>Thursday, March 07th 14.45-16.15 CET</strong></td>
<td><em>Understanding, Identifying and Managing Emotions</em> (Input &amp; practical exercises);</td>
<td>Online</td>
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<td><strong>Thursday, March 14th 14.45-16.15 CET</strong></td>
<td><em>Realistic Productivity</em> (Input &amp; practical exercises)</td>
<td>Online</td>
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<td><strong>Thursday, March 21st 14.45-17.45 CET</strong></td>
<td><em>Stress: the good and the bad</em> (Input &amp; practical exercises); <em>Recovery &amp; Sleep</em></td>
<td>LBG Geschäftsstelle, 1090 Vienna</td>
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<td><strong>Thursday, April 4th 14.45-16.15 CET</strong></td>
<td><em>Human intelligence &amp; creativity</em> (Input &amp; practical exercises); <em>Individual &amp; Social Identity: Who am I</em> (as a scientist?)</td>
<td>Online</td>
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<td><strong>Thursday, April 11th 14.45-16.15 CET</strong></td>
<td><em>Competition &amp; Power</em> (Input &amp; practical exercises)</td>
<td>Online</td>
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Thursday, April 18th 14:45-17:45 CET

**Failure, self-efficacy and self compassion (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

**Contact**

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