**Helmholtz Graduate School for Polar and Marine Research**

**Course announcement: POLMAR Introductory Course**

# Coping with the challenges of a PhD Study

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| **Date & Time:** | **19 - 21 September 2018** 9 am – 5 pm |
| **Location:** | AWI Bremerhaven, room E-4025 |
| **Language:** | English |
| **POLMAR credit points:** | 3 |

**Course content:**
This training will help you to successfully plan and conduct your PhD study. You are getting equipped with the knowledge and techniques that enable you to actively manage your project, achieve greater satisfaction with your work and become a fully professional researcher.

What you learn? You …

- get to know the factors that lead to a successful completion of a PhD project
- acquire tools that help you to plan your time in the long run as well as on a daily basis
- learn basic techniques of project management for a PhD project
- understand how to organize effective supervision
- get the grips of how to plan the writing process for your thesis (paper based)
- learn how to achieve a better work/life balance
- know your basic career choices and how to prepare for the job that you want
- get to know and practice essential complementary skills you need during the PhD process and afterwards

What to expect? A lot of input and hands-on approaches, all applied in exercises to your own project. Common discussions with your colleagues and plenty of time for your questions!

**Target group:**
Targeted for students who are -in priority- in the first year of their PhD project.

**Students' comments on this course:**

- "Very complete and professional course. All questions were well answered and the objectives met. I got a great picture of what it means to do a PhD for the next 3 years."
- "This course was led by a professional trainer with scientific background. She really knew the problems of scientific life and was able to give more background information."
- "It was good that the course leader was an external person and not from the institute. Great to have the possibility to exchange on these topics with other PhD students."
- "The training has exceeded my expectations."
- "I wish I had participated in such a course earlier in my PhD."
- "It was really good to discuss issues concerning the PhD that otherwise are never addressed/just taken for granted."

**Registration:** info.polmar@awi.de

*Our courses are generally free of charge for all participants. However, they do have a price and can cost POLMAR as much as 150€ per day per student. Please take this into account when cancelling your place at the last minute.*