

Virtual EASTBIO Build Your PhD Resilience Workshop

Monday 1st March 2021, 09:30-15:30

ALL STUDENTS TRAINING – 1 March 2021, 09:30-15:30	
09.30-09.45	EASTBIO Getting Started - Creating the PhD experience you want - Overall what do you enjoy most about life as a PhD student?
09:45-10.00	The Circle Exercise
10:00-10.30	Breakout session small group discuss - Introduce yourself and discuss the circle exercise findings
10:30-10.40	Facing life's challenges - Introduce the build your resilience workbook
10.40 -11.00	Screen Break
11:00-11.20	Exercise for Tracking your progress, well-being, and development during your PhD
11.20-12.00	What type of things make PhD students feel more resilient and able to cope? Have motivating goals Take Charge, Have realistic goals On average how many hours a week do you spend on your PhD programme? Build a community Be aware of imposter syndrome Seek out new challenges during your PhD Take proper breaks
12.00-13.00	Lunch Break
13.00–13.20	Reacting to setbacks in your PhD or in life generally - Write down 3 positive coping strategies that work for you? - Feedback on ideas, what others found helpful, diverse list - Workbook invites you to think about helpful and unhelpful ways of reacting to setbacks in life and your PhD - Work out what makes a difference to you and remember to use it when you feel under pressure in life and your PhD
13.20-13.35	Practice asking for help
13:35-13.50	Developing positive coping strategies Find out what motivates you Choose to work to your strengths Look at failure differently Anticipate and prepare for risks Keep a sense of perspective Focus on what you can do – get a mentor or coach
13.50-14.00	Take practical steps during your PhD to support your career development - uTube Video Unplanned and unpredictable events
14.00 -14.15	Quick break
14.15-14.45	Results from your PhD tracking tool - You will have been emailed your PhD tracking tool answers to the 25 questions. Please have a look at this now. <ul style="list-style-type: none"> • What are you doing well at? • What areas does it highlight that may need your attention to progress? • What surprised you? Focus on one area highlighted by the survey as needing attention in regards to your PhD, well-being and development in life generally.
14.45-15.15	Breakout session small group discussion Discuss - What is a "first step" that I can take today? Will I take it? Feedback in the chat box on your ideas
14:45-15.30	Final Thoughts Close of Training