

MARUM / GLOMAR Transferable Skills Course

offered in co-operation with the Graduate Center of the University of Bremen - ProUB

Peer-Coaching for Doctoral Students – Joining efforts for a successful PhD

Dr. Jan Prause-Stamm

Impulsplus, Cologne

June 2014 – January 2015

Objectives

Writing a PhD is a creative process which takes a great deal of self-motivation. Ideas must be developed and obstacles must be overcome time and again. Writing a PhD is often also quite a solitary activity which requires a lot of discipline and persistence. This can make you feel insecure and lose motivation.

Peer coaching is an opportunity to reach the goal of a successful PhD together with others who are part of the same team. The candidates give each other mutual support working with binding work agreements and clear-cut milestones.

Peer coaching supports you in:

- Learning more self-discipline
- Deriving motivation from exchanging views and ideas with others
- Clarifying expectations and objectives
- Tackling new or difficult tasks

Target group

PhD students in any phase of their PhD project who would like to monitor their own progress within a group of PhD students in a period of 6 months

Schedule

Kick-off workshop:		
23 June 2014	MARUM I, room 2070	13.00 – 17.00
24 June 2014	MARUM I, room 2070	09.00 – 17.00
Follow-up workshop:		
24 September 2014	MARUM I, room 2070	09.00 – 17.00
Final workshop:		
January 2014	exact date to be announced	
in between the workshops:		
you will meet with your team / peer group approximately every other week		

In the **kick-off workshop**, you will define specific interim objectives for your work on the PhD within an international environment. First, you will learn about the method and structure of peer coaching. Then, you can decide whether you want to work with a team for a period of six months to start with.

You will break up into small groups with a maximum of six PhD candidates who will **meet approximately every other week**. The groups will work independently following specific rules. In team meetings, content-based, methodical and personal PhD-related questions and issues can be raised.

After 3 months, there will be a moderated team coaching reflecting on individual success and team cooperation.

After half a year, the whole group will meet again to take stock. During that meeting, you will look back on the last six months and reflect upon the group process itself. If you like to continue working with your team, you will be given fresh impetus and recommendations for how to proceed.

Registration

Before subscribing to this course, please make sure that you have read the announcement carefully to make sure you understood the commitment that is expected from you when you participate in this course!

To subscribe to the kick-off workshop, please fill in the (ProUB) [registration form](#).

Any enquiries concerning the course programme should be addressed to glomar-courses@marum.de.