

Topic of the month:

Coping with challenges during the PhD phase

30 August 2019

13.00 – 14.30

MARUM I, room 2060

Doing a PhD is a demanding endeavour and there are some challenges that you are most certainly going to face. The PhD term usually starts with a high level of motivation but the majority of PhD students goes through phases with drawbacks and frustration.

Some of the potential challenges are, for example, time pressure and stress, isolation, conflict with your supervisor, communication issues with your co-authors, delay in acquiring suitable data, funding issues, a lack of free time / relaxation, concerns about your future, and motivational problems.



It can be of great help to realise that similar challenges are frequently experienced and it is possible to overcome them! Some people say that it hasn't been a proper doctorate if you haven't had the feeling you wanted to quit at least once during your PhD term ;-)

In this seminar, you will have the opportunity to discuss your challenges and share strategies to cope.

(Please note that the focus will not be so much on self- and time management issues since this will be the topic of the research seminar in September)

The Moderator of this seminar will be **Alice Lefebvre** who has many years of research experience as a PhD student at the National Oceanography Centre in Southampton, UK (NOCS) and Postdoc at MARUM. Alice has lead several GLOMAR research seminars during her time as a GLOMAR Research Associate. As many other researchers, she had to deal with tough challenges for her own research, including serious draw-backs during her PhD. She has also discussed difficulties related to PhD research with many students during her time in the UK and in Germany. Alice also has three young children.