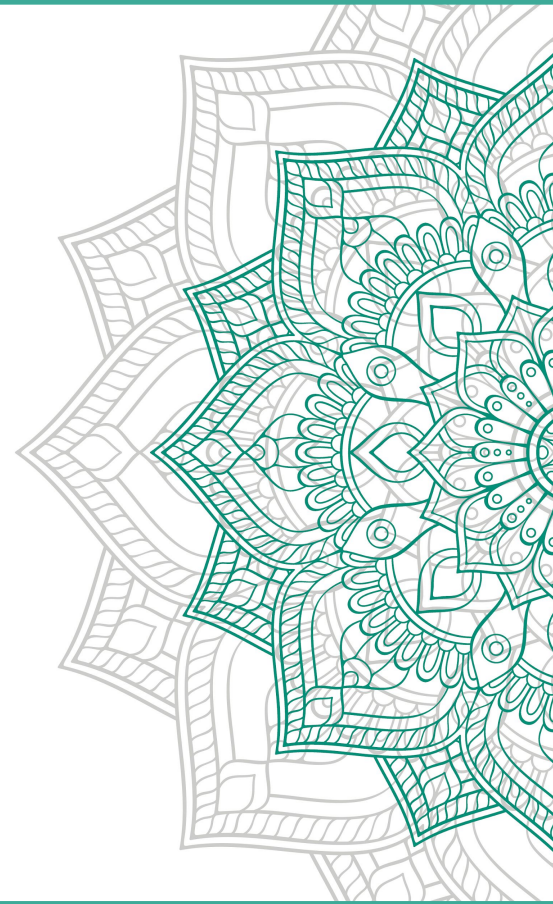


MENTAL HEALTH IN PHD STUDENTS

THE ROLE OF GRADUATE SCHOOLS
THE INTEGRATION OF INTERNATIONAL STUDENTS
IMPOSTOR SYNDROME
Online Conference
Oct 19, 2021
10AM - 6PM



Keynote Speaker

Gordon Feld

Panelists

Jule Specht
Martin Grund
Ralf Kurvers
Aite Kashef

Contributing initiatives

Scholar Minds
Dragonfly Mental Health
Mental Health Collective
N² Network
UniWiND/GUAT
Innerminder
Lise-Meitner-Gesellschaft

Registration

<https://bit.ly/mh-event2021>

Registration is free of charge

Parallel Workshops

Impostor Syndrome
Stress Management and Optimal Performance
How to manage your projects?

Parallel Hackathons

Bridging Mental Health and Academia
Dream your Graduate School
Feel at home everywhere



Contact

www.scholar-minds.net
scholarminds@charite.de

















MENTAL HEALTH IN PHD STUDENTS

THE ROLE OF GRADUATE SCHOOLS, THE INTEGRATION OF INTERNATIONAL STUDENTS, AND IMPOSTOR SYNDROME

online conference
 Oct 19, 2021
 10AM – 6PM, CET

Preliminary Program

Timetable

10AM-11AM	 Welcome (Isabel Dziobek) & Keynote (Gordon Feld) 
11AM-12PM	Mental Health Initiatives Presenting their Work  UniWinD  N ² Network  Scholar Minds
12PM-1PM	 Lunch Break
1PM-2:30PM	Parallel Workshops  Impostor Syndrome (Olga Vvedenskaya, The Mental Health Collective)  Stress Management and Optimal Performance (Luis Castillo, Innerminder)  How to manage your projects? (Katharina Bögl & Sandra Naumann, Scholar Minds)
2:30PM-3PM	 Coffee Break
3PM-4:30PM	Parallel Hackathons  Bridging Mental Health and Academia (N ² Network)  Dream your Graduate School (Dragonfly Mental Health)  Feel at home everywhere (Nadja Wisniewski, MATH+)
4:30PM-5:30PM	 Panel Discussion Jule Specht Martin Grund Ralf Kurvers Aite Kashef
5:30PM-6PM	 Summary of the day & vision for 2022 

ONLINE CONFERENCE MENTAL HEALTH IN PHD STUDENTS

SPEAKERS

KEYNOTE: Gordon Feld

Achieving tenure remains a highly competitive process and a lack of alternative career paths in German academia have led to widespread outcry in social media under #ichbinhannah. In his talk, Gordon Feld will give a short recap of his career choices that led to his current untenured position. He will then give an overview how German academia fails structurally to promote the best early career researchers. Finally, he will discuss what needs to change to improve the situation.

MENTAL HEALTH INITIATIVES

UniWinD

Hendrik Huthoff

The working group of the German University Association UniWiND was founded by Hendrik Huthoff and Nicole Sachmerda-Schulz in 2020 with the aim of documenting ongoing mental health initiatives at Graduate Schools in Germany, identify needs for support structures for academic staff as well as students and to publish a white paper with recommendations and best practice examples for German Universities. The working group consists of academic coordinators from a wide range of Universities and will conclude its activities in 2022.

N² Network

N2 is a Network of Doctoral Researcher Networks, comprised by Spokespersons of Max Planck PhDnet, Helmholtz Juniors, Leibniz PhD Network and IPP Mainz. N2 unites more than 16.000 doctoral researchers of Germany's non-university research organizations to discuss the future of science – its working conditions, career perspectives and impact on society. Our main goals involve 100% payment, 4-year contracts, and abolishment of stipends and prevention of power abuse. In 2019, N² initiated a harmonized survey questionnaire which was sent to doctoral researchers in all four member organisations. The aim was to be able to compare the results between the organisations and increase their significance. N2 purpose is to improve important aspects of the PhD life like mental health, career development, and working conditions.

Scholar Minds

Magdalena Matyjek

In recent years, a mental health crisis has increasingly manifested itself in academia. Particularly early career researchers such as PhD students have been found to be at risk for depression and anxiety. With an online survey, we as Scholar Minds investigated the status of PHD students' mental health and COVID-related wellbeing changes targeting a group of diverse ECRs (N = 335) pursuing their PhDs at one of Berlin or Potsdam public universities in 2021. We will present our findings and subsequently propose a call-to-action.

PARALLEL WORKSHOPS

„Academia benefits from your impostor syndrome but you deserve better“

Olga Vvedenskaya, The Mental Health Collective

Impostor syndrome, or the feeling that you don't truly belong, is very common among academics. The presence of impostor syndrome is not at all linked to one's academic achievement record or the amount of effort put into science. A positive assessment of one's achievements is only a temporary fix to relieve the anxiety impostor syndrome can cause. The danger of impostor syndrome, as in any other neurosis, is that it reduces one's quality of life. Impostor syndrome robs us of the joy life has to offer, in both everyday life and in the pursuit of knowledge. In this seminar, we cover the definition of impostor syndrome and its prevalence in the academic population. We provide an overview of symptoms highlighting those seen in academic settings, and we facilitate community discussion on how to overcome impostor syndrome in our individual lives.

„Stress Management & Optimal Performance: The Role of Self-Contemplation“

Luis Castillo, Innerminder

What is stress? How does it manifest in our bodies and minds? How can I relate more favorably to the experience of stress? What skills do I need? How can I develop these skills? This workshop addresses these and many other questions.

You will learn the fundamentals of how your body and brain work and how they communicate with each other. We explore the mechanisms underlying sensations, thoughts, emotions, and behaviors related to stress; you learn why you feel the way you feel and why you act in the way you act. We review evidence-based strategies to change non-favorable behaviors, reduce stress, and reach a state of well-being in which your personal and professional performance is enhanced.

„How to manage your projects?“

Katharina Bögl & Sandra Naumann, Scholar Minds

Do you work on different projects at the same time? Do you sometimes have problems starting a project? Do you procrastinate when things become too overwhelming? Don't worry – we have all been there! On your PhD journey, you have the opportunity to work on various research projects. To succeed, you eventually need to keep track of project details, structure them, assign priorities and fulfill the tasks. This project management can be quite overwhelming, especially in the beginning of your PhD. In this workshop we equip you with small but effective tools to structure your projects and tasks and transform them into manageable daily to-dos. We also address the role of procrastination: how does it start - and most importantly - how can we overcome it?

ONLINE CONFERENCE MENTAL HEALTH IN PHD STUDENTS

PARALLEL HACKATHONS

Bridging Mental Health and Academia N² Network

In 2019, N² initiated a harmonized survey questionnaire which was sent to all doctoral researchers of the Network. The aim was to be able to compare the results between the organisations, increase their significance and to discuss the future of science – its working conditions, career perspectives and impact on society. With the data collected, we have realized that many of the doctoral researchers inside the N² network are facing challenges regarding Mental Health issues. Therefore, we propose a hackathon where we want to discuss Mental Health Awareness and debate good practices in Academia in order to improve the mental well-being of Doctoral Researchers.

Dream Your Graduate School Dragonfly Mental Health

How can graduate schools support the mental health of PhDs? What do PhDs expect from graduate schools? What structures would PhDs need to feel supported? Dragonfly has identified five domains of excellence required for cultivating excellent mental health in an academic setting and we would like to discuss them with you. Domains include forming a Departmental Committee, creating Peer Networks, improving Mental Health Literacy, Fighting Stigma, and having regular access to Skills Training. We'd love to hear your thoughts and brainstorm how to cultivate excellent mental health in academia!

Feel at home everywhere - how to make it easier for international students

Nadja Wisniewski (MATH+)

When you decide to move to another country to join the lab of your dreams, there can be additional challenges you need to tackle: Besides fulfilling your PhD project tasks, you also need to get used to the customs of the new country, potentially learn a new language, and build a new social network. What are or have been your biggest challenges while doing a PhD in another country? How can institutions help to make it as easy as possible for international early career researchers to dive into this new experience? How could they create a sense of home from the start? Who else should be involved in this process? Join this hackathon to share your insights and thoughts of how we can make everyone feel at home!

PANEL DISCUSSION

“Towards sunnier days: How to overcome the mental health crisis in academia?”

Jule Specht Humboldt-Universität zu Berlin

Jule Specht is professor for Psychology at Humboldt-Universität zu Berlin, research fellow at the German Institute for Economic Research, and founding member of the Network Science Politics in the German social-democratic party (SPD). Her research focus is on personality development across the lifespan, specifically during adulthood.

Martin Grund Max Planck Institute for Human Cognitive and Brain Science Leipzig

Martin Grund is an experimental psychologist who does research on how the physiological state of our body shapes conscious tactile perception. Next to his basic research at the Max Planck Institute for Human Cognitive and Brain Science, he tries to make academia a place that integrates and enables the diversity of our society. 2016, he was the spokesperson of the Max Planck PhDnet and co-founded N², the network of more than 16.000 doctoral researchers at Germany's non-university research organizations. Since 2019, he heads the Science Forum Middle Germany. He is an advisor, speaker, and author on science communication and science policy, e.g., as a member of the BMBF think-tank #FactoryWisskomm.

Ralf Kurvers Max Planck Institute for Human Development Berlin & Science of Intelligence

Ralf Kurvers is a senior scientist at the Center for Adaptive Rationality at the Max Planck Institute for Human Development in Berlin and an external PI at the Science of Intelligence Excellence Cluster at the Technical University in Berlin. His research focuses on social and collective decision making in human and non-human animals. Next to fundamental research, he also studies ways to increase decision accuracy in high stake decision making contexts (e.g., medical decision-making, lie detection) using collective intelligence.

Aite Kashef Lise-Meitner-Gesellschaft

Aite Kashef is an Executive Board Member of the Lise-Meitner-Gesellschaft. She is also a scientific associate at the University Hospital of Bonn and a PhD candidate in experimental medicine with a focus on Molecular Genetics. The Lise-Meitner-Gesellschaft aims towards equal opportunities in the natural sciences and mathematics inside and outside of academia. They strive to make academia a place without stereotypes, and work to achieve gender equality in academia.

ONLINE CONFERENCE MENTAL HEALTH IN PHD STUDENTS

CONTRIBUTING INITIATIVES



Scholar Minds is a group of PhD students from universities from and around Berlin. Through sharing resources, surveying the status quo, and organizing mental health events, we hope to promote awareness, destigmatize mental health struggles, and empower PhD students.

@BerlinMinds



Dragonfly Mental Health is an academic-led nonprofit dedicated to cultivating excellent mental health among academics worldwide through research, community building, and the development and deployment of evidence-based programs and consulting. Since our inception, we have delivered 90+ programs to over 8000 academics in 11 countries and in 3 languages.

@dragonflyMH



The goal of the **Mental Health Collective** (established in February 2020) at the MPS is to cultivate and maintain a healthy environment for employees at all levels. Specifically, we aim to facilitate access to help when it is needed, start a discussion about mental health and destigmatize and clarify the mental health issues that occur in academic life.

@mpg_mhc



The **N² Network** is a Network of Doctoral Researcher Networks, comprised by Spokespersons of Max Planck PhDnet, Helmholtz Juniors, Leibniz PhD Network and IPP Mainz. N2 unites more than 16.000 doctoral researchers of Germany's non-university research organizations to discuss the future of science – its working conditions, career perspectives and impact on society. Our main goals involve 100% payment, 4 year contracts, and abolishment of stipends and prevention of power abuse.

@N2PhDNet



The German University Association of Advanced Graduate Training (**UniWiND/GUAT**) was established in 2009. It is the only national organisation in Germany that is dedicated solely to the advancement of (post-) doctoral education and training. The network fosters cross-university exchange of good practices on issues of common concern related to opportunities, challenges and reforms of graduate education.

@uniwind_ev



innerminder

At **Innerminder**, Luis Castillo, PhD in Molecular Neuroendocrinology of the Stress Response and certified MBSR as well as Mindfulness Meditation teacher, offers trainings for stress management and mental well-being using self-contemplation techniques.

www.innerminder.org



Lise-Meitner-Gesellschaft is a non-profit organization with the aim to work towards equal opportunities in the natural sciences and mathematics inside and outside of academia. It is registered under German Law as the Lise-Meitner-Gesellschaft e.V..

@LMG_ev

This event is organized by Scholar Minds in collaboration with the Cluster of Excellence Science of Intelligence (SCIoI) and the Berlin School of Mind and Brain.

