

Agenda - yDiv PhD retreat 2024

Date: 26 – 28 June 2024

Location: Konrad-Martin-Haus, Am Rechenberg 3-5, 06628 Bad Kösen

yDiv Credit Points: 1.0

PhD organization team: Julia Piko, Konstantin Reisner and Pratyaksh Singh

Wednesday, 26 June 2024

10:30 *Arrival:*
Train from Leipzig at 9:09 am (arrival at 10:06 am)
Train from Halle 9:24 am (arrival at 10:10 am)
Train from Jena at 9:22 am (arrival at 9:48)
→ 15-20min walk from the train station to Konrad-Martin-Haus

11:00 – 12:00 **Get-to-know each other**

12:00 – 1:00 Lunch

1:00 – 1:30 **Welcome & introduction to the programme**
 Moderated by yDiv & PhD organization team

1:30 – 4:00 **PhD Symposium**
 Moderated by Pratyaksh Singh & Konstantin Reisner

4:00 – 4:30 Coffee break

4:30 – 6:00 **PhD meeting**
 PhD representatives

6:00 – 7:00 Break/Free time

from 7:00 BBQ and games

Thursday, 27 June 2024

8:00 – 9:00 Breakfast

9:15 – 12:15 Parallel Workshops (in the morning)
Basics of Science Communication¹
 Volker Hahn
Make an impact! Motivation and Mental Health for Early Career Researchers²
 Maik Goth

12:15 – 1:15	Lunch
1:15 – 4:30	Parallel Workshops (in the afternoon) Visualizing science³ Chloé Schmidt & Martha Paola Barajas Barbosa Your pathway to impact⁴ Andrea Perino
5:00 – 7:00	Free time & activities
from 7:00	Dinner & camp fire & games

Friday, 28 June 2024

8:00 – 9:00	Breakfast and vacate rooms
9:30 – 12:00	Presentations by the workshop groups Workshop participants Moderated by Pratyaksh Singh & Konstantin Reisner Feedback session Moderated by yDiv
12:00 – 1:00	Lunch
from 1:00	Hike or departure <i>Departure:</i> <i>To Leipzig at 1:53 pm</i> <i>To Halle at 1:49 pm</i> <i>To Jena at 1:11 pm</i>

Workshop abstracts

¹ Basics of Science Communication

Volker Hahn

Learn how to build a science communication strategy (purpose, goals, target groups, communication channels, topic, style) and start building your own. For inspiration, we will look into the communication strategies of other researchers and the communication tools they use (including social media).

About the Trainer:

Volker Hahn is head of Media and Communications at iDiv. He has longtime experience in science journalism, in particular for German television.

² Make an impact! Motivation and Mental Health for Early Career Researchers²

Maik Goth

Working on your PhD thesis is like climbing the summit of the highest mountain: it takes time, energy and commitment. Every once in a while, when your energy is low or your motivation lags behind, you might ask yourselves: "Does my research have any relevance – for science and society, for my life and career? Is there any sense in going to such extraordinary lengths just to get a PhD?" Don't let this get you off track! This interactive and pragmatic workshop demonstrates how you can stay motivated and take care of your mental health in order to master the challenges of your PhD journey.

We will first look at the workings of motivation, developing structures and protocols that will help us to stay passionate and productive when the going gets tough. In a second step, we will turn to resilience as a tool to navigate the demands and adversities we encounter in the academy, and to strengthen our mental health in times of setbacks and crises. Throughout, we will focus on practical exercises, establish new working routines and learn how to include the 'mental health toolbox' in our lives – be it in the academy or elsewhere.

At the end of the workshop, you will (1) know how to use your motivation to support you while you're climbing up the mountain and (2) to use resilience as a key skill to reach your aims and to make an impact in your field and.

About the Trainer:

Maik Goth has a doctorate in literature (degree in English, American Studies and Classical Philology) with many years of experience as a lecturer in university teaching, as an academic author, reviewer, editor and proofreader. He has spent most of his academic and professional life at University of Bochum, most recently as a researcher at the English Department.

His work as a freelance lecturer and speaker stems from his passion for working with passion for working with enthusiastic and creative young academics and teaching them first-hand academic and pragmatic skills in academic English, research and doctoral management and communication. The integration of mental health in research and teaching is a key concern for me.

3 Visualizing science

Chloé Schmidt and Martha Paola Barajas Barbosa

Visualization is an important aspect of communicating scientific work to wider audiences, including those inside and outside specific fields of study. Visualizations are helpful for enhancing our understanding of not only data and results, but concepts as well. From presentations to posters, graphical abstracts, and conceptual figures, the ability to design imagery not directly produced from data is an important component of a researcher's skill set. In this course, we will discuss and practice basic principles of art and graphic design, strategies to create images that effectively communicate ideas, and tools and resources that scientists can use for illustration and visualization.

About the trainer:

Chloé Schmidt is Senior Scientist at iDiv.

Martha Paola Barajas Barbosa is Postdoc at iDiv.

4 Your pathway to impact

Andrea Perino

As early career researchers, it happens that we reach a point where it all seems pointless. We don't know if the project we're putting so much effort into will yield anything useful. We don't see how our results may benefit anyone. We wonder if our question is designed to create research that is „novel“ much more than that it is designed to be actually relevant. All of this can not only affect our motivation and drive but also our mental health. And the fact that family and friends look at us blankly when we try to explain what we do doesn't make things any better.

In this hands-on workshop you will develop your personal pathway to impact.

About the trainer:

Andrea Perino did her PhD at iDiv and the Martin Luther University Halle-Wittenberg. She then worked as a Science Policy Coordinator at iDiv and is now a freelance coach and trainer for doctoral and postdoctoral researchers.