

**Welcome to the doctoral student course:
Finish on time on time and feel good along the way**

Many doctoral students feel that a duality characterizes their PhD studies; on the one hand, an incredible amount of freedom and time to work with the subject one is passionately interested in, on the other hand, that freedom leads to frameworks that are too loose. This course provides solid techniques and new strategies to finish on time and feel good along the way. The course leader is Åsa Burman, docent in practical philosophy and author of the course book *The Doctoral Student Handbook: Master Effectiveness, Reduce Stress and Finish On Time*. The course is open to all doctoral students at Stockholm University, and the course book is included. During the spring 2024, the course is given in English. Location: Aula Magna: Mimer (including coffee and sandwiches). Register by sending an email to: forumfd_humvet@su.se. Please mark the subject line of the email: Doctoral student course (limited number of seats available). The same email address can be used for questions about the course. Welcome!

”For me, it has had an enormous impact on my everyday life. I get more done in my working hours and no longer have to work evenings or weekends.”

- Course participant

Group 1: PhD students who are new or have reached less than halfway

Workshop 1 – Academic productivity

From efficiency to effectiveness: How do I use the 80/20 principle in my thesis work?

Date: February 5th, at 9-12.

Workshop 2 – Academic productivity

From vague visions to concrete goals: How do I set realistic goals?

Date: February 26th, at 9-12.

Workshop 3 – Sustainable working methods

The demand-control-support model

Date: March 18th, at 9-12.

Workshop 4 – Academic writing

From perfectionism and procrastination to flow

Date: April 15th, at 9-12

Workshop 5 – Academic productivity

From vague visions to concrete goals: How do I follow up on my goals, for example about thesis writing?

Date: May 6th, at 9-12.