

Art of living in the PhD**EMOTIONAL MANAGEMENT & IMPOSTOR SYNDROME**

7 hours | 20 places (minimum 10 participants)

April 4 | 9h30:13h00 – 14h00:17h30

Gualtar Campus, Braga

Outline / Enquadramento

Some people view the PhD as a marathon, requiring self-regulation. Doctoral students often shift from a state of excitement about a new beginning, to questioning themselves (should I be here?), and to a feeling of isolation and frustration. Anxiety may build up from the need to write a thesis and the urgency to finish when deadlines tighten. Going through these emotional challenges can make problem solving difficult.

Algumas pessoas dizem que um doutoramento é uma maratona, não é um sprint, exige autorregulação. Muitas vezes os estudantes de doutoramento vão do entusiasmo de um novo começo ao questionamento de si próprios (Será que devia estar aqui?), passando por algum isolamento e frustração. E com frequência são “atacados” pela ansiedade causada pela necessidade de escrever uma tese e a urgência em terminar quando os prazos apertam. Passar por estes desafios emocionais pode dificultar a resolução de problemas.

Programme / Programa

- Emotional roller coaster / Montanha russa de emoções
- Dealing with difficult emotions / Lidar com emoções difíceis
- Impostor syndrome and fantastic syndrome / Síndrome do impostor e síndrome do fantástico
- Burnout.

Trainer: Ana Salgado

- . Holds a degree and PhD from the University of Minho.
- . She is now currently working at CIIMAR.
- . She coordinated a pedagogical project to improve the quality of teaching and worked as a consultant.
- . With over 15 years of experience in higher education, she taught health, sciences, education, psychology in different institutions.
- . She developed several training courses for PhD supervisors, and other curricular units to PhD, master and bachelor students related with transversal and transferable skills.
- . Her research interests include communication skills, gamification, and self-regulated learning.
- . She is accredited as a teacher trainer (by the C.C.P.F.C.) and as a trainer of trainers (by the I.E.F.P.).