

Art of living in the PhD**HOW TO DEAL WITH PHD PROBLEMS**

7 hours | 20 places (minimum 10 participants)

21 March | 9:30 – 13:00 14:00 – 17:30

Campus de Gualtar, Braga

Objectives / Objetivos

- Guide the doctoral student in order to promote productivity and reduce time to completion.

Orientar o/a doutorando/a no seu percurso de realização do doutoramento, no sentido de promover a produtividade e diminuir o tempo para conclusão.

- Empower the doctoral student with tools to mitigate, manage or solve the problems they face or possibly arise in the student-advisor relationship.

Empoderar o/a doutorando/a com ferramentas para que possa mitigar, gerir ou resolver os problemas que possivelmente surjam na relação orientando-orientador(a).

- Train doctoral students to better deal with the stressors arising from the doctoral development process, preventing burnout.

Capacitar os doutorandos para melhor lidarem com os stressores advindos do processo de desenvolvimento do doutoramento, prevenindo o 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.).