

**Art of living in the PhD****TIME MANAGEMENT & PROCRASTINATION**

7 hours | 20 places (minimum 10 participants)

**April 9 & 11** | 9h30:13h00

Online (2 sessions)

**Outline / Enquadramento**

The end of the week is near and time just seems to run out. You are hardwired on the computer to finish that abstract till 5 p.m. Should I have worked all night through? Now I'll have to make up for it and work the weekend!

*Aproxima-se o final da semana e não fizeste tudo o que querias. Estás agarrad@ ao computador com afinho de forma a terminar aquele rascunho do artigo antes das 17h para enviar para o teu orientador. Será que devia ter feito uma noitada? Agora vou ter de compensar e trabalhar no fim de semana!*

**Programme / Programa**

- Recognizing the problems / *Reconhecer o(s) problema(s)*
- Mapping strategies / *Mapear estratégias*
- The path to “healing” / *Os passos para a “cura”*
- Keeping up the investment / *Continuar a investir*

**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.).