

STEP

Workshop

STEM Research
Equality, Diversity and Inclusion

RESEARCH MANAGEMENT FOR ESR



June 18, 2024



10:00h (Portugal)



Online (Zoom)

Summary:

Academia is a very rich encouraging space but it can be daunting and disorienting sometimes when someone starts their PhD. A lot of time is spent reflecting, reading and analysing the object of one's study as well as writing and rewriting fragments of their academic body. In addition to that, the majority of the time all this working time is very demanding and it is spent in solitary. This workshop aims to give ESRs practical on two specific areas such as research management and self-care, as they are equally important to reach the end of the PhD successfully. Some of the key aspects are going to be discussed in this activity include the PhD studies as a process and how to adapt, productivity tips, time management and perfectionism or the importance of mental health in academia.

Speaker: Clara Sánchez-Rebato Valiente

Doctorate in Audiovisual Communications, Advertisement and Public Relations. She is currently working in an international research called Branded Content Governance that involves the University of Arts London and the University of Stirling that aims to study how branded content is regulated across the globe using not only political or legal sources but experiences from experts from the field and related fields. Due to her own experience with the PhD studies, she is also interested in talking with other PhD students about their experiences and give tips for being able to have a successful and enjoyable academic experience during this period of time.



Registration:



step.ipb.pt