

International Workshop

Mental Clarity & Decision-Making in Academia

Organizational details

Instructor:	<i>Vicent Botella-Soler, PhD</i>		
Date:	September 15 & 16,		
	Time zone Berlin, UTC+2:	7 pm – 10 pm respectively	
	Time zone Bogotá, UTC-5:	12 noon – 3 pm respectively	
Location:	Online via Zoom		
Max. number of participants:	20		

Objectives

- You will gain practical tools to improve your decision-making in both your professional and personal life as an academic.
- You will learn how to reduce procrastination and overcome unproductive patterns of worry when facing complex decisions.
- You will strengthen your ability to make clearer, more confident, and more structured decisions in everyday academic contexts.

Content & Methods

The path of an academic is full of decisions, and each one seems crucial: Which project should I do next? What would be the best next move? Where should I focus my efforts? Should I look for another academic position or leave academia? Is this abstract I've written good enough?

Many of the hurdles we face when making decisions stem from the way we think about the decisions themselves and several documented cognitive biases. In this workshop, we will work on emotional and psychological aspects of decision-making such as worry, procrastination, regret, and decision paralysis. We will also review the most common biases affecting our decision-making process as academics and practice useful tools and strategies to reduce their impact.

Methods: This online workshop combines live sessions and self-paced learning to optimize the learning experience, combining theoretical input with group discussion, and reflective individual exercises.

Target group & Course Language

Target group: Doctoral candidates and postdocs

Participation requirements: None

Course language: English

About the instructor

Vicent has been a PhD student (physics), a Postdoc (neuroscience), a machine learning consultant for startups, a R&D manager for a tech company. With extensive international experience in both academia and industry, he now works as a freelance consultant and author, helping academics and industry professionals snap out of cognitive traps and long-held beliefs hindering their development. He specializes in critical thinking and decision-making for individuals and teams.

For more information see: www.dickersonetal.com

Registration

By September 5, 2026 via e-mail at info@ggs.uni-giessen.de.