

Lecture as part of the Teaching Assistantship Program 2018

## **Cognitive Psychology for PhD Students**

### **Organizational details**

Instructor: Richard Damian Vargas Lopez

Date: July 11, 2018 from 16 to 18 h c.t.

Location: Campus Wirtschaftswissenschaften, Licher Strasse 68, D-35390 Giessen, room H 20

### **Content**

Carrying out a PhD abroad is time and energy demanding. Students not only have to spend hours finding and organizing information, reading articles and books, or writing their research projects. They should also create room for activities that make part of their normal lives. Thus, being mentally and emotionally fit plays an important role and makes a big difference in our lives when the time comes to actively work on a research project. As thoughts are connected to emotions, behaviors, and actions the workshop “cognitive psychology for PhD students” provides basic but important strategies and techniques that help doctoral candidates to educate their minds to be more productive and achieve their goals without encountering major difficulties. The workshop is designed in such a way that PhD students have the chance to share their own experiences, discuss with others and provide suggestions to be positive and focused. Some of the questions that I attempt to approach and answer along the workshop are: *What are irrational or baseless beliefs and what can you do to avoid them to keep on working? How can you educate your mind to be more productive? How to be more rational about your life to work and study happily and successfully? How to make your life simple by reasoning? And in general, how can you transform your life positively?*

### **Target group**

Students, Doctoral Candidates and Postdocs of all Faculties

### **Course language**

English

### **Registration**

No registration needed