First Generation –
Support and Orientation for First Generation Scientists

Objective

- Am I right in academia? Developing an understanding of self-perception as a first-time academic
- Developing and consolidating your own motivation and goals
- Recognizing and appreciating your own social background as a resource and strength
- I am not alone with my challenges! Exchange and networking
- Dealing better with doubts and drawing strength from them for the further academic path

Description

Being the first from your family to go to university and / or into research can come with many question marks and challenges. In this online workshop, we will explore the experiences associated with this journey, the benefits that first-time academics possess, and how they can leverage their strengths for a successful academic career.

- Examination of the portrayal of academics in society
- Reflection on self-image and external image as first-time academics
- Recognition of motivation as a driving force for pursuing an academic career
- Dealing with critical reactions from your social environment to your own career path
- Getting to know easy-to-use empowerment tools

Methodology

- (Short) talks and inputs by the trainer
- Plenary discussions
- Small group/breakout sessions
- Opportunity for participants to network
- Individual reflection exercises
- Group co-creation exercise

Organizational Information

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<thead>
<tr>
<th>Language / Format</th>
<th>English / Online</th>
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<tbody>
<tr>
<td>Target group</td>
<td>Doctoral Candidates at all stages and Postdocs from all faculties</td>
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<tr>
<td>Date</td>
<td>Thursday, 20 June 2024, 9:30 – 15:30</td>
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<td>Registration</td>
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