

"I attended the GRADE workshop **Get on With It** during a time of feeling overwhelmed, and its practical tasks helped me regain focus on my research. Revisiting questions, such as motivation for pursuing a doctorate, strengths and stumbling blocks, competencies, and career plans, through tools like the PhD Canvas and SWOT analysis gave me a new strategic perspective. The supportive coach and excellent group of participants made the experience particularly effective and helped me realize I am not alone in the day-to-day struggles of a doctorate. I would recommend this workshop to anyone looking for clarity, motivation, and practical tools to prioritize their project more efficiently."

Nora Gamkrelidze
PhD Candidate
Social Sciences - Goethe University



Foto : Jürgen Lecher

Get On With It What Course Adjustments Are Required During Your PhD

Objective

Throughout any doctorate it is always helpful to stop and reflect on progress: What is going well and what areas are in need of adjustment? And what about my initial enthusiasm – is it still present?

An analysis of progress to date allows you to work on the PhD project and its timely completion in an even more targeted way: Get on with it! At the same time, you can create space for personal development

Description

This online workshop helps to reflect on your PhD progress in a structured way and to develop your personal strategies for moving their project forward. The focus is on the following topics:

- Stocktaking: What is going well and where are the problems?
- Setting the course: Where will the PhD topic take you?
- Support: Supervisor, thesis committee and mentors
- Lone ranger? Interaction with colleagues and scientific community
- Stress, demotivation and crises are normal! Dealing with difficult phases during the doctorate
- If I'm overwhelmed with work: How can project and time management help me?
- Strengthening strengths: Empowerment for my PhD
- Get on with it: My next steps

Methodology

The workshop will be adapted to the specific knowledge and needs of the participants, which will be determined in advance via an online form. This course is practice oriented and includes knowledge input as well as active and interactive parts, such as dialogues, individual and group work, role plays, etc.

The workshop takes place on three consecutive days . This format allows for more intensive work, as it relieves the participants through shorter working blocks and gives them sufficient time between the blocks for an individual reflection on the workshop content. In addition, the format provides the trainer with more opportunities to tailor the workshop content to the needs of the participants, which often only become recognizable in the course of the workshop.

It is expected that participants will attend on all three days.

Conditions

Desktop PC or notebook with webcam and microphone. A smartphone is not sufficient.

Trainer



Dr. Gunnar Seemann
GOLIN WISSENSCHAFTS-
MANAGEMENT, Berlin

Dr. Gunnar Seemann did his doctorate in electrical engineering and information technology and then headed a (junior) research group in Karlsruhe and Freiburg for 15 years. Since 2020 he has been employed as a coach and trainer in the Young Investigator Network of the Karlsruhe Institute of Technology. In addition, he works as a freelancer.

Organizational Information

Language / Format	English / Online
Target group	Advanced doctoral candidates from all faculties
Date	Monday-Wednesday, 7-9 December 2026, 9:00 – 12:30
Registration	For registration click here

