

12-week digital mentoring program

PhD Success Lab

PhD Success Lab™ (PSL) is a 12-week digital PhD mentoring program teaching PhD students the process of conducting a PhD study successfully and completing it on time. They learn step-by-step how to plan and control their research project, and how to become well-organized and highly efficient. In PSL, participants go from being overwhelmed and struggling with their PhD projects to feeling confident and in command. They will learn what to do to complete their PhD, how to implement individual steps until completion date, how to plan their weeks and days to focus on their most important outputs, all while taking care of their personal well-being and mental health. Participants adopt and practise the TRESS ACADEMIC PSL system of productive dissertation writing to speed up their thesis writing.

Course concept

The course is a fully digital program that is provided online through an e-learning platform. Participants work independently using the provided material. It contains:

- 10 weeks of guided program lessons
- 10 learning moduls & 29 lessons
- 4 live support sessions to clarify problems
- online discussion group

Target group

The program is for IFU doctoral students in their first year or

well into their PhD process experiencing problems or delays.

Timetable

PSL by TRESS ACADEMIC will be rolled three times in 2023 with courses starting in

- **January 23, 2023**
- **May 8, 2023**
- **September 18, 2023**

Application

Please register for PSL in 2023 by submitting a short motivation email with the preferred date (in cc to the advisor) to Elija Bleher (elija.bleher@kit.edu) **latest by January 20, 2023**. Registration is binding.

ECTS

3 credit points

Trainer

Dr. Bärbel Tress (TRESS ACADEMIC) was awarded a PhD in Landscape Ecology at the University of Heidelberg, Germany. She has many years of experience as a researcher, supervisor and lecturer at Roskilde University, DK, Wageningen University, NL, and the University of Aberdeen, UK. Since 2007, TRESS ACADEMIC provides training in key academic competences for researchers.



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