SPRINT to a focUSed Working Approach

Course Description:
Our workshop is aimed to provide new strategies and techniques that will aid you in motivation, self- regulation, and time optimization, which is of particular benefit during writing phases within your doctoral dissertation. By using a self-regulatory software called focUS, you will be guided through the basics of this software, while reflecting on your writing process. Through small group discussions and reflections, including SCRUM activities, there will be opportunities to discuss and reflect on the obstacles encountered while writing your dissertation. Within three structured sessions, you will be given tips and tricks to help you maintain motivation, increase your time management skills, and provide self-regulation strategies. Hence, our workshop strives to provide practical and reflection-based skills, to help you best succeed in your dissertation writing.

Content:
The aim of the workshop is to particularly enable participants to:
1. Reflect and improve on their current working approach.
2. Understand self-regulation theory, growth mindset, time optimization strategies, and SCRUM techniques to aid in the improvement of academic working.
3. Implement the focUS software into their working approach.
4. Use SCRUM techniques to improve their reflection and working approach.
5. Discuss, reflect and find solutions to obstacles during thesis writing.
A certificate will be awarded on completion of this seminar.

Requirements:
This course will be in English. Participants must have a computer with Mac or Windows operating systems. Students will be required to trial and use focUS and complete daily reflections on their working progress throughout the course of the seminar.

Provider:
The Department of Teaching and Learning with Intelligent Systems. This project was developed as part of the IKILeUS project (https://www.hlrs.de/de/projekte/detail/ikileus).

Speaker:
Sarah Hall

Target group:

Doctoral candidates and master students
Max. number of participants: 12

Date / Seminar times / Venue:
There are two courses offering the same content. Please only register for one of the courses.

First seminar:
In person: April 26th 2024, 13:30- 16:30; May 28th 2024, 13:30- 15:00
Online: May 1st 2024, 13:00- 14:00; May 8th 2024, 13:00- 14:00; May 15th 2024, 13:00- 14:00

Second seminar:
In person: June 7th 2024, 13:30- 16:30; July 9th 2024, 13:30- 15:00
Online: June 12th 2024, 13:00- 14:00; June 19th 2024, 13:00- 14:00; June 26th 2024, 13:00- 14:00

Registration / Anmeldung:
C@mpus
Titel: Sprint to a focused working approach
Nummer: 552210007

Contact / Kontakt:
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