

Finish On Time Workshop for early career researchers on 23/1-2024: Academic Productivity and Stress management – The Road to Effectiveness

Many of us experience academic life and academic writing as sometimes stressful and frustrating when we know (or heard) that it can be “rewarding.” In this workshop we share proven strategies and tools to support you in finishing your academic work on time and feel good along the way.

”I have joked that I needed a workshop to come to grips with the fact that I always seem to be behind – I should be able to manage my time by now, being the senior researcher that I am. I got a much-needed productivity boost after this workshop and the knot in my stomach disappeared!”

– Early career researcher

More specifically, you will learn productivity tools such as the 80/20 principle, focusing on the end product, and working in units, and apply them to your own work situation. These tools serve to reinforce each other, are easy to implement, and provide powerful impact. You will also learn about what causes stress in academia and various coping techniques, and tangible methods to address common academic writing obstacles like perfectionism and procrastination.

Practicalities

Full-day workshop between 9.00-16.00 at Palaestra, Lundagård, Lund. Free lunch and ”fika” included. You sign up by emailing Heidi Nilsson at : heidi.nilsson@hr.lu.se or by using this link: <https://luvit.education.lu.se/Kompetensportalen/activities/ActivityDetails.aspx?inapp=1&id=1576>

About Finish on Time

For 13 years, the Finish on Time team has offered workshops at nearly all of Sweden’s universities and colleges. Over 10 000 PhD students, supervisors, professors, and researchers have participated in our workshops. The tools are based on knowledge from the University of California, Berkeley, management consulting, and stress research: www.finishontime.org

About the workshop leaders

Katarina Mårtensson has a PhD in higher education and pedagogical development and works as a lecturer at Lund University. Through workshops and courses for doctoral students, teachers, supervisors, leaders and other teaching staff from the entire university, she provides support in the work to develop teaching and education. Katarina's research concerns collegiality, professional development and leadership, and she has editorial experience from several international journals.

Henrik Levinsson is a lecturer in psychology at Lund University and has also worked as director of studies for five years. His research concerns autonomy and is in the borderland between psychology, philosophy and medicine. Henrik has a genuine interest in educational development work, and he has received an educational award for best lecturer.

