

Getting it Done

How to complete your dissertation – methods and motivation

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Organization	Graduate Academy, UNILU
Language	English
ECTS – Points	1
Content	<p>Most of the content of your dissertation is now clearly defined. Outline and structure are beginning to take shape and the submission deadline is drawing closer. Your main question is: “How can I use the remaining time most efficiently?”</p> <p>The “Getting it Done”-workshop provides you with useful tools to tackle the final stage of your dissertation with as little hassle as possible. Get to know tried and tested methods for developing your own realistic project schedule. It is also important for you to keep working continuously until you finally submit your dissertation: learn how to develop helpful strategies to cope with persistent levels of stress and strain.</p> <p>Contents in brief</p> <ul style="list-style-type: none"> • Project scheduling: How to draw up a realistic project schedule for the final stage of your dissertation • Iterative incremental planning • Basic strategies and tools for an efficient time- and self-management (i.e. pomodoro technique, phases of productivity, implementation intentions ...) • Setting priorities • My working attitude: pragmatism and productivity <p>Methods</p> <ul style="list-style-type: none"> • Input and discussion • Individual and group work • Coaching techniques
Notes	<p>This Graduate Academy offering is directed at researchers, post-docs, and doctoral students at the University of Lucerne and its partner institutions and is free of charge for these persons. Certificates with the respective ECTS-Points are prepared on request (graduateacademy@unilu.ch).</p>