

## Graduate Academy

Office of the Vice Rector for Research

### «*Writing your dissertation*»

<b>Tutor and Affiliation</b>	Annika Martin, mindfulbody.ch
<b>Organisation</b>	Graduate Academy
<b>Language</b>	English
<b>ECTS-Points</b>	1
<b>Nos. of participants</b>	max. 15
<b>Content</b>	<p>Writing a dissertation is difficult. As a task, it is highly complex, demanding and for almost everyone, the writing process is fraught with emotions (we're human after all). But don't worry, being in the position you are in now, you have shown over and over again that you are very capable of managing and mastering difficult tasks.</p> <p>This workshop will provide you with a package of helpful resources to make the process of writing your dissertation a focused, structured and also rewarding endeavor. For that, we will explore how writing your dissertation is a creative process, a craft and a challenge. We will identify major hurdles in this process, discuss and practice strategies and tools to manage both the task of writing as well as yourself as the 'human factor' in this long-term project. Working with me and a group of fellow travelers for one day, the goal of this workshop is to help you to start and finish your dissertation successfully: step by step and word for word.</p>
<b>Notes</b>	This Graduate Academy offering is directed at researchers, post-docs, doctoral students, people interested in starting a dissertation and employees of Lucerne universities and their partner institutions and is free of charge for these persons.