The 7 Secrets of Highly Successful PhDs and Masters Students

Wednesday, May 16, 2018
3:00-5:00 pm
ARC Ballroom B

Please register at https://7secretshughkearns.eventbrite.com

What do graduate students and postdocs do to finish on time, to overcome isolation, doubt and writer’s block, and to enjoy the process? And just as importantly what do they do in order to spend guilt-free time with their family and friends and perhaps even have holidays? If this sounds appealing, then this session will be of particular use to you.

This workshop describes the seven key habits that will help you complete your graduate degree or postdoc. Just as importantly, these habits can greatly reduce the stress and increase the pleasure involved in the process of finishing your degree or training.

The workshop helps you to understand how to increase your effectiveness and outcomes in the following key areas:

- how you deal with your advisor
- how you structure your writing time
- your attitude (or lack thereof!) in relation to your research
- dealing with writer’s block or having difficulty writing
- getting the help you need when you are stuck
- juggling multiple commitments and never having enough time
- keeping on going when the going gets tough

Light refreshments will be served.

Seminar Leader: Hugh Kearns, BAgSc, MEd, MMHS
Hugh Kearns is recognized internationally as a public speaker, educator and researcher. His areas of expertise include self-management, positive psychology, work-life balance, learning and creativity. He draws on over twenty years of experience as a leading training and development professional within the corporate, financial, education and health sectors in Ireland, Scotland, New Zealand and Australia. He has coached individuals, teams and executives in a wide range of organizations in the public and private sectors.