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Upcoming Workshop Highlights

**Peer Coaching for Doctoral Researchers - Joining efforts for a successful PhD** – 12 May 2016

You don’t want to work on your PhD alone? You want team spirit and more self-discipline? Join our peer coaching workshop and form a „Success Team“! Peer coaching is an opportunity to reach the goal of a successful PhD together with others. Working together in a team boosts the motivation to plan the various steps and milestones of the doctoral research projects, to work well-focused and efficiently, and consequently brings all Success Team members closer to completing their PhD theses. In this kick-off seminar, you will lay out concrete plans for the following few months and determine precisely how you intend to reach your objectives. First, you will learn about the method and structure of peer coaching. Then you will break up into small groups with a maximum of six doctoral candidates who will meet approximately every other week. In your team meetings, content-based, methodical and personal PhD-related questions and issues can be discussed and tackled together. The team language can be either German or English according to the team’s preferences. After a few months, there will be a moderated team coaching reflecting on individual success and team cooperation.


**Communication Matters - The challenges of scientific teamwork and everyday university life** – 24 + 25 June 2016

This unique workshop will take place at a seminar house at the country side in Hude (between Bremen and Oldenburg) with overnight stay. Focusing on general communication processes in small and large teams, this workshop tackles the special work and social situation of doctoral researchers. The participants will have the opportunity to analyze their behavior in guided personal and group based reflections. Thereby, the specificities and psychological implications of individual PhD communication situations, hierarchical positions and work environments in departments, workshops and laboratories will be addressed. In order to practically achieve the goal of improving communication, work situations will be simulated to provide for tangible experiences. Join this two day workshop in a relaxing atmosphere, exchange with other doctoral fellows and participate in activities, presentations, and discussions.

Check the details on journey and overnight stay on [www.uni-bremen.de/en/research/young-talents/graduate-center-university-of-bremen-proub/events/veranstaltungsbeschreibungen/course-2016-25.html](http://www.uni-bremen.de/en/research/young-talents/graduate-center-university-of-bremen-proub/events/veranstaltungsbeschreibungen/course-2016-25.html)

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**BremenIDEA: Funding opportunities for the internationalization of your doctorate: An interview with Annika Hartmann about her research stay at the University of North Carolina at Chapel Hill**

**ProUB:** You received a BremenIDEA grant for a research stay abroad. What motivated you to apply and what is your PhD project about?

My PhD project both reflects and reproduces my interest in getting to know Non-European cultures: It focuses on the history of family planning in Guatemala from a transnational perspective in the 2nd half of the 20th Century. I analyze how Guatemalan doctors and health professional discussed ideas of the “population bomb” and what motivated them to adopt or to reject the distribution of modern contraceptives such as the contraceptive pill and the DIU. In Germany, there are few experts who focus on that specific topic. Hence, the need for exchange with researchers working on similar topics motivated me to look for a research stay abroad. I felt that a close collaboration was especially important in the writing process, the last phase of my dissertation. Consequently, my main goal was to advance significantly with my manuscript. In addition, BremenIDEA provided me with an excellent opportunity to get to know a different national and disciplinary context.

**ProUB:** Please give a short description of your funded research stay.

From September until December 2015, I was a visiting scholar at the Department of Social Medicine at the University of North Carolina at Chapel Hill. The UNC is one of the oldest public universities in the USA, ranked fifth among the country’s top public colleges and universities. During my research stay, I attended lunch talks and participated in a weekly seminar on the history of medicine from a patient’s point of view together with medical students. Last but certainly not least, I spent a lot of time in the excellent UNC libraries. Access to the extensive Latin American collection helped me to complete one of my main chapters in large parts. So, my research stay opened up a new and exciting academic world for me: This was only made possible by the help and support of my UNC contact person Dr. Raúl Necochea who works as assistant professor at the Department of Social Medicine. The contact was established by Prof. Dr. Delia González de Reufels, who is my PhD supervisor and teaches Latin American History at the University of Bremen. Raúl reviewed an article, which will be published soon, helped to structure my chapter and discussed with me the overall outline of my PhD project.

**ProUB:** How did you feel about the scientific supervision and the collaboration in an international team? Did you have to face any difficulties? What experiences did you gain from your research stay?

It was much harder to get access to the UNC facilities than expected. To be accepted as a visiting scholar, I faced a complicate, time-consuming bureaucratic procedure and it took me more than a month to get a “Onecard”, needed to get access to the US-American interlibrary loan service or to borrow books. I had little contact to the other members of the Department since my doctoral thesis was not connected to the Department’s current research projects. In my case, however, that kind of “isolation” was absolutely necessary to concentrate on my manuscript. Nevertheless, I was lucky to be invited to the Department’s social events or to the lunch talks. I really enjoyed the interdisciplinary experience and the friendly and relaxed atmosphere of both formal and informal events, which is, in my experience, characteristic for the US-American academia.

**ProUB:** Do you have any concrete plans for further collaboration?

Now, three months after coming back to Germany, Raúl Necochea and I maintain a friendly contact via mail, and I am going to present in a conference panel in New York City in May. In addition, I feel I can contact him whenever I need help or advice with publications, my PhD project or to get in touch with researchers in the USA. I think that, in contrast to conferences and short events, research stays abroad contribute to a great extent to the consolidation of international scientific relations.

Annika Hartmann will be finishing her PhD at the History Department of the University of Bremen. She has recently taken a new position at the Institute of the History of Medicine at Justus-Liebig University Gießen.
BremenIDEA: Funding for research activities abroad

To encourage the international mobility of doctoral researchers BremenIDEA – International Doctoral Education Action announces various funding opportunities. The program is promoted by the German Academic Exchange Service (DAAD) and funded by the Federal Ministry of Education and Research (BMBF). In May, a second call for applications for research stays up to 3 month in 2016 at international universities and research institutions will be opened. Successful applicants will receive funding for their research stay and travel allowances. All PhD candidates of the University of Bremen that are accepted by the doctoral committee are eligible. Application deadline: 31 May 2016. More information on www.uni-bremen.de/en/bremenidea

The Internal Social Counseling Service: Providing help to University employees

The internal social counseling service is open to all employees of the University who have problems at work, private issues or health related problems. The counseling service is free of charge and fully confidential!

Kassandra Ruhm is a psychologist. You can consult her for many different reasons, for instance
• If you have difficulties with your doctoral thesis or conflicts with your professor or among your colleagues.
• If you have difficulties planning your time, if you suffer from writer’s block or if you are looking for a reasonable way of handling stress, unclear demands, or expectations that you cannot fulfill.
• When you have problems in your private life, e.g. with your relationship or your family, in case of loneliness or if you are preoccupied with personal private matters
… and for many other reasons.

Maybe you do not need any help, but professional support could make things easier? You do not have to resolve every problem on your own!

Kassandra Ruhm can lend an ear to your worries and help you look for the right path for you. She can support you in finding and defining your position. She does not have the authority to change conditions at your place of work. The decisions you make regarding difficulties remain entirely in your hands. Kassandra Ruhm’s native language is German, but she is happy to attend you in (charming imperfect) English.

In order to make an appointment you can reach Kassandra Ruhm via email or phone:

Dipl.-Psychologin Kassandra Ruhm
Betriebliche Sozialberatung/
Internal Social Counseling Service
Building GW2, room B3740
Tel.: 0421 / 218 - 60106
sozialberatung@uni-bremen.de
www.uni-bremen.de/sozialberatung
### ProUB Workshops and Events May to July 2016

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More information on our workshops: [www.uni-bremen.de/proub › Veranstaltungen](http://www.uni-bremen.de/proub › Veranstaltungen)