

The Graduate student package

Introduction: Individual session

"What are my goals with participating in the Graduate student package?"

Workshop 1: Productivity

"From efficiency to effectiveness: How do I use focusing on the endproduct in my dissertation work?"

Workshop 2: Productivity

"From vague visions to specific goals: How do I set realistic goals?"

Workshop 3: Stress management

"From negative stress to positive stress: How do I change my behavior?"

Workshop 4: Stress management

"From negative stress to positive stress: How do I change my thoughts?"

Workshop 5: Productivity

"From vague visions to specific goals: How do I evaluate my work?"

Workshop 6: Productivity or stress management

"Content depends on the group's need and preferences"

Conclusion: Individual session

"Evaluation of my goals with participating in the Graduate student package"



FINISH ON TIME.