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”