



UNIVERSITY
OF COLOGNE

WORKSHOP

Tuesday, May 6th 2025
15.00–17.30 in HS III



MENTAL HEALTH IN MASTER/PHD STUDIES - CHALLENGES AND COPING STRATEGIES

Doing a Master/PhD thesis comes with new challenges compared to the preceding study phase. For example, tasks are more complex and outcomes less clear, demands for independence and self-management increase significantly, one's own career plans may be ambiguous, etc. This holds a potential to grow, but can also be intimidating or burdensome – sometimes in diffuse, barely perceptible ways.

This workshop will put a spotlight on this topic, on the basis of facts and figures from recent international studies. The goal is to sensitise you to psychological challenges in your working environment and to enable you to take action in case of difficulties.

While thus primarily targeted at Master/PhD students, both younger students as well as the faculty members are invited to join.

joint project by:

Fachgruppe Physik // Fachschaft Physik // BCGS // Servicezentrum Inklusion // MNF