

First Generation – Support and Orientation for First Generation Scientists

Objective

- Am I right in academia? Developing an understanding of self-perception as a first-time academic
- Developing and consolidating your own motivation and goals
- Recognizing and appreciating your own social background as a resource and strength
- I am not alone with my challenges! Exchange and networking
- Dealing better with doubts and drawing strength from them for the further academic path

Description

Being the first from your family to go to university and / or into research can come with many question marks and challenges. In this online workshop, we will explore the experiences associated with this journey, the benefits that first-time academics possess, and how they can leverage their strengths for a successful academic career.

- Examination of the portrayal of academics in society
- Reflection on self-image and external image as first-time academics
- Recognition of motivation as a driving force for pursuing an academic career
- Dealing with critical reactions from your social environment to your own career path
- Getting to know easy-to-use empowerment tools

Methodology

- (Short) talks and inputs by the trainer
- Plenary discussions
- Small group/breakout sessions
- Opportunity for participants to network
- Individual reflection exercises
- Group co-creation exercise

Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	Thursday, 20 June 2024, 9:30 – 15:30
Registration	For registration click here

Trainer



Dr. Sashima Läbe
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Dr. Sashima Läbe is a first-generation trainer, coach and scientist. After completing her Ph.D. and postdoctoral studies in geosciences at the University of Bonn, she worked at TwentyOne Skills GmbH as an expert in mental health and gender & diversity issues in science and teaching. She understands the challenges of academic work from her own experience and knows how important it is to keep an eye on yourself.