Dear doctoral candidates,

Pursuing a doctorate is definitely a transformative experience: not only because of the research, which evolves and goes through different stages, but also because of you, as researcher and also as an individual. This is why we would like to highlight one of the skills included in the Future Skills framework: self-competence.

Developing self-competence throughout your doctoral journey will act as a vital compass, allowing you to navigate the challenges of academic life with confidence and resilience. It enables you to tackle obstacles independently, critically evaluate theories and methodologies, and push the boundaries of knowledge within your research field. With self-competence, you can effectively prioritize tasks and fearlessly initiate collaborations with researchers from diverse fields to gain invaluable perspectives.
As part of the Transferable Skills Training offer, the TUM Graduate School invites you to participate in our course Wissenschaftliches Arbeiten mit Plan - Feinschliff für DoktorandInnen, where doctoral candidates will learn many essential techniques of the academic work that will prepare themselves for the obstacles within the doctoral context. From practicing your critical thinking skills to cultivating resilience, from managing your time effectively to embracing collaboration with others, self-competence can help you a lot with the tools and mindset necessary to be successful in your doctorate and beyond.

To keep you up to date with news and exciting events for doctoral candidates, visit our website and subscribe to our TUM-GS Newsletter to learn more about what we have to offer!

“What’s new?”

Onboarding for new teaching staff at TUM (ProLehre | Media and Didactics)

The beginning of a career as a university lecturer can be challenging. To make the start in teaching easier, ProLehre | Media and Didactics experts have developed a didactical onboarding training program for new academic staff. In this twelve-hour online course, you will learn the essential didactic and technical basics for teaching at a university. You can complete the TUM Onboarding Course taking asynchronous self-study elements and participating in synchronous live sessions. The course will be held in English, is 100% online, and has a total workload of about 12 hours. It will not take too much of your time and it will help you to improve your teaching skills.

Program dates: May 20 - June 13, 2024
Online live sessions:
- 1st meeting: May 27, 2024 (09:00 – 12:30 hours)
- 2nd meeting: June 05, 2024 (10:00 – 11:00 hours) -Peer Group Meeting-
- 3rd meeting: June 13, 2024 (10:00 – 12:00 hours)

“Inside the courses”

Wissenschaftliches Arbeiten mit Plan - Feinschliff für DoktorandInnen Soon! Book your spot now!
Doctorate, publications, presentations... The business of science is varied and demanding. Anyone who wants to complete a doctorate should have a firm grasp of scientific techniques and be prepared for the challenges of the research environment. In this course you will look at the essential requirements for a successful doctorate. You will explore the necessary requirements, including an in-depth understanding of dissertation forms and formal structure, with an emphasis on generally accepted scientific quality criteria. You will gain valuable insights into work planning and self-organisation and unravel the complex process of preparing a dissertation, giving you the guidance and tools you need to embark on this academic journey with confidence and clarity.

May 06 – 07, 2024
09:00 – 17:00 hours
Campus Garching │ German

Register

Leistung und Work-Life-Balance durch Stressmanagement

What feeds the energy tank? In this workshop, the following energy fields will be discussed: body, core and head. Participants will recognize when it is time to specifically address potential overloads and will be equipped with individual tools to stay mentally and physically healthy and productive, which can be easily integrated into the everyday life. With this seminar, you will build your ability to stay healthy and productive despite high and diverse stresses.

May 14 – 15, 2024
09:00 – 17:00 hours (Day 1) / 09:00 – 12:00 hours (Day 2)
Campus Garching │ German

Register

Agiles Projektmanagement - How to Scrum in der Forschung
Scrum is one of the most well-known and frequently used methods of agile project management. Originally coming from software development, Scrum has transcended the boundaries of the IT industry and is increasingly being used in innovation-oriented areas of the public and private sectors. With the clear structure of the Scrum process, projects can be quickly and efficiently restructured and/or realigned to changing requirements of the context. Agile project methods are used for technology-based developments and innovative projects in particular, because not all requirements and parameters are known in the initial phase. Scrum offers the opportunity to achieve promising project results on the basis of structured processes.

May 22, 2024
09:00 – 17:00 hours
Campus Garching | German

Register

Mindfulness for Stress Relief

This 6 session training covers the basics of mindfulness for doctoral candidates to improve one’s quality of life and reduce negative stress responses. The sessions will consist of guided meditation practices, body postures, discussions and self-reflection. The trainer will give short talks on certain topics, however the training focuses on experiencing the content through guided meditations. We will discuss insights in the group and use Zoom breakout rooms for partner work.

May 24, 31 & June 07, 14, 21, 28, 2024
16:00 – 17:15 hours
Online | English

Register

Gesellschaftsrecht für angehende Manager:innen
The choice of legal form is one of the central preliminary questions of entrepreneurial activity. The question of the best possible legal form arises not only when founding a company, but also in the further course of any entrepreneurial activity. The seminar is aimed at course participants without legal training and teaches them the basics of German company law. In particular, participants will be given an overview of the various company forms, the rights and obligations of shareholders and management and supervisory bodies, the liability system in the various company forms and the legal basis for converting existing companies into new company forms.

June 06, 2024
09:00 – 17:00 hours
Campus Garching | German

Courses now open for booking

**Personality & Self-Management**

Leistung und Work-Life-Balance durch Stressmanagement  *Soon! Book your spot now!*
May 14 – 15, 2024 | Campus Garching | German

Mindfulness for stress relief
Starts May 24, 2024. See DocGS for exact dates | Online | English

Controlled by Stress or Stress Under Control?
June 03, 2024 | Campus Garching | English

Training Emotionaler Kompetenzen *Registration starts soon!*
June 18 – 19, 2024 | Campus Garching | German

Efficiency Skills for Scientists - Get more done in the same time *Registration starts soon!*
June 20 – 21, 2024 | Campus Garching | English

**Communication & Methodological Competence**

Wissenschaftliches Arbeiten mit Plan - Feinschliff für DoktorandInnen *Soon! Book your spot now!*
May 06 – 07, 2024 | Campus Garching | German

Agiles Projektmanagement: How to Scrum in der Forschung *Soon! Book your spot now!*
May 22, 2024 | Campus Garching | German

Einführung agiles Projektmanagement mit SCRUM
June 04 – 05, 2024 | Campus Garching | German

Schreibwerkstatt: Erfolgreich wissenschaftlich schreiben
June 06 – 07, 2024 | Campus Garching | German

Vortragsrhetorik
June 10 – 11, 2024 | Campus Garching | German

Konstruktive Kommunikation – Verständigung, Konfliktlösung, Kooperation *Registration starts soon!*
June 20 – 21, 2024 | Campus Garching | German

**Leadership & Responsibility**

Systemisches Tool Kit für angehende Führungskräfte
June 11 – 12, 2024 | Campus Garching | German

**Science & Research**

Überzeugende Forschungsanträge schreiben
May 13 – 14, 2024 | Online | German

Career Paths in Academia: (Funding) Opportunities for Postdocs
May 21, 2024 | Online | English

**Business & Industry**

Gesellschaftsrecht für angehende Manager:innen
June 06, 2024 | Campus Garching | German

Bewerbungstraining für Doktorand:innen
June 10 – 11, 2024 | Online | German

**Additional offers**

Unsuck Your Science 2024: Mistakes were made (Pro-Test Deutschland e.V)
April 24, 2024 | Online | English

Urheberrecht in der Lehre (UB-TUM)
April 25, 2024 | Online | German

Kompaktkurs Literaturrecherche für die Dissertation (UB-TUM)
April 26, 2024 | Online | German

Der Weg zur Publikation (UB-TUM)
May 08, 2024 | Online | German
Please do not hesitate to contact us if you have any questions. Also, if you have any ideas for courses, we are always happy to receive your suggestions.

Best regards
Your team Qualification Program at TUM Graduate School

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