



Lessons learned in academia

15 June 2022, 3-4pm

## **How to get active during the doctorate: Grass-root activism and other "side projects"**

Virtual networking meeting with **Katharina Bögl**, PhD candidate and co-founder of Scholar Minds and reMINDset.

"A lot of us start our doctorate because we are intrinsically motivated to learn something new and to contribute to the science community. However, some of us also want to create something meaningful besides our research project. This is where we can use our motivation and talents to become active in grass-root movements and other "side projects"."

As co-founder of *reMINDset* and the ECR initiative *Scholar Minds* Katharina will tell us about why and how she became active during her doctorate. Katharina is now engaged in organizing and hosting different events on the topic of mental health in academia with a focus on early career researchers pursuing their doctorate or master's program. She and her colleagues at Scholar Minds also use their knowledge as active researchers to conduct surveys to set the stage for needed changes in the PhD training. Together with her colleague Sandra Naumann, Katharina also works as a trainer and speaker, hosting different workshops and talks dedicated to mental health in academia.

Katharina Bögl studied psychology and is now pursuing her doctorate in an interdisciplinary research training group in Berlin. In 2019, she co-founded Scholar Minds, an initiative dedicated to ensure the mental health of Berlin's early career researchers. As part of the female founder program "Marga Faulstich" at the Humboldt-Universität zu Berlin, she also co-founded reMINDset in 2021 with her colleague and friend Sandra Naumann.

Twitter: @KathiBoegl, LinkedIn: <https://www.linkedin.com/in/katharina-boegl-5b1211186>, Websites: [www.remindset.net](http://www.remindset.net) & [www.scholar-minds.net](http://www.scholar-minds.net)

The event is aimed at female PhD students and postdoctoral researchers.

**Please register by 10 June:** [petra.metz@hu-berlin.de](mailto:petra.metz@hu-berlin.de)