

7 December 2023, 16:00-17:00

Celebrating Small and Big Wins. Experiences with a Success Team during the Doctorate

Virtual networking meeting with Maria Glaser (HU)

While working on a PhD, a lack of a regular exchange with others to discuss what we are working on, especially with someone who gets the everyday struggles of academic life, sometimes gives one the feeling of being very alone.

A success team might help you to get through these tough times. Maria Glaser gives us her thoughts on the concept of a success team; how it really works and how it can benefit you during your PhD. In 2020, she created a success team with a fellow doctoral student and since then, both are meeting regularly to reflect on the past weeks, to celebrate small and big wins, and to learn from each other's challenging or unsuccessful situations.

For her, Maria Glaser tells us " this team has now, after 2.5 years, become a major constant in my life and I attribute the majority of my productivity, and the boost to my mental health in the recent years, to this success team".

Maria Glaser is a psychologist who studied at the Martin-Luther-Universität Halle-Wittenberg and the Friedrich-Schiller-Universität Jena. Currently she is doing her PhD at the Humboldt-Universität zu Berlin in the field of numerical cognition. She is investigating whether performing mental arithmetics like addition and subtraction is associated with horizontal shifts of spatial attention. In our WINS blog you will find a story on her experiences with a succes team: <https://www2.hu-berlin.de/wins/celebrating-small-and-big-wins-experiences-with-my-success-team-by-maria-glaser-hu/>

Please register by 30 November: <https://fakultaeten.hu-berlin.de/en/mnf/wisskar/wins-adlershof/events/registrierung-2>

Zoom link shared after registration