Scuola di Dottorato dell'Università di Verona

Scienze della Vita e della Salute, Scienze Giuridiche ed Economiche,
Scienze Naturali e Ingegneristiche e Scienze Umanistiche

Protecting psychological well-being in the PhD program: development and enhancement of personal strategies and attitudes that predispose to professional satisfaction and ethical collaboration.

Thursday July 29th, 2021 (Zoom meeting*)

Morning session
Moderators: Michela Rimondini, Mirella Ruggeri

9.30-10.00 Introduction and Video Testimonials
Experiences and advice from senior and junior researchers

10.00-11.30 Raising Self awareness on personal vulnerabilities and psychological resources in order to face Phd challenges
Michela Rimondini (University of Verona, Italy)

11.30-12.30 How to recognize and manage emotional distress
Mirella Ruggeri (University of Verona, Italy)

Afternoon session
Moderators: Silvia Savazzi, Paola Cesari

14.00-15.00 Unveiling academic gender blindness: obstacles and possible solutions
Alessandra Minello (University of Padova, Italy)

15.00-16.00 Ethics in science: what's right and what's wrong
Silvia Savazzi (University of Verona, Italy)

16.00-16.30 Molestie morali, molestie sessuali e discriminazione: alcuni spunti per riconoscerle
Francesca Torelli (Consigliera di fiducia University of Verona, Italy)

16.30-17.00 Closing remarks
Gianluigi Zanusso e Paola Cesari (University of Verona, Italy)

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* LINK: https://univr.zoom.us/j/85636698383?pwd=QUJMK3JubVJFNmxLb0Q4VW1pcCs2QT09
ID riunione: 856 3669 8383
Passcode: 121691

What the seminar is about?

The main objective of our Doctoral School is to provide young future researchers with disciplinary and interdisciplinary skills for scientific research to be spent in an innovative, ethical and responsible way at universities, research centers, institutions or companies.

The successful outcome of doctoral training, however, is undeniably also based on an extra-curricular maturation path, in which the aforementioned skills are accompanied by the development of **skills and strategies aimed at effectively coping with the numerous challenges imposed by the specific learning context**. The high competitiveness of the academic world, the high evaluation standards in scientific research and the difficult reconciliation between private life and work deadlines are just some of the stressful factors that a PhD student has to face along his path.

The **learning of relational, psychological and organizational skills**, necessary for a correct management of the aforementioned conditions, are generally delegated to the initiative of the individual, to his basic attitudes and observation between peers, and are very rarely valued as fundamental elements of the professionalism of the future researcher.

This can in some cases lead to a reduction in work well-being, tensions in collaboration between peers or with one's supervisors, a reduction in the productivity of the individual or of the work group and in the worst cases, the development of real forms of psychological distress, also clinically significant.

Which are the objectives of the seminar?

- Raise awareness of the role of work well-being for the productivity of the individual and the work group.

- Encourage the process of recognizing personal expectations with respect to the PhD program and its intrinsic challenges.

- Promote the process of individual awareness of their vulnerabilities and psychological resources in order to face the aforementioned challenges.

- Describe the main strategies for coping with stress and provide the main rudiments for recognizing emotional distress and indications on how to manage it

- Promote individual responsibility, that is, do research in a transparent way, from data collection to the drafting and publication of the work.

- Promote relational responsibility, i.e. dealing with peers and supervisors taking into account the peculiarities and limits of one's own role and that of others.

- Promote public / institutional responsibility, i.e. towards the community in the publication and dissemination of the results of their work.

- Raise awareness of gender inequality in the academic field, illustrating the various problems from the point of view of female students, researchers and teachers.