

Transparency in Science and Research

Breakout Groups Overview



Balance your Mental Health during the PhD (Room 101)

With: Dr. Nadine Binder (trainer and coach „Psychologically strong through the PhD”) and Leon Hoffmann (workplace health promotion of UOL)

In this session, participants will explore the unique challenges faced by PhD students, such as academic pressure, isolation, and work-life balance. The session will explain what is hidden behind the term 'mental health,' why it is crucial during the doctoral journey, and how small, daily habits can help maintain it. Practical strategies for building mental resilience and actively caring for mental hygiene will be discussed, along with an overview of the university's mental health resources available to students.



How to Peer-Review for Scientific Journals (Room 205)

With: Dr. Jutta Niggemann (senior scientist and journal editor) and Eric Ahlberg (from the Language Centre UOL)

Peer review is a critical process in academic and professional settings where experts evaluate the quality, validity, and relevance of a colleague's work before it is published or presented. This evaluation typically involves assessing research papers, articles, or proposals to ensure they meet the necessary standards of the field. The goal of peer review is to provide constructive feedback, identify potential flaws or gaps, and suggest improvements. By doing so, it helps maintain the integrity of scholarly communication, ensures accuracy, and upholds the quality of published work.



Social Media in Academia (Room 135)

With: Dr. Constanze Böttcher and Nele Claus (communications officers of UOL)

Social media can be a great channel to communicate your science. But to be successful you need to know about suitable channels and platforms for scientists as well as the do's and don't's. Get some examples of good communication and learn about opportunities to present your research activities to a diverse audience and what benefits you can gain from it.



Startups Founded from the Academic Sector (Room 134)

With: Sascha Köpken (Startup Consultant Northwest Germany and the Netherlands) and Dr. Maren Möller (founder from the ICBM)

Get to know about important aspects, steps and challenges to face in forming and initiating a startup from the academic sector. Plus: you will get first-hand experience of the startup company SciReef that was initiated this year.



PhD Roadmap for 1st-year PhDs (Room 012)

With: Dr. Ferdinand Esser (Scientific Coordinator of Early Career Researchers of the ICBM, Managing director of Graduate School (OLTECH))

Get information for a successful start to your PhD and learn about the graduate institutions at UOL, the Supervision Agreement, the Thesis Committee, and how to structure your PhD. Discuss relevant topics for mastering your PhD, including your working environment, your supervisor, your project, and aspects of your project or working environment that can help you get started.