Emerging scholars attending World Congress of Sociology are warmly invited to an

Early-Career Researcher Workshop on Mental health and well-being

Organized by RC24, Facilitated by Dr. Catherine Wong

Sunday, June 25, 09:00 – 12:00 (AEST), University of Melbourne, Grattan Street, Parkville, VIC 3010

Please sign up for the event at the following link: https://isarc24.us9.list-manage.com/track/click?u=2da0d12f9e05ca0b43592f710&id=1c8e4e5f6f&e=9e17d3f751.
Registration closes on 16 June. Space is limited so don't wait!

This interactive workshop addresses the practical aspects of academic mental health and well-being. The aim is to provide early career researchers with a safe space to share their experiences and to learn from your peers and invited speakers about practical coping mechanisms. We will also have a session on CV writing and interviewing for tenure-track positions.

Targeted audience

This workshop is targeted at (though not limited to) early-career researchers. This includes PhD students, post-doctoral researchers, and all scholars who are in the pre-tenure stage of their academic career.

Agenda

09:00 – 09:30   Welcome coffee and chats

09:30 – 09:45   Introduction by Dr. Catherine Wong

09:45 – 10:30   Session 1: Break out session: "Experiences of burn-out"

· Self-introductions

· Small group discussion about experiences of burnout

· Large group sharing of major topics from each group

10:30 – 11:00   Session 2: Steps to combating burn-out

· Tips from ECR mental health workshop 2021

· Life beyond academia

· Q&A from audiences

11:00 – 11:45   Session 3: CV writing and interviewing for tenure-track positions

· Hear from an international panel of speakers who have been on hiring committees

· Do's and Don'ts of CV writing

· Do's and Don'ts of Interviewing

· Q&A from audiences

11:45 – 12:00   Session 4: Wrap up & key takeaways

12:00 – 13:30   Lunch & networking (self-organised)

For more information, contact Catherine Wong at m.l.wong@uva.nl