

Munich Postdoc101 Talks

Summer Semester 2022



Overview of all Talks

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Munich Postdoc101 Talk Series | Wednesdays

16.00–18.00 hs.

With the Munich Postdoc101 Series, we want to provide crucial information about a variety of topics that are of particular importance for postdoctoral researchers. The talks are organized together with the [Munich Postdoc Network](#) as an open format for all postdoctoral researchers in the Munich area.

The talk series takes place on Wednesdays between 4-6 pm. The series will be conducted online via Zoom. We have invited many internal and external speakers who share their expertise with you in an open and accessible format.

Registration & Deadlines: The series is open to all postdocs in the Munich area and we do not limit the number of participants. For this format, there is no selection process and you do not need to inform us when you are unable to participate.

You can sign up for one, a few or all the talks via our [registration form](#):

<https://wiki.tum.de/display/postdoc/Munich+Postdoc101+Talk+Series>

Registration is possible until Tuesday at noon before the respective talk. If possible, please use your TUM email address to register for the talk(s). **The Zoom link will be send to everyone who registered for the respective talk (or all talks) until Tuesday at noon before the respective talk.**

What the series is not about: The talks all include a Q&A session, so you have the chance to ask questions. Since the speakers will talk to a significantly larger audience than in our workshops, we will bundle the questions and moderate the sessions. Hence, the talks do not offer the space to discuss everyone's specific situation or issues in detail.

If you have further ideas for topics that appeal to a larger group of postdocs, feel free to contact us anytime at postdoc-application@tum.de so we can take your ideas into consideration for further events. The Munich Postdoc101 Talk Series is organized and hosted by the [TUM Talent Factory](#) for the [Munich Postdoc Network](#).



13 April 2022 | Coping with Stress, Anxiety and Self Doubt

Description: Academic life can be stressful, overwhelming and frustrating: lots to do, rejections, revisions, teaching, fixed-term contracts plus grant and job applications. Against the backdrop of cognitive and neuroscience research, we explore what causes these negative emotions. In a second step, we consider options for dealing with and handling negative emotions. Sounds touchy-feely – so why bother? Because the greater your capacity to handle negative emotion, the greater your levels of success – in academia and beyond.

Speaker: [Prof. Dr. Christine Lohmeier](#) is a communication scholar and a certified coach. Christine offers personalized services for academics dealing with overwhelm, anxiety and those wanting to let go of self-sabotage and build their confidence and inner strength.

Being an active academic herself, Christine intimately knows the challenges many PhD students, postdocs and professors face.

She uses cutting-edge cognitive-based techniques and insights from developmental and positive psychology to teach her clients how to bring joy and fun into their day-to-day while pursuing their goals.

„I help my clients reflect, gain clarity and develop strategies to deal with challenges inside and outside of the academy.“

4 May 2022 | Ausstieg aus der Wissenschaft (Talk in German)

Beschreibung: „Bin ich auf dem richtigen Weg?“ – Der Ausstieg aus der Wissenschaft als permanente Option

Wie kommt es, dass sich Postdocs für den Verbleib im oder den Ausstieg aus der Wissenschaft entscheiden? Postdocs befinden sich in der Phase zwischen Promotion und Professur in einem Orientierungsprozess, in dem sie ihren Weg, ausgelöst durch (kritische) Ereignisse, immer wieder infrage stellen. Was anstrengend klingt, Ressourcen bindet und raubt, ist gleichzeitig eine Strategie der Wissenschaftler:innen, die zunehmende Unsicherheit ihrer Karrieren selbst zu kontrollieren, statt sich ihren Wirkungen auszuliefern. Ausgehend von statistischen Kennzahlen zum Flaschenhals der Wissenschaftskarriere, wird es in diesem Vortrag darum gehen, ein Modell zum ereignisgestützten Orientierungsprozess vorzustellen, welches Erkenntnisse dazu liefert, durch welche kritischen Ereignisse es in der Postdoc-Phase zu Ausstiegsgedanken kommt. Der Vortrag wird aber auch Hilfestellung dabei bieten, welche (individuellen) Strategien und (externen) Angebote genutzt werden können, um Ausstiegsgedanken lösungsorientiert zu begegnen.

Sprecherin: [Dr. Svea Korff](#) ist Geschäftsführerin des Graduiertenzentrums der Universität Hildesheim und Beraterin für Wissenschaftler:innen in ihrer frühen Karrierephase. Sie unterstützt Wissenschaftler:innen beim Verbleib im oder beim Ausstieg aus der Wissenschaft. Sie ist seit 2015 Sprecherin des Forschungsclusters „Hochschule und Bildung“ und war Koordinatorin des DFG-geförderten wissenschaftlichen Netzwerks „Ausstieg aus der Wissenschaft“ (2018-2020).

18 May 2022 | Hire Only the Best: De-Bias Your Workplace

Description: When selecting staff, we want to hire only the best, but we're hampered by our own biases in this process. How can we de-bias our workplace? Hiring staff is one of the most crucial processes in scientists' careers, yet we're often remarkably 'un-scientific' when it comes to conducting them. Often, first impressions and other superficialities take over our minds as we try to select the best candidates for a position. We end up hiring clones of ourselves.

In this talk, we'll look at the many pitfalls we're facing when hiring staff, most of which have to do with confirmation biases: we're prone to try to confirm our initial snap judgments formed during the superficial first impression. How can we devise a process that will focus our minds on relevant information, how can we look behind facades and how can we critically question our own judgments?

This talk is not only relevant for hiring managers. Biases screw up a whole number of work processes, just think of the interpretation of data ("Oh dear, how I'd love to see a peak here...")! We take the hiring process as a case study, but many of the take-homes can be applied to other work settings as well.

Speaker: [Dr. Philipp Gramlich](#) has studied and researched chemistry (>2800 citations, Google Scholar 2021) at five universities in Germany, Australia and Scotland. He gained experience in industry, first at baseclick, a biotechnology start-up and later at Eurofins Genomics as Teamleader R&D, QC and Analytics, being responsible for up to 22 staff. Since 2016, he is fully focusing on his work as co-founder of NaturalScience.Careers. He specialises in seminars and talks about career development, leadership and presentation skills. Since 2016, he regularly writes career columns for "Nachrichten aus der Chemie".

25 May 2022 | All You Need to Know about the „Wissenschaftszeitvertragsgesetz“ (Talk in English)

Description: Most pre-docs and postdocs at German universities are working in limited-term employment contracts according to the Wissenschaftszeitvertragsgesetz (WissZeitVG). The WissZeitVG limits the overall duration of employment in limited-term contracts at German universities or research institutes for qualification purposes to 12 years (15 years in the field of medicine). In certain cases, for example for childcare, the WissZeitVG allows extensions of the maximum period of employment. It also contains special clauses for limited term employment in third-party funded projects. This TUM Postdoc101 talk aims to equip participants with the necessary basic knowledge of WissZeitVG that is essential for the planning of a career in science.

Speaker: [Dr. Vanessa Adam](#) is a lawyer and consultant at Deutscher Hochschulverband, Bonn. Her professional focus is employment law, university law and civil servant law. She offers legal consultations on these topics, support in appointment negotiations for professorships as well as general career advice in the academic field to members of Deutscher Hochschulverband.

15 June 2022 | Effective Use of Social Media

Description: Getting your work on social media may be easy - but making it popular is more challenging. This workshop takes you through the main social media channels and looks at how to create share-worthy content messages. Discover how to use social media to foster meaningful interactions and share your work with as many people as possible. From tweets to live streams this interactive session is packed with ideas of how to maximise your use of social media as a researcher.

Objectives:

After the talk, you should be able to:

- Raise your profile with social media
- Know how to plan effective content to minimize the time requirement
- Understand the use of social media as a research and networking tool
- Increase your following and interactions by creating sharable content
- Create platform specific content for Twitter, LinkedIn, Instagram, Facebook and YouTube
- Know how to make online events accessible, safe and ethical

Speaker: [Dr. Jamie Gallagher](#) is an award-winning freelance communicator and engagement professional with ten years' experience in the delivery and evaluation of quality engagement projects. During the pandemic Jamie has delivered training to over 3,000 researchers and online events to over 10,000 people. With a specialisation in evaluation Jamie also provides consultancy services to charities and universities helping them to demonstrate their impact and understand their audiences and stakeholders.

22 June 2022 | Boosting Your Academic Creativity

Description: Actually, the matter is clear: research is for innovation and progress, and since these imply thinking and acting in a completely new way, there is a need for creative power in scientific work. Now disappointments can occur: The creative force shatters in the hierarchical administrative structures. Or exactly these structures, or the security methods provide, prevent to take the step into free, open thinking to lift projects and disciplines to a new level of quality and knowledge - and maybe even: joy, or purpose.

This talk takes a look at examples of good creative practices in science and wants to give inspiration for creative thinking between outcome orientation and intellectual pleasure.

Topics:

- Creativity techniques to overcome mental barriers
- Creativity techniques for innovation
- Creativity techniques to endure unbeloved duties
- Limits of creativity in Academia

Speaker: [PD Dr. Mareike Menne](#) received her PHD and habilitation in Early Modern History from Paderborn University. After her post-doctoral fellowship in the DFG-GK Archives - Power - Knowledge at Bielefeld University, she was in academic management at Stuttgart University. In 2013, she founded her consultancy on academic career planning, professionalization of academic self-governance and leadership, and resilience.

6 July 2022 | Gender Aspects in Grant Proposals

Description: An appropriate integration of gender aspects is key to successful grant applications, not only on a European Level. Other major funding bodies such as the DFG have also made it an explicit point of consideration in the project. However, it is the European Commission that makes gender aspects an explicit evaluation criterium with respect to scientific excellence. Their constructive integration into the research design delivers a higher quality of the research itself as well as a higher relevance of the research results. Therefore, I will introduce the different facets of gender aspects in grant proposals and present in an interactive discussion interactions from various disciplines. Following this, we will dive into some hands-on instructions on how to identify

- how the formulation of the research questions is influenced by the gender of the proposal writer,
- which aspects of sex, gender and diversity are part of the research “object”,
- how the proposed research methodology allows the research to uncover and/or integrate sex, gender, and diversity aspects,
- how the research results themselves reflect sex, gender, and diversity, and
- how these aspects are considered in the dissemination of the research results.
- You will also get a collection of helpful links for diving into further details.

Speaker: After obtaining her PhD in Astrophysics, [Dr. Sabine Preusse](#) decided to quit academia in 2006 and to move on to the project management of European Funded Research projects in the Steinbeis-Europa-Zentrum. Besides writing grant proposals and being a project manager in the field of production technologies, she further trained herself as a business economist (IWW) and a professional business trainer. With this, she founded her own company RaumZeit e.K. Coaching Training Beratung in 2011 and is now (also as a professional business coach) supporting researchers at all levels and from all disciplines in grant proposal writing, the implementation of research projects, dissemination and exploitation of project results, and Open Educational Resources.

Since 2011, Sabine Preusse has given more than 150 two-day workshops on grant proposal writing and more than 80 coaching sessions with respect to grant proposal writing, design of research projects and career for young researchers, postdocs and professors.

Please visit our website for updates about the following talk:

1/29 June/13 July 2022 | How to be a Good Supervisor (together with the TUM Graduate School)

Description: As a postdoc, you are usually involved in supervising students and doctoral researchers in one or the other way. Most researchers are thrown into this very important task without formal training. While most researchers gain hands-on experience, we would like to discuss what makes a good supervisor as part of this Munich Postdoc101 talk. We have invited various experts to share their expertise and tips with you.

Speakers: [Prof. Dr. Felix Brandt](#), Supervisory Award Winner 2021, Decision Sciences & Systems (DSS), Department of Computer Science, School of Computation, Information, and Technology, TUM

[Dr. Chien-Yun Lee](#), experienced supervisor, Young Investigator Group Leader/TUM Junior Fellow, Chair of Proteomics and Bioanalytics, TUM School of Life Sciences

Cooperation Partner: [TUM Graduate School](#)

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