ChallengeEU for PhD students

PhD training day

- Organized as a theme day on 24th Nov 2026
- Three sessions hosted live by one ChallengeEU university and streamed to the others, with optional local peer mentoring session
- Participation certificates are available
- Duration of each session: 90-120 minutes

Applied challenge- and impact-oriented research
Fachhochschule Nordwestschweiz

Mental health and boundary-setting
University of Warmia and Mazury, Poland

Navigating error and rejection
Universidade Europeia Lisboa, Portugal

Peer mentoring session: collegial case consultation
(local/offline; bring your own topic)

Details and registration

Session 1: Applied challenge- and impact-oriented research

Dr Andrea Kofler

Topics covered:

- ✓ Defining and doing high-impact research
- ✓ Demonstrating impact with your research
- ✓ Designing PhD projects with impact in mind
- ✓ Identifying funding sources for high-impact research
- ✓ Aligning proposals with funder expectations

Learning outcomes:

- ➢ Creation of convincing impact logics
- ➢ Defining impact metrics
- ➢ Documenting impact performance
- ➢ Effective communication on impact towards funders and policymakers

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Session 2: Mental health and boundary-setting

Agata Przyborowska

Topics covered:

- ✓ Prioritizing mental well-being in academic and professional life
- ✓ Recognizing and managing stress and preventing burnout
- ✓ Setting healthy boundaries
- ✓ Maintaining sustainable productivity during the entire PhD cycle

Learning outcomes:

- ➢ Practical strategies for managing academic workload
- ➢ Personal self-care plan incorporating mental health practices and time for recovery
- ➢ Communication techniques for negotiations about responsibilities

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IN OLSZTYN

Session 3: Navigating error and rejection

Dr Joana Ramalho

Topics covered:

- ✓ Demystifying the review processes
- ✓ Addressing imposter syndrome
- ✓ Reframing error
- ✓ Decoding feedback
- ✓ Practical Resilience Skills

Learning outcomes:

- ➢ Identify the nature of rejection within Academia
- ➢ Develop actionable psychological strategies to deal with critique
- ➢ Analyze critical feedback objectively to formulate strategic, professional responses
- ➢ Apply cognitive reframing techniques to transform errors into productive next steps
- ➢ Establish a personal workflow for processing academic setbacks

