

Welke rol spelen de persoonlijke kwaliteiten of zorgen van een promovendus?

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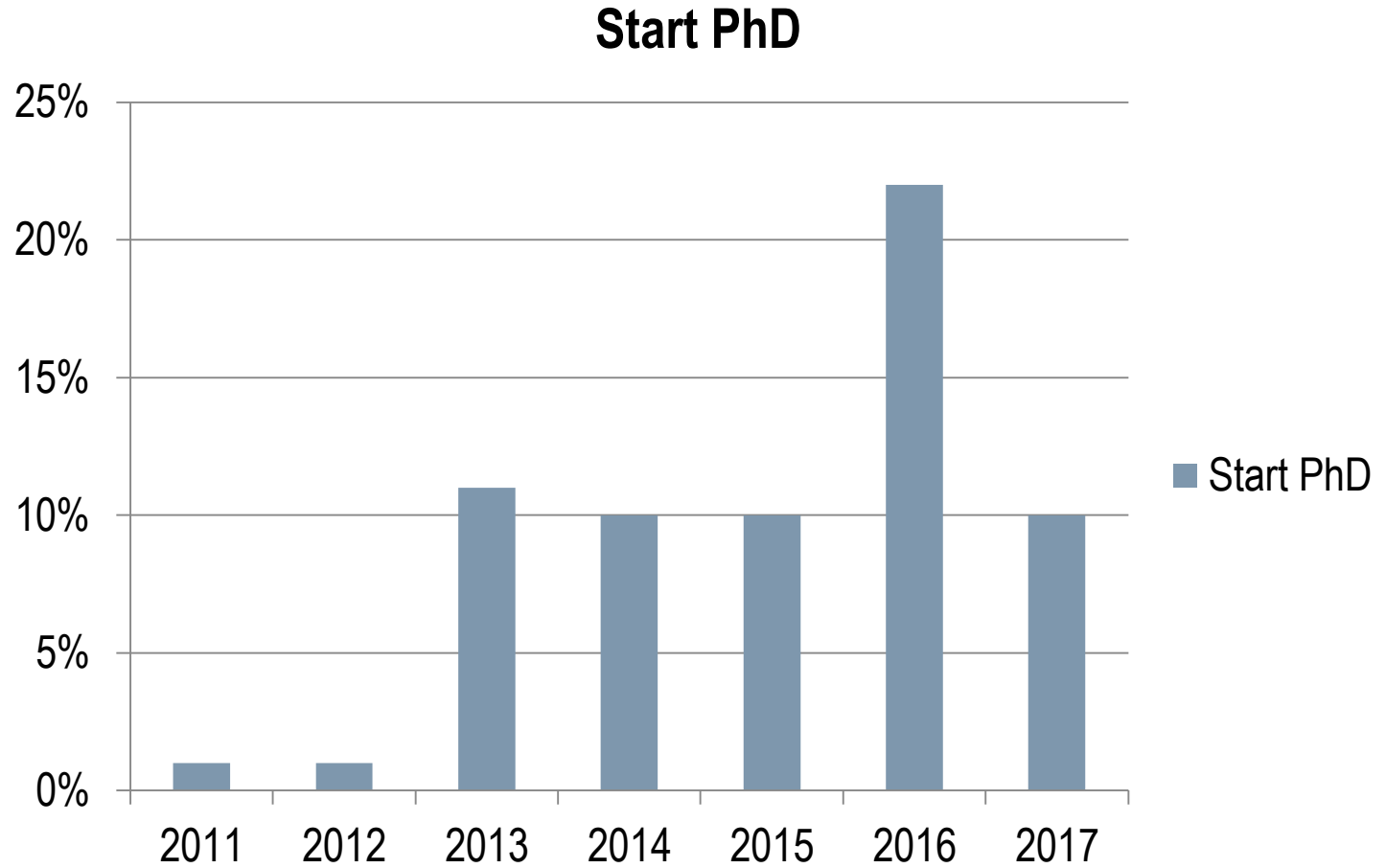
Counselling Services

1. Doctoral Education courses in the domain of generic/ transferable skills
2. Consultation and Masterclasses for (Co)Promotors, Daily Supervisors, and PhD-Mentors
3. Short term group treatment (CBT)
4. Short term individual treatment (CBT)

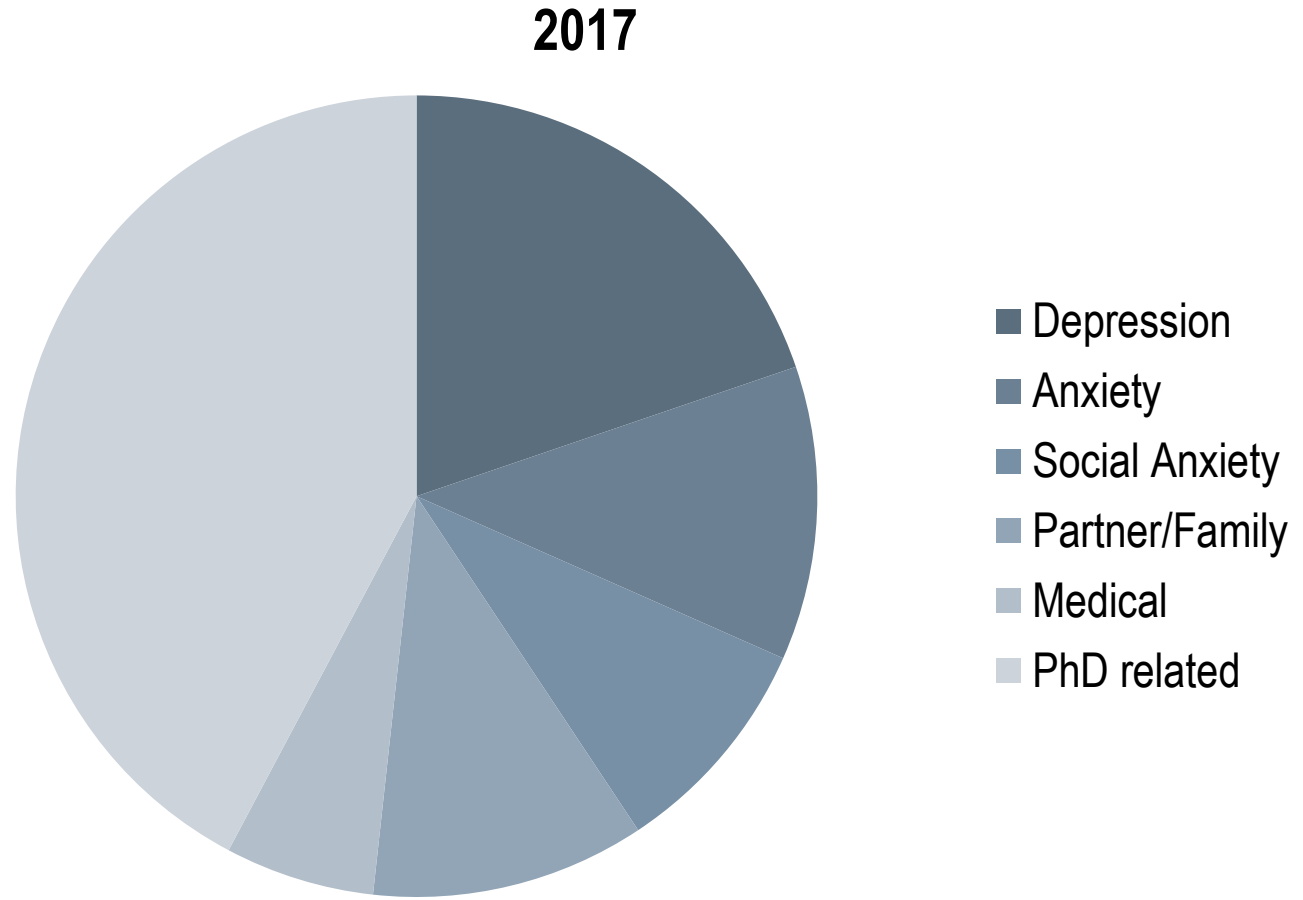
82 new intakes for individual treatment in 2017 (3% of the 2700 doctoral candidates); Male / female ratio: 56% / 43%; Dutch: 21%, EU: 32%, non-EU: 46% (including Asian 22%)

5. Open hours and Crisis intervention

Mostly first years



Reasons to ask for support



Depression

- Core symptoms: Depressed mood and/or a clear loss of pleasure in almost all activities
- In 20% of the new intakes depression is the work hypothesis. The percentage of depression in the intakes is even higher - even up to 49% - if we include symptoms highly related to depression
- Depression is the core cause of sick leave of 8.2% of the Dutch population.

Case

Male, Asian, started his PhD in 2016

“Lately due to my inability to address my stress , I guess for the past 1 month, I have been having an increased state of suicidal tendency. I am unable to maneuver my stress appropriately. I am unable to handle criticism appropriately. Since I am unable to speak to anyone in the department, not even my supervisor (I am not certain even if he can help).”

Masterclasses

Topics:

- Influencing Interactions
- Coping with Stress of your PhD candidate
- Setting the tone for the working relationship
- How to motivate your PhD candidate?
- The business phase of the working relationship
- The work phase of the learning relationship
- Effective Go/NoGo process
- Guiding into Autonomy
- PEP-talk

Motivation

Based on

- Self-determination theory (Ryan & Deci, 2000)
- Hierarchical model of motivation (Vallerand, 1997)
- Achievement goal theory (Duda, 1992, 2001)

