



SUMMARY OF PREVIOUS SEMINAR

CICASP Seminar in Science Communication #148

Academic Well-being Webinar on Motivation and Procrastination

by Dr. Desiree Dickerson (<https://desireedickerson.com/>)

Wednesday, January 27, 2021

In the previous seminar, CICASP hosted a special webinar open to everyone affiliated with PRI, WRC, or PWS. In this webinar, Dr. Desiree Dickerson, an academic well-being consultant and psychologist with a research background in neuroscience, spoke to us about **how to maintain motivation and avoid procrastination at work**.

You can learn about Dr. Dickerson's work on her website:

(<https://desireedickerson.com/>)

Read about her career-advice columns in *Science* and *Nature* here:

<https://www.sciencemag.org/careers/2020/01/i-wish-i-d-taken-my-mental-health-more-seriously-grad-school>

<https://www.nature.com/articles/d41586-020-02133-7>

OUTLINE OF UPCOMING SEMINAR

CICASP Seminar in Science Communication #149

Conversations on Academic Well-being: Motivation and Procrastination

5PM–, Wednesday, February 3, 2021

To be held on Zoom (see email announcements for access details)

This seminar will be a follow-up to last week's webinar. The webinar given by Dr. Dickerson has given us all something to consider, and we hope that her lecture will serve as a catalyst for more conversations amongst us about mental health and productivity in academia. Let us carry on the **reflection on our own 'procrastination loops'**, and have a round-table discussion of what people have learned in the webinar. We will also invite everyone to **share any personal tips for increasing productivity and improving mental health** (e.g., daily habits) and set their own goals.

Those who missed Dr. Dickerson's webinar are, of course, welcome to join, but do check out some of her columns (see above)!



このセミナーは先週のウェビナーに続くものです。Dr Dickersonによるウェビナーは考えさせられるもので、我々は彼女の講義がアカデミアでの精神的健康や生産性について我々がさらに語り合うための触媒になることを望んでいます。我々自身の「先延ばしループ」についての考察を続け、それぞれがウェビナーで学んだことについて座談会をしましょう。我々は生産性や精神的健康を向上させる個人的なヒント(日々のルーティンなど)を共有するために皆さんの参加を歓迎し、最終的には各自のゴールを設定する予定です。

もちろんDr Dickersonのウェビナーを見逃してしまったひとの参加も歓迎します！ただし、彼女のコラムをいくつかチェックしておいてください（詳細は上記）。

