



RWTH Young Academics Day 2023

Mental Health in Academic Careers

August 31st, 2023 | 1 pm – 6 pm | Super C, 6th floor

www.rwth-aachen.de/YAD

Become part of the RWTH Young Academics Day 2023 and experience an inspiring day of opportunities for career development, mental health and making valuable contacts. **Get personal tips from our Rector Prof. Ulrich Rüdiger** on career development and learn how to achieve your personal goals in academia. You can also look forward to an inspiring **keynote speech on humor as a benefit for your mental health** by Britta Piel and discover how humor can be a valuable tool to manage stress and promote your well-being. Take the opportunity to **expand your network** of fellow PhD students and postdocs and **get in contact with RWTH's services** especially for you as young academics.

Agenda

- 12:50 - 01:00 pm** Get-together: Grab a Beverage
- 01:00 - 01:10 pm** Opening by the Moderator Melanie Klaes
- 01:10 - 01:20 pm** Welcome by the Spokesperson of the CYA Steering Committee, Prof. Elisabeth Clausen, Institute for Advanced Mining Technologies
- 01:20 - 02:20 pm** Speech by Rector Prof. Ulrich Rüdiger: „Career Decisions for Young Researchers – A Personal Rector’s View“ including Q&A Session
- 02:20 - 02:40 pm** Coffee Break
- 02:40 - 03:40 pm** Keynote by Britta Piel: „Use more Humor, Be more Human: Some (Unexpected) Advice and Useful Techniques for a Healthy Research Career“
- 03:40 - 04:00 pm** Short Introduction of RWTH Services for Young Researchers
- 04:00 - 06:00 pm** Time for Market Place with RWTH Services, Open Networking, Ice Cream and Beverages
Services at the Marketplace will close at about 5:10 pm.

Childcare can be provided for this event. If needed, please register by mail no later than August 16th, 2023 at the RWTH Family Service: familien-service@rwth-aachen.de.

The Young Academics Day is open to all doctoral candidates and postdocs of RWTH Aachen University.



Contact

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Registration

Click [here](#) to register