

<div class="printBefore">
<h1 class="pageTitle">TS00090 PhD Masterclass</h1>
<h2>Academic Year 2019/2020</h2>

Sometimes external factors stop us from achieving our goals eg. lack of resources, changes in circumstances and plans not working out. However, there is an increasing body of research in the area of self-sabotage or selfhandicapping that shows that there might be internal reasons for stopping ourselves from reaching our goals.

Examples of common self-sabotaging behaviours include procrastination, perfectionism and over-committing. Completing your thesis occurs in a reasonably unstructured environment where much relies on your own initiative and commitment. In this context there is a lot of scope for self-sabotaging behaviours to operate. This intensive program will provide you with an opportunity to explore your own self-sabotage patterns and identify strategies for dealing with them. The course, while having strong theoretical and empirical underpinnings, will be practical and based on helping you to get your thesis finished.

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<div style="text-align:center;"><p>Curricular information is subject to change</p></div>

What will I learn?

Not recorded

Not yet recorded.

Am I eligible to take this module?

<div class="subHeadCB">Requirements, Exclusions and Recommendations</div>

<p>Not applicable to this module.</p>

<div class="subHeadCB">Module Requisites and Incompatibles</div>

Not applicable to this module.

How will I be assessed?

Not yet recorded.

<div class="row">
<div class="col-sm-6">Carry forward of passed components
Not yet recorded</div>
</div>

Not yet recorded

Assessment feedback

Not yet recorded

Reading List