

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.

Curricular information is subject to change

What will I learn?

Learning Outcomes:

This course (2 half day workshops) will give you practical strategies to deal with common problems such as:

- Procrastination, perfectionism, overcommitting
- Writer s block or putting off writing
- Obsessing over the quality of writing
- Experimenting or reading (for years even) as a way of avoiding writing
- Getting distracted and overcommitting rather than working on the thesis
- Thinking the PhD has to be the best PhD ever
- Not getting help even when stuck or obviously needing it

How will I learn?

Student Effort Hours:

Student Effort Type	Hours
Seminar (or Webinar)	0
Total	0

Am I eligible to take this module?

Requirements, Exclusions and Recommendations

Not applicable to this module.

Module Requisites and Incompatibles

How will I be assessed?

Description	% of Final Grade	Timing
Attendance: Full Attendance Required	100	Unspecified

What happens if I fail?

<p><u>Compensation</u></p>
<p>This module is not passable by compensation</p>
<p><u>Resit Opportunities</u></p>
<p>In-semester assessment</p>
<p><u>Remediation</u></p>
<p>If you fail this module you may repeat, resit or substitute where permissible</p>

Reading List

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<h1 class="printOnly"> UCD Course Search  
PhD Masterclass (TS00090) </h1><h3 class="printOnly">Academic Year 2018/2019</h3><p class="printOnly"><em>The information contained in this  
document is, to the best of our knowledge, true and accurate at the time of publication, and is solely for informational purposes. University College  
Dublin accepts no liability for any loss or damage howsoever arising as a result of use or reliance on this information.</em></p>  
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<dl>  
<dt>Subject:</dt>  
<dd>Transferable Skills</dd>  
<dt>College:</dt>  
<dd>Academic Affairs</dd>  
<dt>School:</dt>  
<dd>Graduate Studies</dd>  
<dt>Level:</dt>  
<dd>0 (Foundation/ Access)</dd>  
<dt>Credits:</dt>  
<dd>.0</dd>  
  
<dt>Semester:</dt>  
<dd>Semester One</dd>  
<dt>Module Coordinator:</dt>  
<dd>Ms Ioanna Galeadi</dd>  
<dt>Mode of Delivery:</dt>  
<dd>N/A</dd>  
  
<dt>How will I be graded?</dt>  
<dd>Pass/Fail </dd>  
  
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