



Sveriges lantbruksuniversitet
Swedish University of Agricultural Sciences

SLUkurs

Syllabus

PVG0008 Performance psychology for doctoral students, 1.0 credits

Syllabus approved

2009-06-09

Subjects

Other Social Science

Education cycle

Third cycle

Grading scale

Pass / Failed

The requirements for attaining different grades are described in the course assessment criteria which are contained in a supplement to the course syllabus. Current information on assessment criteria shall be made available at the start of the course.

Language

English

Prior knowledge

No specific prerequisites

Objective, including learning outcomes

To help PhD students to handle the stress associated with postgraduate studies

Content

This is a full day of discussions and interactions between the participants, Johan Plate and Peter Hassmén. The objective is to discuss themes such as motivation, goal setting, stress, anxiety, and coping under pressure from the postgraduate students' perspective. The role and expectations associated with the student role, and the supervisors' perspective are also discussed and contrasted. Our goal is to increase the participants' theoretical knowledge and their level of self-awareness by combining theory and practice. Methods and tools are also presented that may be used to help increase not only the participants' productivity but also their psychological wellbeing.

-Johan Plate is a postgraduate student of pedagogy, at Stockholm University, and a professional sport psychology consultant. Johan has worked with both individual and team sport athletes at the highest elite level, and also consulted with top-level business executives. He has authored more than 10 books related to performance psychology.

-Peter Hassmén holds the position as professor of sport psychology at Umeå University, and is a former professor of sport science at Örebro University and a professor of psychology at Stockholm University. Peter has supervised doctoral dissertations both in sport science and psychology and has published extensively in international peer-reviewed journals. He has authored a number of books in areas such as statistics, research methods, exercise psychology, and sport psychology.

Requirements for examination

Attendance to the course day is required for approval. There is no examination but students are expected to read three provided articles in preparation and reflect upon own experiences and prepare to discuss and share these.

Additional information

Course day 4 September, 9.00-17.00 2009. 1-3 of September is own reading of course literature.

-Registration by e-mail to Gudrun Norrman(Gudrun.norrman@hnh.slu.se).

A PhD project is quite an effort with all sorts of struggles and difficulties, ups and downs. As a PhD, the student is suddenly much more independent, and responsible for own work and time. He/she also has to deal with a supervisor and these may have very different approaches and ways of working (very closely following or much more on a distance, very pushing own ideas or much more open, etc.). Students have

to deal with deadlines, work piling up, disappointments (disastrous experiments, useless outcomes, etc). All of this results in emotional up and downs, planning to quit, or other depressing thoughts (of course there is a lot of fun and reward as well).

This course is meant for PhD students in different phases of their study. Students will acquire better insight in their own functioning under demanding and sometimes stressful situations during their project and how to deal with those.

More generally the course addresses how to cope with pressure in a research environment.

Responsible department

Department of Animal Environment and Health