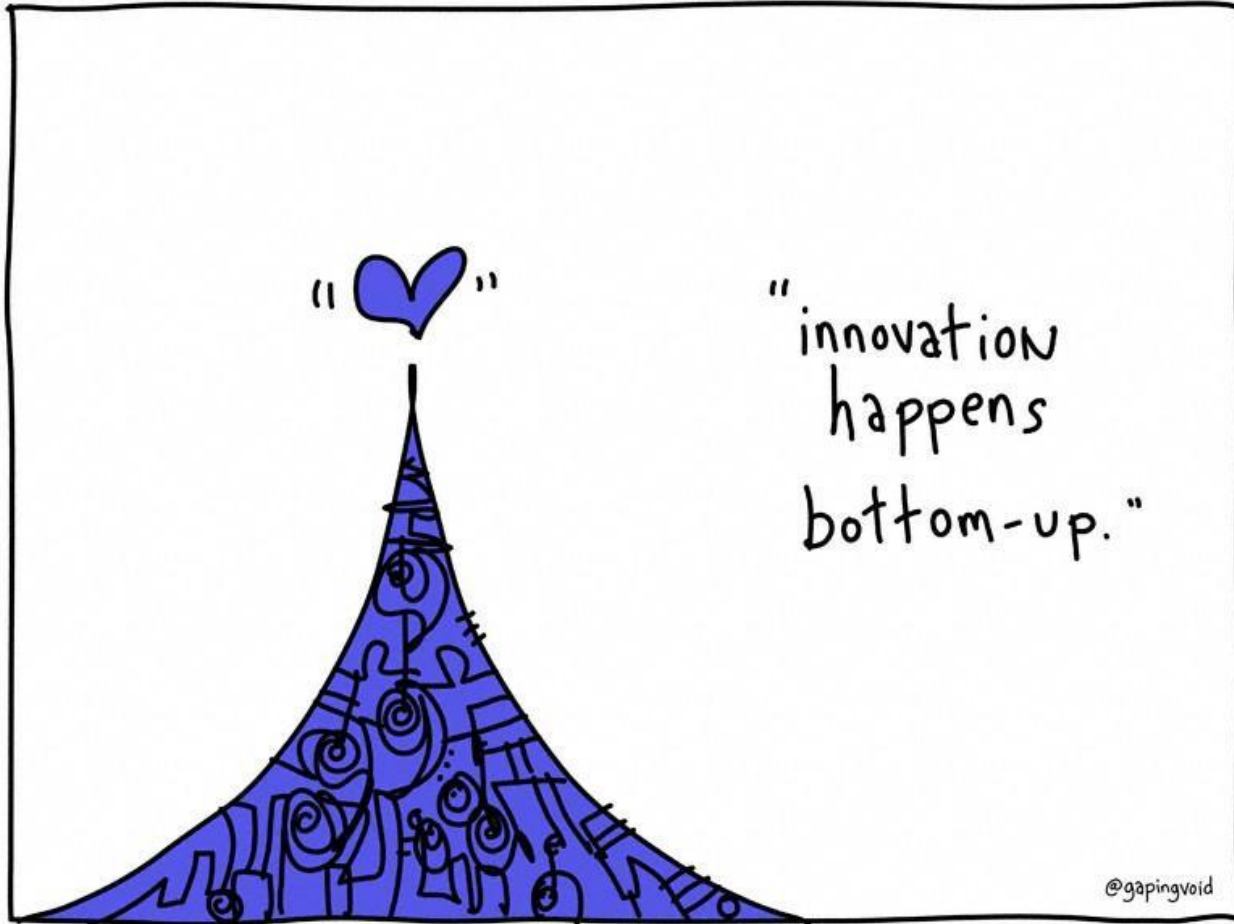


Grassroots initiatives to improve the mental wellbeing of doctoral researchers

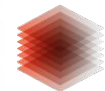
Dr. Gábor Kismihók
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Head of Learning and Skills Analytics Research Group, TIB
Chair - Researcher Mental Health Observatory; Career Development WG Leader - MCAA

July 2021



Source:
<https://medium.com/code-for-america/bottom-up-and-outside-in-bd791daecb22>



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What can you do?



Start dialogs



Declaration on Sustainable Researcher Careers

- 24th February, 2019: MCAA symposium on career paths of researchers
- 400+ researchers discussed key issues and factors influencing sustainable research careers
- Internal consultations within MCAA, and Eurodoc
- Published on 27 May 2019



SCAN ME

<http://doi.org/10.5281/zenodo.3194228>

eurodoc

The European Council of Doctoral
Candidates and Junior Researchers



Policy recommendations

Towards responsible research career assessment

<https://doi.org/10.5281/zenodo.3560478>

Manifesto for the future of work and organizational psychology

<https://doi.org/10.1080/1359432X.2019.1602041>



Learn and Educate

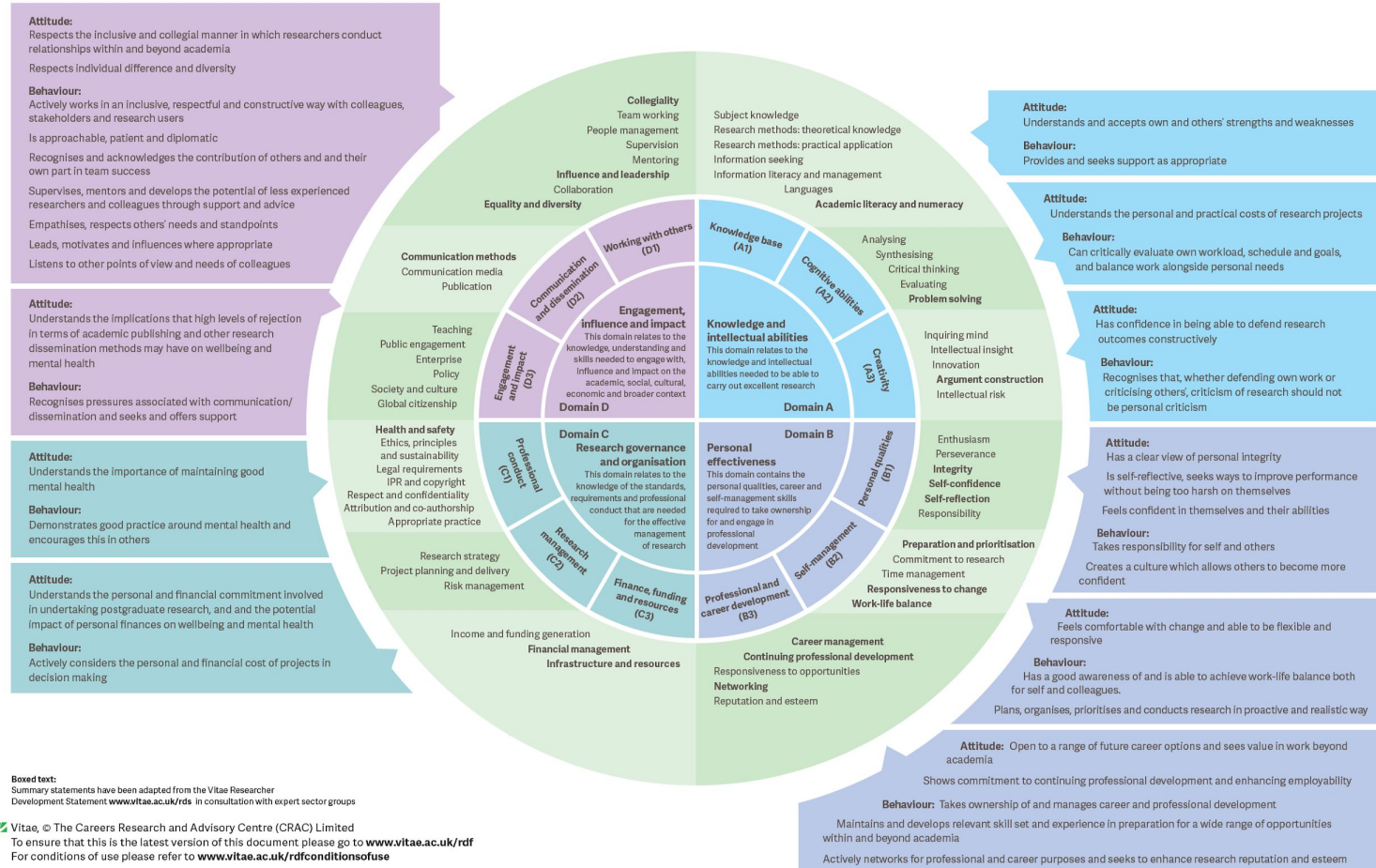


Vitae Researcher Development Framework (RDF)

Wellbeing and mental health lens



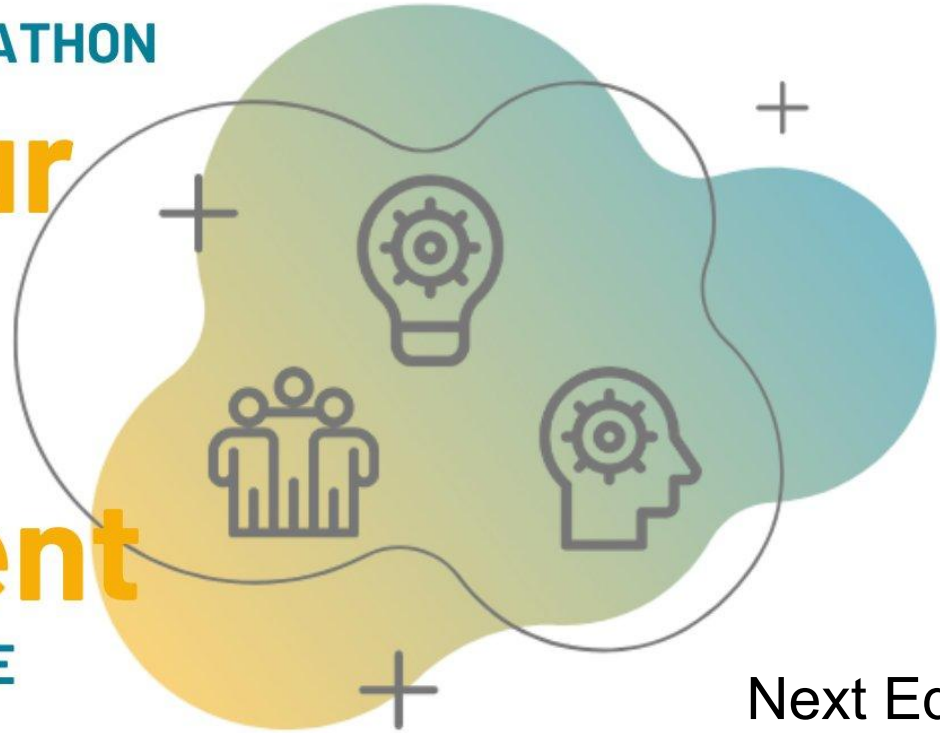
Researcher Development Framework



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Next Edition:
10-14
January 2022



Referent - A mentoring initiative for MSCA early career researchers



Referent

A MENTORING INITIATIVE FOR MSCA EARLY CAREER RESEARCHERS



CALL FOR MENTEES



FAQ



CONTACT

LOOKING FOR MENTAL HEALTH PEER SUPPORT?



Doing a PhD is a demanding undertaking, and doing it in a country that is not yours, in another academic culture, can be complicated. Many MCAA fellows suffer from this situation in isolation.

However, being supported by individuals who have had the same problem could help you to feel better. MCAA is setting up the REFERENT initiative in order to provide young researchers experiencing such issues as distress, depression, harassment, or bullying, the possibility to talk with an experienced MCAA fellow who has faced similar issues.

Training for ECRs

Target sustainable employment of researchers

- Resilience
- Boundaryless careers

Improve researchers wellbeing and emotional skills



SciLink Foundation

<https://scilink.eu/>



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<http://edoer.eu/>

Open, community based, AI-driven learning platform

Network and scale



Researcher Mental Health Observatory (ReMO)

<http://remo-network.eu/>



- Developing a conceptual framework and tools that are tailored to the academic context
- Taking a multilevel perspective on problems and problem generating mechanisms, but also on positive organizational behavior in support of meaningful work and wellbeing
- Using a diversity of methods with short feedback loops between theory and practice

Innovation Project I

With the support of the
Erasmus+ Programme
of the European Union



Enhancing the professionalization of researchers through open science, communication and mental health skills training

- Developing training
- Delivering a summer school series (2020-2022)
- Measuring training effectiveness



Innovation Project II

With the support of the
Erasmus+ Programme
of the European Union



Providing personalised training on researcher mental health and career development by using AI based learning recommendations and online mentoring

- Developing an AI based training recommender
- Online Mentoring
- Measuring training effectiveness in the areas of Mental Health and Career Development

OSCAR

<https://oscar-ai.eu/>



rumo



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The European Council of Doctoral
Candidates and Junior Researchers



Thank You!

