PhD Success Lab™

12-week digital mentoring programme

ABOUT THE PROGRAMME

What is the digital mentoring programme PhD Success Lab?

PhD Success Lab is an online course that PhD candidates follow over a period of 12 weeks. You receive weekly instructions and material that you study and follow to progress with your PhD. The programme includes educational video lessons, and detailed worksheets, and is enhanced by virtual live sessions, a discussion group, and close interaction with the programme instructor.

Why join PhD Success Lab?

As a PhD candidate, you face many challenges: deliver first-class research that will qualify you to get the PhD degree, organise your own project, manage time and resources, facilitate cooperation with collaborators, cope with unexpected processes in your research, publish papers, write a thesis, and many more.

Universities and institutes only provide a framework in which PhD candidates operate. Supervisors observe and guide the research process, but their resources are limited. Additional support, skills, techniques, and specific strategies are often required to enable you to conduct and complete a PhD study successfully. Our digital mentoring programme PhD Success Lab provides exactly this essential support.

Why not just join a short course or ask the supervisor?

In short courses, participants have to block a few days in their calendar and get all content provided in a very condensed format. Questions and problems can be addressed on a theoretical but not on a practical level on the individual's project. Implementing the learned content has to be done by participants after the course is finished.

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In PhD Success Lab, you are supported over a couple of weeks to make sure that learning, implementation and feedback go hand in hand. Like in a real lab, any problem that comes up in the implementation process can be addressed and the necessary instructions are provided to improve. In contrast to supervision, the PhD Success Lab allows the necessary time and the tools to acquire the skills and strategies needed to complete the PhD successfully and on time.

What you learn in this programme?

- How to plan and control the PhD project
- How to become a well-organised, highly efficient and focussed PhD candidate
- How to organise the writing of each part of the thesis and how to write in the most productive way
- How to communicate professionally with supervisors and collaborators
- How to complete the project successfully

How do you work in this programme?

You receive regular but small tasks that follow a proven roadmap to achieve your goals step by step. You access the learning material from our e-learning platform and work on the materials in your own time. This allows you to follow the programme even in a busy academic schedule or when located remotely.

Who benefits most?

PhD Success Lab is a perfect fit if you're enrolled in a PhD programme or have started on a PhD project already. It is helpful for you if you're in the first year and want to avoid common problems. It is also highly suitable for you if you're well into the PhD process and have experienced problems, or if you're delayed with your project. Also for PhD candidates who are in the last year, the programme will provide useful strategies to bring the project to the finish line.

What topics do we cover?

PhD Success Lab deals with the four big challenges you face in your PhD study:

Part 01: is about how to set up a system to plan and control your PhD project.

Part 02: is about developing yourself and organising your time.

Part 03: is about mastering dissertation writing.

Part 04: is about optimising communication with supervisors and collaborators.



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How is the programme taught?

PhD Success Lab is a fully digital programme that is provided online through an interactive e-learning platform. You work independently using the provided material.

The programme includes 10 learning modules with 29 lessons and two implementation weeks. A new module with new lessons is released weekly, which is accessible everywhere.

Each lesson includes an educational video in which the next step in the PhD process is explained. It provides guidelines about the respective step and ends with a task that needs to be completed. Besides, each lesson includes PDF documents, written guidelines, and checklists to support you in mastering each step. You always implement directly to your own situation and PhD projects.

The programme is complemented with four live video sessions with the instructor to clarify questions on the material, and help directly with problems in the individual PhD progress. The sessions take place about every 2-3 weeks. Throughout the entire programme, our instructor is available for your questions.

You'll receive extensive course material including checklists. When the programme comes to an end, you can still use all materials as long as you need them. All material is provided digitally, you cannot miss anything and have lifelong access to the material.

We award an ECTS certificate with 3 ECTS credit points (approx. 75 h).

HOW TO BOOK

Date and fees

PhD Success Lab is offered 2-3 times per year to make sure you can participate when it best suits you. The next programme round starts **8 March 2027.**

How to book?

To book your seat in PhD Success Lab, please go to **www.phdsuccesslab.com** and follow the instructions there. You can directly book your place and pay online via PayPal. You will receive a receipt for your payment.

When a new round of PhD Success Lab has started, registration might be closed and you can pre-register your interest in PhD Success Lab at **www.phdsuccesslab.com**. You will be informed when the next round of the programme will be open for registration.

Can I book through my institute?

Yes, if you want your institute to make the booking for you, please let us know. Then, get in touch with your supervisor or graduate coordinator and ask them to be in contact with us. We'll send an invoice to your institute then.

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FEEDBACK

What learners say about PhD Success Lab?



"Even though I joined the PhD Success Lab in my final year of my PhD, it had the power to make a difference and increase my productivity. By spending about an hour per week on my PSL homework, I managed to get a better overview of my remaining PhD tasks and to structure my days efficiently. But most importantly PhD Success Lab gave me the confidence to finish my PhD in time. I am still impressed over how the tips and tricks I received in PSL magically eradicated my fear of writing and am now ready to dive into my thesis. PSL will not only help you to finish your PhD on time, but it does also teach you convenient project and time management tools which can be applied in any future job."

Magdalena, PhD candidate, Medical Science, Molecular Biology
University of Bergen, Norway



"The PhD Success Lab gave me the amazing opportunity to structure my PhD better and widen my set of management skills in order to head into my research project with an organized mindset. What I have enjoyed the most throughout the course was having generated a great roadmap in order to navigate the PhD waters better, while sharing and learning from the highly experienced trainer!"

Susanna, PhD candidate
University of Bremen, Germany



"I found it very helpful to realize that life is not only about the PhD. I tend to feel guilty not working all the time, not showing amazing results at the next meeting, etc. But the PhD Success Lab (PSL) material about this really made clear that relaxing, free time, holidays, and to look after oneself is just as important to be more productive. I hence feel more relaxed during no-work hours or taking some time off. I really like the PSL programme since it makes you think about your self-management such that you do not blindly run into your PhD. PSL is practice-oriented – you can implement what you learned immediately with the worksheets. Thus, PSL helps to build your own organisational structure. Moreover, it is great to have someone to talk to. I appreciate the coordinator's great commitment, that she actively asks people if they need help, provides tips, makes sure that she's catching up on them. Thanks a lot for that!"

Yvonne Jenniges, PhD candidate
Alfred-Wegener-Institute for Polar and Marine Research, Germany

Click here to access more feedback from participants.

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ABOUT TRESS ACADEMIC

About the instructor



Bärbel Tress (PhD) is an enthusiastic Research Career Expert. She has researched and taught at various universities and research institutes across Europe, served as an Associate Editor for an international peer-reviewed journal, and regularly has supervised students herself. For 19+ years, she has coached and advised PhD candidates from all fields to help them get successfully complete their PhD projects on time. She is a graduate of Heidelberg University (D), obtained a PhD in Landscape Ecology from Roskilde University (DK), and worked as researcher and lecturer at universities in Wageningen (NL) and Aberdeen (UK).

About TRESS ACADEMIC

TRESS ACADEMIC aims at supporting early-career researchers and scientists across disciplines and career levels by providing tailor-made soft and transferable skills training that is needed to perform in science. Support is provided in short live virtual courses and coaching as well as more extensive digital mentoring programmes.

Our areas of expertise include:
- Writing and publishing papers for peer-reviewed journals
- Successfully conducting and completing PhD studies
- Presenting research findings and effective science communication
- Supervising PhD candidates
- Applying for jobs in academia
- Time management and efficiency for researchers

Since 2007, we have run more than 725 courses, and trained more than 9,300 researchers, coming from more than 80 institutes worldwide (**click here for a detailed list**). All training is held in English.

We're the host of the **Smart Academics Blog**, an openly accessible pool of 150+ free articles on academic career development.

CONTACT US

Contact us at **info@tressacademic.com** to discuss PhD Success Lab or any other questions you might have. We look forward to working with you!

Click here to access the PhD Success Lab webpage.

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