

# DR. MARKUS BOECKLE, SELF-MANAGEMENT AND WELL- BEEING IN LIFE SCIENCES

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Various universities around the world seek to instill a culture of care by sending a clear and consistent message about the importance of wellness and self-care of their students. Identifying and dealing with factors having an impact on the well-being of students is key to support PhD students in their academic career and help them with self-management and their successful future professional life.

The prevalence of having or developing common issues with well-being are 2.43 times higher in PhD students compared to the highly educated in the general population. Among others, important explanatory variables for high prevalence rates are work-life balance, job demands, the phase of the PhD degree (initial, execution, finishing). Common issues of well-being in PhD students are feeling under constant strain, feeling unhappy and depressed, losing sleep over worry, not being able to overcome difficulties, loosing self-confidence and others. To support students and to prevent negative effects before they have a severe impact on well-being or success it seems best to use proactive approaches and implement support services.

A task force on student well-being summarized the recommendations for such an approach. It is essential to create a work group climate that values inclusion of all students as well as overall wellness, and that promotes resilience in the context of stressful situations and life events common among student experiences. The university should offer, and in some cases require, training on mental health awareness and resources for faculty, staff, and students. The university should take necessary steps to improve student care and provide greater access to mental health services.

**Markus Boeckle** is an Assistant Professor and head of the academic program at the Department of Psychotherapy (Bertha von Suttner Private University). He has a broad interest in animal and human minds. His research primarily focuses on cognitive mechanisms, intentionality, and future planning in animals but also in healthy humans and patients with psychiatric disorders. At the moment Markus Boeckle is particularly interested in future planning in New Caledonian Crows. He is also highly interested in the effects of perception of self-efficacy in the treatment of psychosomatic disorders. Further details of his work are given on his [research page](#). Markus Boeckle works as coach, supervisor, and psychotherapist in his [private practice](#) in individual and group therapy settings.