Office of Professional Development and Postdoctoral Affairs

The OPDPA Professional Development Series aim to provide the postdocs and Ph.D. students with information and resources and to exchange ideas and the intellectual enrichment of the trainees’ community.

Title: **Be More Productive Without Working Longer Hours**

Speaker: Dora Farkas, Ph.D. Thesis and Career Coach

Date: Thursday, December 11, 2014

Time: 12:30 – 2:00 P.M.

Location: Room L-201, BU School of Medicine, Instructional Bldg.

RSVP: Yolanta@bu.edu  Lunch will be served

Do you work long hours, give up time with friends, and still not feel productive enough?

Many graduate students and postdoctoral fellows work to the point of exhaustion for years, but they are not as productive as they would like to be.

It turns out that the work habits that are necessary for success in college are actually counter-productive in a research environment.

In this seminar you will learn how to:

- Break habits that make life unnecessarily difficult
- Relieve stress and prevent burn-outs
- Stay motivated and focused
- Increase productivity without working more hours
- Make consistent progress in your research
- Get support from your supervisor
- Create more time for recreation

Speaker’s Bio: Dora Farkas completed her PhD in the Department of Biological Engineering at MIT, and worked in the pharmaceutical industry as a Senior Scientist for several years. Over the last 5 years Dora provided thesis and career coaching to nearly 200 graduate students and postdoctoral fellows to complete their theses and pursue careers they are passionate about.

**For more information, please visit**

[www.finishyourthesis.com](http://www.finishyourthesis.com) or contact Dora directly at dora@finishyourthesis.com

Yolanta Kovalko, Administrative Manager
Office of Professional Development and Postdoctoral Affairs
Boston University School of Medicine
Division of Graduate Medical Sciences
72 East Concord Street, L-317
Boston, MA 02118
(617)638-5244
Yolanta@bu.edu