



POWERst Spring School 2023

Monday

13:00 – 13:30 **Official Greeting**

Prof. Christine Sälzer (Head of Project)

13:30 – 17:00 **Getting to Know Each Other & Setting the Scene for POWERst**

Eva Lidl, Milena Münchbach & Philipp Scheurich (Team POWERst)

Setting the scene for the POWERst Summer School, this workshop provides the basis for working together in the upcoming week. You will therefore be given the opportunity to get to know the POWERst team and learn more about your fellow international POWERst peers and their motivations to participate in the POWERst Summer School 2022. We will focus on your expectations and wishes for the Summer School and provide you with a first thematic introduction, while addressing the questions of what it means to be a first generation student.

Tuesday

09:30 - 10:00 **Welcome & Warm-up**

10:00 - 12:00 **Empowering Students: Understanding Bourdieu**

Dr. Klaas Macha (University of Stuttgart)

In this short lecture, you will be familiarized with the notion of 'Habitus' coined by sociologist Pierre Bourdieu, which will help you to understand why first-generation students oftentimes struggle in the academic sphere.

13:00 - 16:00 **The Power of Goal Mapping**

Karyn Weston (University of Hohenheim)

What is your goal and what do you desire to achieve the most?

Thinking about and setting your goals is challenging. In this interactive workshop, you will be introduced to Goal Mapping, a simple yet extremely powerful way of setting and achieving goals. Here you will be guided through the steps to create a goal map in both words and pictures to activate both sides of your brain and powerfully command your subconscious to motivate you towards achieving your goals.

18:30 – 21:00 **Social Dinner at Carl's Brauhaus**

Wednesday

09:30 - 10:00 **Welcome & Warm-up**

10:00 - 13:00 **Going abroad in the EU!**

Lana Mayer & Celine Schneider (Europe Direct)

Thanks to successful programs like Erasmus+ and others, going abroad in the EU while studying, for a traineeship and/or to volunteer is almost an integral part of students' lives in Europe nowadays. Yet, when researching information about the possibilities and even when already beginning the application process, the amount of data can be overwhelming and the process complex. With this workshop we wish to provide reliable information about these possibilities at a glance and motivate you to embark on the journey to an invaluable experience abroad.

14:00 - 16:00 **First Gen Students' Workforce Case Studies and Ladders to Success**

Prof. R. Powers (Professional School of Education Stuttgart-Ludwigsburg)

This workshop provides case studies and examples from first generation students who have overcome and learned to cope with prejudices and imposter syndromes to realize their potential in academic and professional circles. We'll discuss these examples and develop action plans for success.



Thursday

09:30 - 10:00 **Welcome & Warm-up**

10:00 - 12:00 **Science Talks: The academic career as an option?**

Stella Meyer, Andrea Talmann, Magdalena Müller, Evelyne Dinulescu-Roth & Laura Wansitler (StartScience)

An academic career sounds rather abstract to you? And you don't really have an idea of what that could actually look like or if it is an option for you? Let's find it out together! This workshop will give you the possibility to talk to mentors and mentees from StartScience – a mentoring program at the University of Stuttgart specifically targeted at motivating (female) students to consider a career in science and at providing effective tools for career orientation and individual perspective development.

13:00 - 15:30 **Creating Video Tutorials by and for First-Generation Students**

Annemieke Smits & Marwa Soliman (Amsterdam UMC)

Within this workshop you will get the chance to get creative! By creating scripts, taking recordings and editing the recordings into short video tutorials, you will get the chance to share your ideas and opinions on issues and solutions such as specific needs, good practices, and identification through showing a diverse student body, with other first-generation students.

17:00 - 20:00 **Industry Talks: Learning from First Generation Alumni**

Arbeiterkind.de

The German NGO Arbeiterkind.de supports students from non-academic backgrounds in pursuing a higher education degree by providing them with mentoring from former first-generation student volunteers, among others. During this workshop, you will meet some of the mentors of arbeiterkind.de, who will share their own professional experiences with you. You will have the chance to hear about their experiences and find out if there are any parallels to your own educational career.

Friday

09:30 - 10:00 **Welcome & Warm-up**

10:00 - 11:00 **Where We Are and Where We're Going**

Prof. R. Powers (Professional School of Education Stuttgart-Ludwigsburg)

This summary workshop gives us time to bring together what we've experienced this week and provide an open forum for ways to continue the conversations and networking as we say our farewells.

11:00 - 12:00 **Final Thoughts & Farewell**

Eva Lidl (Team POWERst)

Summing up our experiences, reflections, and content from the week we will together explore possible support formats that universities can offer to first-generation-students in order to improve the entry into the labor market and to create a more inclusive higher education.