In this workshop students will learn to create a sound structured approach to completing their dissertation, thesis or other important graduate milestones. In addition, they will learn about common cognitive, emotional, and behavior pitfalls that interfere with progress in graduate school and what they can do about them. Strategies to overcome perfectionism, and increase motivation, learning, and productivity as well as work effectively with faculty are discussed. This workshop is relevant to students at any phase of earning a master’s or doctoral degree.

Students will learn:

- How to create a sound structured approach to completing their dissertation, thesis or other important graduate milestones
- How to manage the various phases of doing a dissertation or thesis including selecting a topic, writing a proposal, and carrying out the actual study
- The importance of maintaining a positive mindset about graduate work and strategies to develop a more positive mindset that is conducive to learning
- The real sources of procrastination & strategies to overcome procrastination
- Strategies to overcome perfectionism
- Strategies to increase motivation, learning, and productivity
- Strategies to work effectively with chairpersons and committee members
- Strategies to increase accountability
- Strategies to make self-care and down time an important part of life as a graduate student

Alison Miller is the owner of The Dissertation Coach, a company that offers dissertation coaching, and dissertation workshops. She has worked with thousands of students coaching them to earn their doctoral degree. Alison is also the owner of Life Essentials, a company that offers life coaching and corporate workshops and training.

Alison has a Ph.D. in clinical psychology from the University of Illinois at Chicago and a Bachelor’s in psychology from Cornell University. She speaks at companies and universities throughout the United States.

Alison is the author of Finish Your Dissertation Once and For All: How to Overcome Psychological Barriers, Get Results, and Move One with Your Life published by the American Psychological Association.
BOOK DESCRIPTION

Are you having difficulty finishing your dissertation? If so, it is unlikely that your cognitive abilities are to blame. More likely, the culprits are anxiety, self-doubt, procrastination, and perfectionism. This book was written to help you overcome these problems and finish your dissertation once and for all. Combining psychological support with a project management approach that breaks tasks into manageable chunks, experienced dissertation coach Alison B. Miller shows you how to overcome negative thoughts, feelings, and emotions, and succeed beyond your own expectations. By the end of the process, not only will you have finished your dissertation-you will also have learned the self-confidence that comes from knowing how to stay engaged when difficulties arise and experienced the joy that comes from accomplishment.

WHAT PEOPLE ARE SAYING ABOUT FINISH YOUR DISSERTATION ONCE AND FOR ALL:

Some graduate students do not find their dissertation projects all that intimidating; they're excited about their project, they've written empirical research reports in the past, their committee members (and their peers) are available and supportive, and their lives are organized in support of the timely completion of the document. Everyone else should read Miller's book. Based on her extensive consulting and coaching experiences with graduate students, Miller has written a book full of practical advice for students who need to assess the barriers they face and to design strategies to overcome them. I recommend it highly. -Steven R. Howe, PhD, Fellow, American Psychological Association; Professor and Head, Department of Psychology, University of Cincinnati, Cincinnati, OH

As a graduate student currently working on my dissertation, I highly recommend this book! The author successfully identifies common dissertation roadblocks, including anxiety, self-doubt, and negative thinking and provides a scientific approach to help graduate students overcome these barriers. It is a must-read for all graduate students working to complete their dissertation. -Nadia T. Hasan, MA, Doctoral Student in Counseling Psychology, The University of Akron, Akron, OH
This easy-to-read book provides great information about the common pitfalls students encounter in completing their dissertation. The book also provides sound strategies for moving the dissertation project forward. I will definitely recommend this book to my doctoral students when they enter our program! -Michael B. Madson, PhD, Assistant Professor, University of Southern Mississippi, Hattiesburg, MS; Former Chair, American Psychological Association Graduate Students

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