



Balancing Minds in Science

Online Series

No. 1: 17 February 2025

Jana Lasser (University of Graz):
Hierarchy and abuse of power: challenges
in the scientific work environment

Dear colleagues,

We are delighted to invite you to join us for an **online series "Balancing Minds in Science"**, a space to explore well-being topics that are relevant to the academic and research environment.

This online series aims to shed light on the challenges that researchers (or others working in an academic environment) face in their daily lives and to understand strategies that foster resilience, balance, and health within this demanding landscape. Each session will run for **90 minutes** around the lunch break, take place every few months, providing an opportunity to learn, connect, reflect, and recharge.

Why this matters? Academia is a rewarding yet high-pressure environment, and maintaining our health and keeping our minds in balance is key to thriving in such a setting. Whether you're navigating power dynamics, balancing research and caregiving responsibilities, or learning how to establish healthy boundaries, these sessions are designed to offer practical insights and tools for personal and professional well-being.

What's in it for you? By participating, you will gain valuable perspectives and strategies from experts and peers, learn ways to maintain your health and balance, and discover tools to address certain issues.

Our first session will be given by Prof. Dr. Jana Lasser from University of Graz, Austria, on **'Hierarchy and abuse of power: challenges in the scientific work environment'**. It will take place on **February 17, 2025, 11:00 – 12:30 via Zoom**.

Abstract: *As evidenced by an increasing number of surveys and high-profile news stories, power abuse in academia is prevalent. In this talk, I will relate the steep hierarchies and multiple dependencies in the scientific work environment to the abuse of power. Furthermore, I will detail the serious consequences that power abuse can have for scientific integrity and mental health. Lastly, I will provide ideas for solutions ranging from self-help of affected individuals over steps institutions can take, to changes of the academic system as a whole.*

To participate, please register here: https://soscisurvey.ifss.kit.edu/balancing_minds/

After the registration you will receive access to the Teams channel 'IFSS_Balancing Minds in Science', where you will find the access data for the online session and further information.

We warmly encourage you to bring your lunch, tune in, and invest in your well-being as a vital part of your scientific journey.

Save the date

Our second session will be given by PhD Desiree Dickerson from Dickerson et al. (<https://dickersonetal.com/>), on **Perfectionism and Imposter Syndrome**. It will take place on May 26, 2025, 11:00 – 12:30 via Zoom. Further information will follow.

If you have suggestions for topics you'd like us to address in the future, please feel free to contact us or write it in the chat once we meet for the talk.

We look forward to seeing you there!

Best regards,

Elija Bleher (KIT/IMK-IFU, IFU Graduate Program)

Sylvia Kratz (KIT/IMK-IFU)

Claudia Hildebrand (KIT/IfSS, Coordination of KIT Health Management)