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Worksheet

What is my Motivation for Doing a PhD/MD?

Until you finish your PhD/MD, you are most likely to come across difficulties or even experience severe crises. The road to success will probably require a lot of perseverance on your part. It might help a lot to remind yourself occasionally why you bear that burden. By answering the following questions and writing down the answers, you can check every once a while whether the original reasons are still important enough to continue. Secondly, the reasons why you continue will certainly change during the course of your PhD/MD. It may help you to keep focused when you update the answers to the following questions whenever you realize that they have changed.

- Why do I want to do a PhD/MD?
  What is my strongest motivation for it?

- What do I want to learn during my doctoral studies
  (science-related AND not science-related)?

- Concerning my personal goals:
  why is it important/advantageous to do a PhD/MD?

- What are dangers/disadvantages of a PhD/MD?

- Why is my topic especially interesting?

Every time you update your answers, write down the date and note the ‘state of affairs’ of your doctoral studies. This allows you to keep track even in times when you seem to have lost your motivation.