



PGIS RESCON 2025

POSTGRADUATE INSTITUTE OF SCIENCE
UNIVERSITY OF PERADENIYA

2ND PRE - CONFERENCE TALK



PGIS RESCON 2025
RESEARCH CONGRESS

How to Navigate Through the Academic Challenges



Prof. Ajith Karunaratne

Professor of Chemistry and Chemical Biology

Saint Louis University

Saint Louis, Missouri, USA



19TH JUNE 2025



1.00 PM-2.00 PM



PGIS-CONFERENCE HALL

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How to Navigate Through the Academic Challenges

Students and early-career academics often face intense pressure that can hinder their academic and personal growth in today's rapidly evolving global academic landscape. This seminar aims to explore practical strategies and motivational insights, all of which are immediately applicable, derived from the speaker's personal experiences, focusing on overcoming common obstacles encountered during academic journeys. The session will delve into the concept of academic pressure and its impact on both performance and mental health. Effective time management and prioritization techniques to enhance productivity while balancing academic responsibilities will be discussed. Additionally, setting realistic goals and maintaining motivation will be emphasized alongside practical methods for overcoming procrastination and cultivating self-discipline.

Moreover, the inevitable challenges of failure and rejection will be discussed, underscoring the need for a framework for resilience and self-reflection. Finally, an effort will be made to outline various career pathways and future planning strategies, guiding participants in navigating their academic and professional trajectories. The overarching goal of the seminar is to inspire and empower attendees to thrive amidst pressures, harnessing their potential for both academic success and personal fulfillment in challenging times.



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A motivational and practical seminar on overcoming academic pressure, managing time, and building resilience in a competitive academic world.