

Make Germany a Part of It!

Career Goals Without Losing Your Mind: The Importance of Mental Health -- Personal and Professional Perspectives.

Tuesday, September 2nd, 5.30pm-8.30pm

Goethe-Institut New York, 30 Irving Pl

Abstract:

Mental health is a vital component of public health, deeply intertwined with overall well-being, productivity, and social engagement. In today's professional environments—particularly in academia—maintaining mental health can be challenging. The demands of research, teaching, publishing, and securing funding may lead to chronic stress and other illnesses. These challenges not only affect individual researchers but also undermine institutional resilience and innovation. Addressing mental well-being through supportive structures, open dialogue, and accessible resources is therefore not merely a personal matter, but a shared responsibility across the academic and public health communities. The panelists will contribute both their professional insights and personal experiences from navigating high-pressure academic and research careers.

Highlights:

Panel Discussion “Career Goals Without Losing Your Mind: The Importance of Mental Health -- Personal and Professional Perspectives.”

- Dr. Ina Czyborra, Berlin State Senator for Higher Education and Research, Health and Long-Term Care
- Dr. Jennifer Kang-Mieler, Chair of the Department of Biomedical Engineering, Stevens Institute of Technology
- Sonja Prophete, University Director of Graduate Enrollment, Office of Graduate Studies, The City University of New York
- Moderator: Joann Halpern, Chief Innovation Officer & Head of Global Partnerships, ZAMWILL, Adjunct Professor of International Education, NYU

Our moderator, Joann Halpern, will actively invite the audience to engage in a **discussion** and to share experiences, concerns, and perspectives with the next generation of researchers.

Afterwards, the participating universities and funding organizations will present very brief **pitches** (1 min each, 2 mins for alliances and funding organizations) and then invite for networking with dinner. At their booths they can show what they offer:

- State-of-the-art research
- Short-term research grants (individual/DAAD/other options)
- Entrepreneurship
- Connection to Industry

Program:

5.30pm Check-In

6.00pm Introduction

6.05pm Panel Discussion

- Dr. Ina Czyborra, Berlin State Senator for Higher Education and Research, Health and Long-Term Care
- Dr. Jennifer Kang-Mieler, Chair of the Department of Biomedical Engineering, Stevens Institute of Technology
- Sonja Prophete, University Director of Graduate Enrollment, Office of Graduate Studies, The City University of New York
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7.00pm Radically Short Elevator Pitches

- DAAD
- DFG
- Berlin University Alliance
- Campus OWL
- Freiburg University
- Heidelberg University
- Technische Universität Dresden
- University Alliance Ruhr
- University of Cologne

7.30pm Networking, Career Advice Over Snacks and Drinks

8.30pm End of Event

Event Overview:

Type:

Keynote, Discussion, Info-Session & Networking

Date:

September 2, 2025

Time:

5.30pm-8.30pm

Location:

Goethe-Institut New York

Event Size:

60-80 attendees

Event Team & Contact:

[Jan an Haack](#) - TU Berlin

[Priya S. Nayar](#),

[Jörn Benzinger](#) &

Christiane Wüllner – UA Ruhr

Other committed partners:

DWIH NY

Involvement for Institutions:

Content: Opportunity to develop innovative ways of presenting German institutions

Personnel: Each institution may send one representative for the pitch and one Alumna/us/VIP for the networking session (optional).

Organizational: carefully targeted networking marketing to promote the event.