

TwentyOne Skills



Build New Habits for more Efficiency - eLearning Nugget

Objective

This specific technique for creating and maintaining scientific habits is called “Don’t break the chain”.

Learn how to establish a routine for doing repetitive tasks such as reading papers or writing a grant application. You’ll get insights into the method and its scientific background and a step-by-step guide for applying it in your academic life.

Description

- What are habits and how to build them
- How to start: a step-by-step guide for building a good habit
- How to deal with challenges to the method
- Learn about the scientific background

Conditions

In cooperation with TwentyOne Skills, GRADE offers about 35 asynchronous online courses.

The 3-month sessions start at the beginning of January, April, July and October. Registration is possible at any time. Confirmed participants can access the courses for 3 months at the online platform of TwentyOne Skills. The current registration link can be found here: <https://tinygu.de/en21skills>

Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Duration	Approx. 20 minutes
Registration	https://tinygu.de/en21skills