

More Focus with the Distraction List - eLearning Nugget

TwentyOne Skills



Objective

Find out why the "Distraction List" works and enables us to work in a more concentrated and less distracted manner.

Apply three concrete steps that can be implemented with little effort for each work phase.

Description

- What is the "Distraction list"?
- Get to know how to handle distracting thoughts: a step-by-step guide
- 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 (R2/R3) from all faculties
Duration	Approx. 15 minutes
Registration	https://tinygu.de/en21skills