

## Use Your Time Right with the Pomodoro Method - eLearning Nugget

**TwentyOne Skills**



### Objective

The Pomodoro Technique is a time management method that uses intervals spent on focussed work with short breaks inbetween.

Learn about applying Pomodoros to your own work, especially when doing longer tasks such as writing a scientific paper.

### Description

- Get to know the „Pomodoro Method“
- What is the goal of this technique
- Writing a paper with pomodoros and other scientific applications
- 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. 20 minutes
Registration	<a href="https://tinygu.de/en21skills">https://tinygu.de/en21skills</a>