Use Your Time Right with the Pomodoro Method - eLearning Nugget

**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 asyncronous 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](https://tinygu.de/en21skills)

**Organizational Information**
<table>
<thead>
<tr>
<th>Language / Format</th>
<th>English / Online</th>
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</thead>
<tbody>
<tr>
<td>Target group</td>
<td>Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties</td>
</tr>
<tr>
<td>Duration</td>
<td>Approx. 20 minutes</td>
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