

Stop Procrastinating with the Eat-the-Frog Technique - eLearning Nugget

TwentyOne Skills



Objective

Despite its name, this time management technique is not about eating frogs. It's a metaphor for tackling the most challenging item on your to-do list right away at the start of the day.

In this time management nugget, we'll look at the science behind this approach and how you can utilize it in your academic life using a step-by-step approach.

Description

- What is "Eat-the-Frog"?
- Learn about the goal of this technique
- How to stop procrastinating: 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. 20 minutes
Registration	https://tinygu.de/en21skills