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](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 from all faculties</td>
</tr>
<tr>
<td>Duration</td>
<td>Approx. 20 minutes</td>
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<tr>
<td>Registration</td>
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