More Focus with the Distraction List - eLearning Nugget

**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**

<table>
<thead>
<tr>
<th>Language / Format</th>
<th>English / Online</th>
</tr>
</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. 15 minutes</td>
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<tr>
<td>Registration</td>
<td><a href="https://tinygu.de/en21skills">https://tinygu.de/en21skills</a></td>
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