

Achieve More with SMART Goals - eLearning Nugget

TwentyOne Skills



Objective

In this time management nugget, we'll have look at the SMART approach for goal setting that you can not only apply in your academic but also in your personal life. The SMART formula is an easily applicable yet powerful tool to help you specify the goals that you want to achieve.

The nugget includes an overview of the technique, a step-by-step guide to applying it to your own goals and a look at the science behind the method.

Description

- What is a SMART goal?
- Get to know the SMART formular and its five components
- How does the SMART method work: 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

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| Language / Format | English / Online |
| Target group | Doctoral Candidates at all stages and Postdocs from all faculties |
| Duration | Approx. 20 minutes |
| Registration | https://tinygu.de/en21skills |