

Course title	<i>Time matters – self and time management</i>
Course code	<i>S 0331</i>
Module coordinator	<i>Miriam Heinrich</i>
Lecturer	<i>Ute Strobel</i>
Level of course	<i>Bachelor</i>
Recommended prerequisites	<i>None</i>
Type of course	<i>Seminar</i>
Weekly lecture hours (SWS)	<i>2</i>
ECTS credits	<i>2</i>
Workload	<i>In total 60h, 30h course attendance, 30h self-study</i>
Assessment (grading; pass/fail)	<i>not graded</i>
Regular cycle	<i>Each semester</i>
Language of instruction	<i>English</i>
Contents:	<p><i>Have you ever asked yourself how you could possibly do and get it all... have enough time for your studies and performance, your family, friends and social contacts, your health, your values and what gives you meaning....?</i></p> <p><i>Did you ever find yourself looking at others thinking: how on earth do they do it while I struggle so often and more than often find it so hard?</i></p> <p><i>Well, the answers lie in our own individual approaches to deal with these topics and also life's challenges of the 2020ies and beyond.</i></p> <p><i>Self-reflecting on these topics, finding answers for the above questions and putting these answers into practice are the goals of this seminar.</i></p> <p><i>You will explore your individual mindset, habits and goals and thus learn to master life's challenges better.</i></p> <p><i>All that without having to become a machine but a lively being that is constantly adjusting and learning.</i></p>
Learning outcome (competencies):	<p><i>After having successfully completed the course, the students</i></p> <ul style="list-style-type: none"> <i>• know better what they want to reach in life</i> <i>• know more about their individual behavioral preferences</i> <i>• have acquired new competencies in managing themselves</i> <i>• have begun to establish new routines/habits for better structuring their days, weeks, terms...</i>
Teaching methods	<input type="checkbox"/> Lecture <input checked="" type="checkbox"/> Group work <input checked="" type="checkbox"/> Exercises <input type="checkbox"/> Simulation <input type="checkbox"/> Video feedback <input checked="" type="checkbox"/> Others: Presentation
Assessment methods	<i>Term paper</i>
Recommended reading	Klicken oder tippen Sie hier, um Text einzugeben.
Additional information	
Recognition of credits	