

Research Development and Support presents:

## INFORMATION SESSION WEBINAR

### How to time manage your postgraduate research degree



Photo credit: Unsplash

#### ELIGIBILITY AND TARGET AUDIENCE:

Faculty of Medicine and Health Sciences postgraduate students aiming to finish their research degrees in a set time, wanting to reflect on their own time management practices and learning about helpful time management tools.

*This event is **free of charge** but only open to Stellenbosch University staff, joint staff, postdoctoral fellows and postgraduate students.*

#### CONTENT:

How do you manage your time? | Identify your time thieves | Multi-tasking: Myth or reality? | Prioritisation & procrastination | Some Project Management tools for time management

**FORMAT:** Webinar with an opportunity for participants to ask questions

**FACILITATOR:** Dr Tania Brodovcky  
Head: Research Capacity Development and Funding Opportunities  
Research Development and Support Division

#### When, where and how?



**21 February 2023**  
13:00 – 14:00



MS Teams  
A link will be emailed to registered participants

#### Where to register?



[www.sun.ac.za/RDStraining](http://www.sun.ac.za/RDStraining)  
by 16 Feb 2023



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