Self management / time management

Summary / Zusammenfassung
There is a wide market for seminars covering self- or time management and recommendations are to be known. However, research has neglected self- and time management for a long time. We are interested in the following components:

- Why is self- or time management for many people a problem at all?
- How do people deal with the challenge that they have to work on several tasks at the same time?
- Why do people often underestimate the time span a task requires to be fulfilled?
- What interventions help to achieve a better time management?
- How can meetings be improved?

Publications / Publikationen

Project Leadership and Contacts / Projektleitung und Kontakte
Dr. Cornelius J. König  c.koenig(at)psychologie.uzh.ch
Prof. Dr. Martin Kleinmann (Project Leader)  m.kleinmann(at)psychologie.uzh.ch
Isabelle Odermatt  i.odermatt(at)psychologie.uzh.ch

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