

Professional Development Series (PDS) for Postdocs and Graduate Students

Deep Work: Rules for Focused Success in a Distracted World

Cal Newport, PhD

Assistant Professor, Computer Science, Georgetown University, and Author

Wednesday, May 4

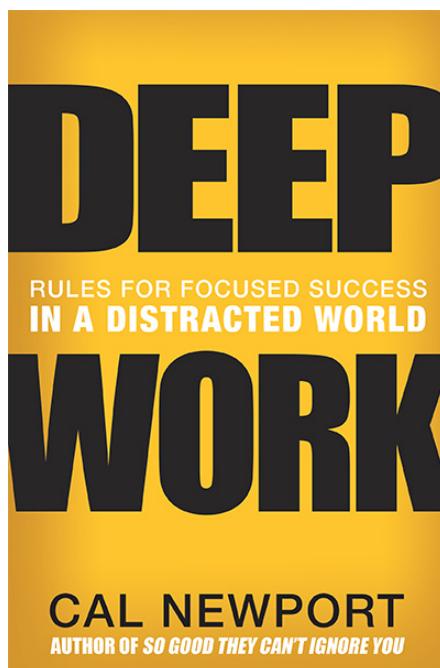
12-1PM, Elings 1601

Pizza lunch provided

***RSVP*:** <https://csep.cnsi.ucsb.edu/forms/PDS/Registration.php>

Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way.

In this webinar, Georgetown professor Cal Newport will discuss the value of deep work and provide practical suggestions for cultivating this skill. The ideas are drawn from his new book of the same name.



Speaker Bio:

Cal Newport is an Assistant Professor of Computer Science at Georgetown University. In addition to studying the theoretical foundations of our digital age, Newport also writes about the impact of these technologies on the world of work. His most recent book, *Deep Work*, argues that focus is the new I.Q. in the modern workplace and that the ability to concentrate without distraction is becoming increasingly valuable. He previously wrote *So Good They Can't Ignore You*, a book which debunks the long-held belief that “follow your passion” is good advice, and three popular books of unconventional advice for students. <http://calnewport.com/>

10 attendees will receive a copy of the “Deep Work” book!



Graduate Division