

NUBS PhD Thesis Writing Bootcamp

Saturday 5th December 2020 from 0830 - 1600 UK

Location

Join Zoom Meeting

<https://newcastleuniversity.zoom.us/j/89928630425>

Meeting ID: 899 2863 0425

Passcode: 897602

Agenda

0830	Introduction
0900	Focused writing
1230	Lunch break
1315	Focused writing
1545	Reflections
1600	Close

Dear PhD Students

Thank you for your interest in the Thesis Bootcamp. This is a voluntary initiative to develop focused writing habits.

This kind of virtual writing retreat typically costs ca. £300, and I have agreed to use my time to run this session without charge.

Having reviewed your applications, I encourage you to further develop your outlines — paying close attention to identifying the controlling purpose of the work you plan to write on the day and to be realistic about what you hope to achieve. For more information about what a controlling purpose is, please open this link:

[plan to write – a controlling purpose](#)

Preparing for the day

Notes: You should have everything that you need to write your draft with you and ideally have cleared the space around your work station to remove you from being distracted by any other projects.

Only writing: When you ‘arrive’, you should be in a position to write — this is not the space for analysis or reading.

Headphones: Know what soundscape will help you to focus. Pre-select your music, or ambient noise <http://soundrown.com/> or earplugs if you have noisy neighbours.

Be comfortable — have your water bottle, thermos flask of hot drinks, snacks, shawl for warmth ready and to hand!

Structure

The session starts by introducing yourself and sharing your goals for the session. You may choose to briefly state your controlling purpose or to share your target word count.

During the Bootcamp, we will be using the Pomodoro technique for extended focus.

We will work together silently as a group in 25-minute bursts or sprints. As this is a virtual session, I will put everyone on 'mute' during the writing sessions.

Each writing sprint is followed by a short 5-minute break. This is a moment to check your phone, gaze out the window, nip to the bathroom, eat an energy bar, stand up and have a stretch, etc. During the breaks I will 'unmute' everyone so we can chat or ask questions as needed. The important thing is to stop working during the breaks.

I will check in with everyone shortly before I restart the timer for the next session and put everyone on 'mute' again.

After 3 'sprints' we have earned a 15-minute break.

We begin the cycle again until the 45-minute lunch break, when you are free to roam and refresh yourself.

Fifteen minutes before the closing time, I will ask each of you to report on your progress against your goal for the day verbally back to the group. I will be circulating a feedback sheet where I hope you will share reflections about your experience of the day.

Cameras

The bootcamp is a supportive environment and the co-presence of others working together on a shared goal is important. The expectation is that we will all have our cameras on during the sessions.

I look forward to seeing you on Saturday morning!

Kind regards

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