***Royal Holloway***

**Thesis Boot Camp 2017**

**DAY 1 - Friday 9th June**

4:00-4:10pm **Official welcome** Prof. Barry Langford, Associate Dean of the Doctoral School

4:10-5:45pm **Program Introduction** (Dr Peta Freestone, University of Edinburgh)

* The boring bits: schedule, housekeeping, environmental health
* Meet your Thesis Boot Camp squad
* Writing efficiently: strategies for making the most of the weekend

5:45-8:00pm **Intensive writing** (dinner available in breakout room after 6:30pm)

8:00-8:30pm **Group de-brief, housekeeping reminders, plan for tomorrow**

**DAY 2 - Saturday 10th June**

9:30-10:00am **Morning Coffee / Social Time** - Arrive and setup for 10am *sharp* start

10:00-1:00pm **Introduction followed by Intensive writing** (Dr Peta Freestone in breakout room for individual consultation)

1:00pm **Lunch available in breakout room**

1:00-4:00pm **Intensive writing**

4:00-4:45pm **Active break / stress buster: Mindfulness: Sitting Practice with Sofia Mason.**

4:45-8:15pm **Intensive writing** (dinner available in breakout room after 6:00pm)

8:15-8:30pm **Group de-brief, housekeeping reminders, plan for tomorrow**

**DAY 3 - Sunday 11th June**

9:30-10:00am **Morning Coffee / Social Time** - Arrive and setup for 10am sharp start

10:00-1:00pm **Intensive writing**

1:00pm **Lunch available in breakout room**

1:00-3:00pm **Intensive writing**

3:00-3:30pm **Active break / stress buster: Meadow/Tree/Bee campus walk**

3:30-4:00pm **Life after TBC: tips for getting over the final hurdle** (Dr Peta Freestone, University of Edinburgh)

4:00-8:30pm **Intensive writing** (dinner available in breakout room after 6:00pm)