

Shut Up and Write! Workshops for UL & Ulster University PGRs

Shut Up and Write! is a relatively simple concept. This writing workshop session uses the *pomodoro* technique of 25-minute writing sessions followed by 5-minute breaks throughout for informal discussion. PhD scholars are encouraged to set a goal for each session before it begins.

Shut Up and Write! is a great way to help you with your writing and to overcome any impediments, such as procrastination or writer's block, in a very supportive and friendly environment.

Since 2020, the Doctoral College in UL has collaborated with the [Doctoral College at Ulster University](#) in hosting ['Shut Up and Write! Workshops'](#) for PGRs, every second Friday between 2pm and 4pm.

The workshops are open to all UL PGRs and are an excellent opportunity to work on your research with others.

To attend the workshops simply click on this link [Shut Up and Write! Every Second Friday, 2pm-4pm](#)

Dates for Shut Up and Write! Workshops	
Autumn Semester, 2023-24	
Friday, September 22 nd , 2pm-4pm	Link for Shut Up and Write!
Friday, October 6 th , 2pm-4pm	Link for Shut Up and Write!
Friday, October 20 th , 2pm-4pm	Link for Shut Up and Write!
Friday, November 3 rd , 2pm-4pm	Link for Shut Up and Write!
Friday, November 17 th , 2pm-4pm	Link for Shut Up and Write!
Friday, December 1 st , 2pm-4pm	Link for Shut Up and Write!
Friday, December 15 th , 2pm-4pm	Link for Shut Up and Write!