Dissertation Day: Managing Your Time Effectively
Center for Graduate Life
Friday, February 27, 2015
10:00-4:30

Are you struggling with your dissertation?
- Do you feel isolated?
- Are you stuck?
- Are you worried about finishing?
If you answered “yes” to any of these questions, then you should participate in a Dissertation Day!

Dissertation Days are offered on the final Fridays of each month. These writing retreats provide an opportunity for doctoral students to devote focused time and attention to one goal—making progress on their dissertations. Dissertation Days:

- Provide structured writing time
- Offer writing-related support and resources
- Promote community among dissertation writers

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<table>
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<tr>
<th>10:00-10:15</th>
<th>Welcome Introductions Declaring SMART Goals for the Retreat</th>
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<tbody>
<tr>
<td>10:20-10:45</td>
<td>Managing Your Time Effectively*</td>
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<tr>
<td>10:45-11:45</td>
<td>15-minute appointments on time management with Dr. Harris and Dr. Russell-Pinson</td>
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<tr>
<td>10:20-11:45</td>
<td>Write*</td>
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<td>11:45-12:00</td>
<td>Reporting Progress</td>
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<tr>
<td>12:00-12:45</td>
<td>Lunch on your own</td>
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<td>1:00-4:00</td>
<td>30-minute writing appointments with Dr. Russell-Pinson</td>
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<tr>
<td>12:45-4:15</td>
<td>Write</td>
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<tr>
<td>4:15-4:30</td>
<td>Reporting Progress Setting New SMART Goals</td>
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*Participants are welcome to join in a discussion of strategies for managing your time or to begin writing.

About the Facilitators
Lisa Russell-Pinson, Ph.D. is the Faculty Associate for Writing in the Graduate School. She will be on hand to help participants set specific writing goals, learn strategies to manage the dissertation process, and troubleshoot difficulties with the writing itself.

M. Lynne Harris, Ph.D. is a staff psychologist in the UNC Charlotte Counseling Center. She will be on hand as a coach to help participants challenge behavioral habits that complicate the dissertation process and strengthen habits that support success.

You are eligible to participate in Dissertation Days if you are a UNCC doctoral student working on your:

- Dissertation proposal
- Dissertation proposal defense
- Dissertation draft
- Dissertation defense
- Dissertation revisions

Space is limited, so please register below by **February 23** to reserve your spot!

Name:
Department:
Degree: (Ph.D.  Ed.D.  DNP)
Where you are in the dissertation process:
Challenges you are having with your dissertation (if any):
Goal(s) you have set for this writing retreat: