



Shut Up & _____

Join CAFE to “Shut Up & Write” or “Shut Up & Work”

Keep your goals moving forward during the semester!

We meet virtually for 90 minutes (or as much of each session as your schedule allows), using the group for accountability to accomplish our individual goals. Coordinators will help each group set its norms and expectations.

Starting on September 13th, try one or both weekly sessions:

Mondays 8:30-10:00am Shut Up and Write.

For research writing: keep your research program going through the semester.

Thursdays 2:00-3:30pm Shut Up and Work.

For any kind of work, including research writing, grading, committee work, etc.

**Ready to RSVP? Click on this image,
or go to <https://forms.gle/ykod1B5pxWsSyGwE8>**

Your host will send the Zoom link and additional information.

Need more information about the “Shut Up & _____” method for productivity?
Contact Renee Gutiérrez at gutierrezar@longwood.edu or 434-395-2070.

