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THE 20-MINUTE DISSERTATION

The 20-minute dissertation was an experiment I set myself in my final year as a practical approach to saving time on my final piece of work and work freelance instead.

This PDF will help overview all of the stages of the 20-min dissertation. This is something that is scalable to your own efforts, and worth applying to save time and effort.

FACTS BEHIND MY PAPER

- Studying Business
- Only 5,000 words Research
- Only 8,000 words for Full Dissertation
- Topic: Coffee Shop visitors and retention

RULES

- 20-minutes a day
- Plan the the time block (20-mins)
- No library time
- No work sessions with friends
- Hit word count every time
- Use weekends too.

BENEFITS OF THIS TACTIC

- Time saved to work during daytime
- Stress and anxiety reduced
- Perfect for planning freaks



THE 20-MIN PROCESS

WRITING

- Always hit the **word count** (20-mins)
- Batch focus on a type of work - eg. Writing, Researching
- Hit your **mini-target** word count (eg. 400 words in this session)
- Stick to 20-mins only, unless you need to scale up.

TIME-SAVERS

- Choose a **topic** with easy access to data
- Don't get emotionally attached to your work
- Use resources like [Grammarly](#) to check plagiarism, grammar.
- Take up other projects to offset the importance of this

MINDSET

- Remove any existing concepts of **workload**
- Try using a **planner** to outline the work you need to do on the next day
- Helpful Books mentioned: **Sprint & 4hr WorkWeek**



TEMPLATE

TOPIC IDEAS	TIME BLOCK	WORD COUNT	TARGET PER SESSION
<i>E.g The effect of anxiety on the brain...</i>	<i>30-mins 4:00pm - 4:30pm</i>	<i>13,500</i>	<i>500 words per session</i>

This template should help you plan your topic ideas, share time block options, and plan word count target per sessions.

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Struggling with this one? Email me: cesidalessio@gmail.com

All the very best!
Francesco.