



Establishing a Writing Habit

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So what is a writing habit?

A writing habit, sometimes referred to as a writing practice, is a set time or amount of time for writing every day





Why does it matter?

- Establishing a writing practice allows you to tackle large projects in achievable intervals.
- It lessens stress around writing.
- It will help you to remember the importance of writing for the development and advancement of your career.
- For those of us hoping for a career in academia, publishing is one of the largest facets of receiving tenure, so writing is a necessity.
- As your career progresses and you take on more tasks and responsibilities, you need to practice how to make time for specific repeated tasks.

How To Establish a Writing Habit: Two Ways

Build a Habit Gradually Over a Month

Step 1: Start writing on a specific goal for 15 minutes a day.

Step 2: Repeat 15 minutes

Step 3: Continue until you have completed a week of 15 minutes a day.

Step 4: Move to 30 minutes a day for a week.

Step 5: Move to 45 minutes a day for a week.

Step 6 : Move to 60 minutes a day for a week.

Step 7: Don't Stop Writing Once a day!!!

Track Your Writing

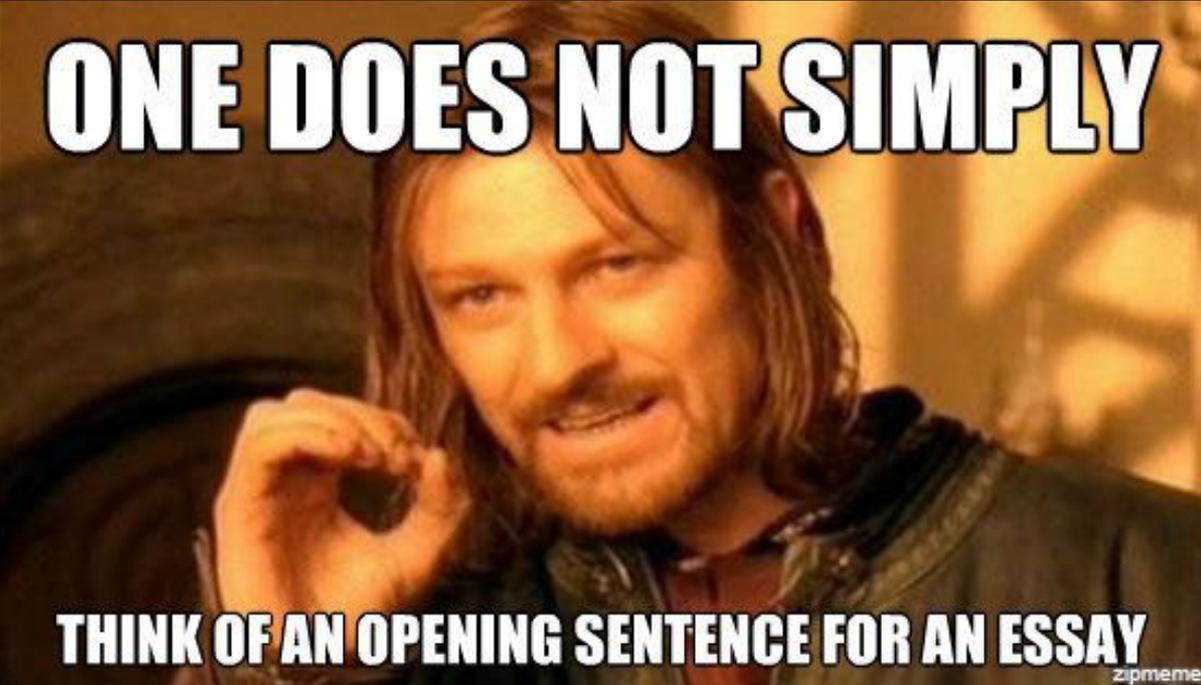
Step 1: Track your writing for a week.

- Write down when you write.
- Note when you are least productive.
- Note when you are most productive.
- List the distractions to your writing.
- List where you write.
- Consider how long it takes you to write a 1 page.

Step 2: Rank when you are most productive.

Step 3: Decide which time of day you are most productive and have the time to dedicate to writing.

Step 4: Set aside time to write everyday during that period.



ONE DOES NOT SIMPLY

THINK OF AN OPENING SENTENCE FOR AN ESSAY

zipmeme



How can I write everyday?

1. Free write on a blank page.
2. Write a list.
3. Line-edit a piece of writing.
4. Reorganize a paper you have written or are writing.
5. Take a piece from an older piece of writing and expand it.
6. Take pieces from older pieces of writing to create a new paper.
7. Check references , endnotes, and/or footnotes accuracy and clarity.
8. Outline or mind-map a new piece of writing.
9. Summarize or take notes on relevant piece of writing.
10. Write a response to a piece of scholarship you feel strongly about.
11. Make a revision plan for a rejected article or a revise and submit.
12. Revise an article for resubmission.
13. Write an outline on a paper you have already written (Reverse-outline).
14. Make tables, figures, graphs, or images to represent visually concepts or trends in a paper

The Problem/s:

Stop Gaps

- You have no idea where to start.
- You have ideas but are not sure how they relate to one another.
- You feel as though you do not have the words.

Environmental

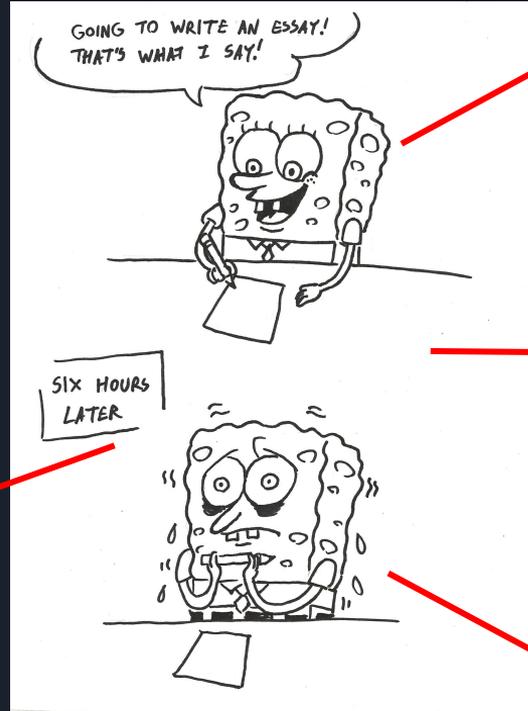
- You do not have the space to write.
- You are bombarded by distractions.

Behavioral

- You procrastinate.
- You cannot seem to stay on task.
- You do not have the time.

Mental

- You do not think of yourself as a writer.
- You dislike writing.
 - You have anxiety around writing.
- You are afraid of feedback.
 - You fear your writing is not good enough.



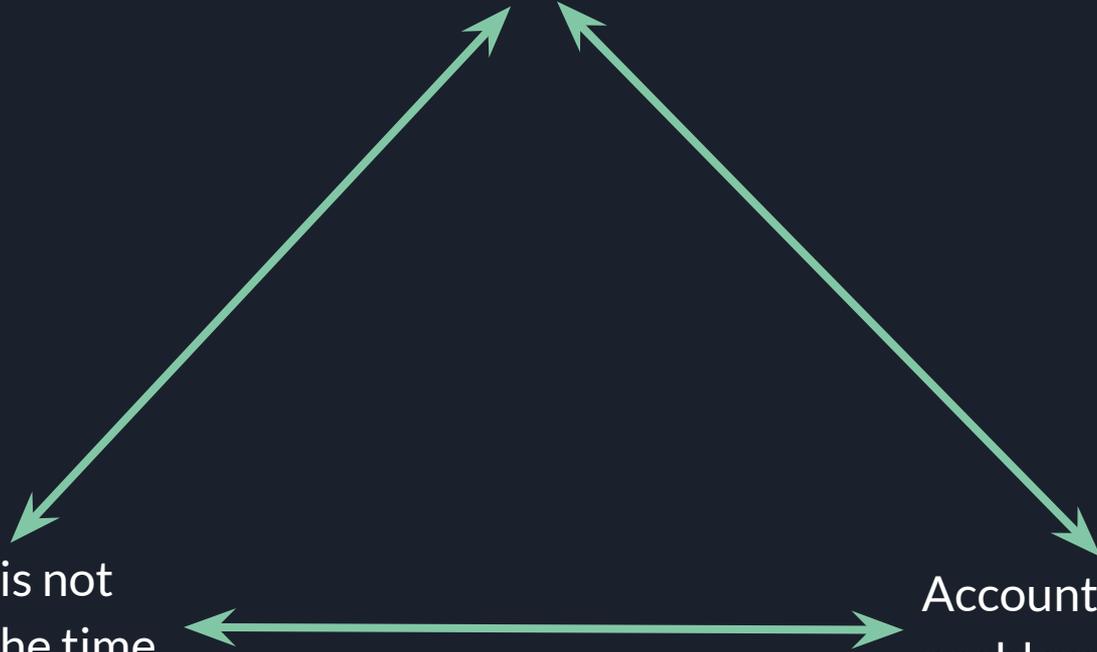


The Triangle of Writing Despair

Time: You never have enough of it.

Task: Your task is
overwhelming or is not
feasible to do in the time
period you have allotted.

Accountability: There is a
problem with holding
yourself accountable.



Schedule

- **What about graduate student life?**
 - **Class?**
 - **Lab?**
 - **Recitations?**
 - **Grading?**
 - **Travel to and from campus?**
 - **Doctors appointments?**
 - **Conferences?**
 - **Workshops?**
 - **Presentations?**
 - **Meetings?**
 - **Clubs?**

- **When will you complete basic life tasks?**
 - **Eat**
 - **Sleep**
 - **Bathe**
 - **Exercise**
- **When will you spend time with your children, partner, friends, or family?**
- **Do you have other obligations? What are their time limitations?**
 - **Volunteering?**
 - **Participation in a faith community?**

* Think about how you can fit writing into your life. Not how you fit life around your writing!



S.M.A.R.T. Goals

- Specific—clearly defined and identified
- Measurable—quantifiable, either in paragraphs, sections, pages, and/or time
- Attainable—able to be achieved and realistic
- Relevant—appropriate for your goals for the semester
- Time-bound—a target date

Accountability

The ideal: Your advisor or a person on your committee helps you create hard deadlines.



The Goal:
Make Soft Deadlines into Hard
Deadlines.

- Find a person in your life who you will hold you accountable.
- Create a working writing group and place your writing on the schedule.
- Make appointments with a Writing Center Coach or an Academic Coach in the Learning Center.
- Use coursework to make a draft deadline.
- Use applications to make deadlines:
 - Apply for conferences.
 - Apply for workshops.
 - Apply for fellowships or grant funding.
 - Volunteer to make a presentation in your community or with an organization that you are passionate about or connected to your work.
- Ask to guest lecture for a course.

Three Types of Writing Groups

Working Group—a group that gets together and writes together

- This type of group helps with establishing a writing practice.
- They help create productivity because of positive peer pressure.
- They allow you to make time dedicated to the practice of writing.

Reading Group—a group that gets together and reads the work of a member each week

- This type of group helps with normalizing receiving feedback on writing.
- They help think through the process of editing a paper.
- They allow you to practice providing feedback.
- They help you think about how to use and receive feedback.

All Groups:

- Normalize an ongoing scholarly community.
- Normalize understanding diverse opinions.
- Help you construct an audience of readers for your writing.
- Anticipate reader reactions.
- Cultivate proper scholarly discourse.

Hybrid Group—a group that writes together and reads the work of its members

Some Resources To Consider

- UNC Writing Center
(<https://writingcenter.unc.edu/>)
- UNC Learning Center
(<https://learningcenter.unc.edu/>)
- IME Writing Group
- National Center for Faculty Development and Diversity
(<https://www.facultydiversity.org/>)
- Departmental Writing Groups





Date

Wed. Aug. 22
Wed. Aug. 29
Wed. Sept. 05
Wed. Sept. 12
Wed. Sept. 19
Wed. Sept. 26
Wed. Oct. 03
Wed. Oct. 10
Wed. Oct. 17
Wed. Oct. 24
Wed. Oct. 31
Wed. Nov. 07
Wed. Nov. 14
Wed. Nov. 21
Wed. Nov. 28
Wed. Dec. 06

Topic

Establishing a Writing Habit
Tackling Unproductivity
The Writing Process
What is a Synthesis Matrix?
Reverse-Outlining: A Flexible Strategy
Constructing Arguments, "They Say, I Say"
Understanding Your Discipline, Part I
Understanding Your Discipline, Part II
October Break
Learning Your Writing Style, Part I
Learning Your Writing Style, Part II
Getting Constructive Feedback
What is an audience?
Thanksgiving Break
The Publication Process
Writing Revisions



Answer Two Questions:

1. What would you like me to know about you as a writer?
2. What topic would you like to learn more about this semester?