procrastination | pre-,krastəˈnɑːʃən, prō- |
noun
the action of ruining your own life for no apparent reason

Just do it.

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Write every day
Write daily (Boice)

Number 1 reason academic writers aren’t successful is they simply don’t show up to write.
   “I am just too “busy” with other things!”

Number 2 is that they don’t have a plan.
   “Hmm, I don’t know what to write, so I’ll do x instead...”

Number 3 is that they don’t follow through.
   “I put 2 hours of writing time in my calendar today. Before I get started I’ll just...”
I can’t write daily because...

I need to be in the ‘mood’

I can’t just schedule in creativity/brilliance

I can’t be a good teacher and a good writer

I’m too busy!
Cognitive strategies

• Recognize that writing often = thinking
  – It’s ok to take time
• Talk about your research
• Write bits that eventually form a draft
• Write lots of drafts (begin with terrible ones)
• Get feedback (choose carefully)
Cognitive techniques

• Break down the task into smaller pieces
• Concept mapping for ideas
• Sketching
• Freewriting
• Delay editing until the next day
Emotional strategies

- Anxiety is a huge part of writing avoidance
- Awareness, self-reflection
- Watching self-criticism
- Avoid harsh criticism in early drafts
- Find support
- Recognise stages of the writing journey
Action strategies

• Notice what makes you avoid writing or what makes up get up when you are writing
• Notice your best working times/places
• How do deadlines work for you?
• Track how your time is spent in a day
• Use small chunks of time productively
Action techniques

• Set up your writing ‘space’
• Develop rituals
• Play music
• Boice’s contingency – reward yourself

• 15 min a day
• words/day
Pomodoro

• Work 25/break 10
  – [10/2]

• e.ggtimer.com
Avoid external distractions

• Most common distractions?
• Cell phone and text messages
• Email
• Internet surfing
• Facebook
• Online shopping
• Family /kids
SMART goals

• Specific
• Measurable
• Attainable
• Relevant
• Time bound
Specific

• Break down into tinier and tinier tasks
  – Avoidance often a sign task is not tiny enough

• Not specific goal: Write the introduction.
• Specific goal: Write the section of the introduction that links childhood obesity to the consumption of sugary drinks.
Measurable

• How will you know when you have met goal?
  — # pages/words?

• **Not** measurable goal: Write a section that links childhood obesity to the consumption of sugary drinks.

• **Measurable** goal: Write a 10-page section that links childhood obesity to the consumption of sugary drinks.
Attainable

• How am I going to achieve this goal?

• Not attainable goal: Using my classroom observations, write a 10-page section that links childhood obesity to the consumption of sugary drinks.

• Attainable goal: Gather studies on childhood obesity to prepare to write a 10-page section that links childhood obesity to the consumption of sugary drinks.
Relevant

• Don’t get sidetracked…
• Not relevant goal: Gather studies on childhood obesity and create an annotated bibliography of findings to prepare to write a 10-page section that links childhood obesity to the consumption of sugary drinks
• Relevant goal: Gather studies on childhood obesity and create a table of the links between obesity and sugar consumption to prepare to write a 10-page section that links childhood obesity to the consumption of sugary drinks
Time bound

• Deadlines
  – Requires long-term planning (work backwards)

• Not a time-bound goal: Write the section of the introduction that links childhood obesity to the consumption of sugary drinks.

• Time-bound goal: Schedule two hours a day for 10 days to gather studies on childhood obesity, create a table of the links between obesity and sugar consumption, and write a 10-page section that links childhood obesity to the consumption of sugary drinks.
AMAZING post on procrastination
http://waitbutwhy.com/2013/10/why-procrastinators-procrastinate.html

9 steps to becoming a productive academic writer
http://www.academiccoachingandwriting.org/academic-writing/academic-writing-blog/i-nurture-a-daily-writing-habit/