
DEVELOPING A SUSTAINABLE & REALITY-BASED WRITING PRACTICE

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LANGUAGE TO KEEP RESEARCH WRITING REAL

5P of Writing: Product, Process, Practice, Project, Persona

5 Areas Research Writers Struggle Most: Space, Time, Energy/Momentum, Style,
& Collaboration

Sustainable: successful place that promotes wellbeing

Engagement (instead of productivity): Meaningful connection with a project

Guilt-Free Time: Time for family, friends, pets, rest and recreation, and non-work life

Flexible Fernando: Build flexibility into routines so that you can build long-lasting habits

Project Box: Contains your writing. Open to start your writing session. Close to "close."

RULES & STRATEGIES TO KEEP WRITING REAL

5 Life Projects: choose life projects wisely. You have only so much focus, energy, and time (work, fitness, family, friends, recreation, finances, and so forth)

3 Writing Projects per Week: Project A, B, C

1 Project at a Time: Be present. Focus. Flow.

3 Keys to Writing Productivity: Schedule, Log, Accountability.

Unschedule your time: Add "guilt-free time" to your schedule first, then set obligations like meetings/teaching, then projects



Research Writer's Reflection

1. List the types of writing do you do regularly (what do you write daily?):

2. List your writing projects (current, stalled, aspirational, fantastical):

3. Identify your current top 3 projects and rank in order of importance:
 - A.
 - B.
 - C.

4. What is working well in your research writing practice?

5. What one thing (yes, one) would you change about your writing practice?



B.A.S.E. Habits

Your habit	Your current status (your responses change over time)				
BEHAVIORAL everyday academic writing habits	① Writing habits? What writing habits?	② Unsatisfactory	③ Neither good nor bad	④ Pretty good	⑤ Excellent
ARTISANAL document/style writing skills	① Very weak	② Underdeveloped	③ Neither good nor bad	④ Pretty good	⑤ Highly developed
SOCIAL productive conversations with other people about writing & works in-progress	① As seldom as possible	② Not often	③ Sometimes but not deliberately or consistently	④ As often as possible.	⑤ Every single day of my life
EMOTIONAL feelings/responses about writing	① Strongly negative	② Generally, more negative than positive	③ Evenly balanced between negative & positive	④ Mostly positive	⑤ Positive in every way

(modified from Helen Sword's Writing B.A.S.E.)

Helpful & Referenced Resources

- *Robert Boice, *Professors as Writers: Self-Help Guide to Productive Writing* (1990)
- James Clear, *Atomic Habits: Easy & Proven Way to Build Good Habits & Break Bad Ones* (2018)
- Neil Fiore, *The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play* (2006)
- Charlie Gilkey, *Start Finishing: How to Go from Idea to Done* (2019)
- *Joli Jensen, *Write No Matter What: Advice for Academics* (2017)
- Katy Milkman, *How to Change: The Science of Getting from Where You Are to Where You Want to Be* (2021)
- *Helen Sword, *Air & Light & Time & Space* (2017)
- *Helen Sword, *Writer's Diet*, <https://writersdiet.com> (2016)
- *Eviatar Zerubavel, *The Clockwork Muse: A Practical Guide to Writing Theses, Dissertations, and Books* (1999)

*academic-specific

