Workshops at Texas Woman's University
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Workshop 1

Moving from Pesky to Productive: Designing a Healthy, Sustainable Writing Habit

"Ack -- that pesky writing habit!" Wait, when have you heard a writer say that? While faculty are generally in favor of writing habits *and* the research on productive faculty points to adopting the practice of daily writing, such habits can be admittedly difficult to achieve. Meanwhile, complicating the situation further, myths about habit formation circulate. In this interactive workshop, mythology is dispelled and findings from recent psychology research are translated specifically to writing habits. Using personal insight, participants first analyze one of their own already strong habits (coffee drinking, toothbrushing etc.). Then taking such analysis, participants plan for the formation of a new writing habit starting with a *trigger*, growing from a *micro-habit*, and being *reinforced* by rewards, including social reinforcement and tracking. Then to prevent pitfalls, participants discuss and prepare for what may derail their newly designed habits. Participants will leave with self-insight, energy and tools for remaking their writing habits.

Workshop 2

Project Management for Writing: Gaining Power in the Process

It's 3 AM. Are you waking up to worry about a forgotten deadline to one of your grants or writing projects? Or perhaps, you exhibit such chronic optimism about your ability to get writing done, that your calendar has begun to resemble a "wish list" instead of an accurate plan? And then, of course, … managing collaborators … despite seemingly endless meetings, you find yourself chasing them down to get their contributions. If these descriptions sound like your current status quo, ask yourself: Wouldn't you prefer to have a planning approach that moves you to a state of better focus, clarity and calmness? If the answer is yes, then join us for an overview of applying project management principles to one's academic writing life.

Note: Workshop 2 is designed to build on some of the principles from Workshop 1, but you can attend either independently.