

VIRTUAL SUMMER WRITING ACCOUNTABILITY GROUP

<https://gustavus.edu/kendallcenter/teaching-programs-and-resources/summer-workshop/vswagworkshop.php>

Applications Due May 13

Looking to keep (or get) on track with your writing? Introducing the Virtual Summer Writing Accountability Group

The Virtual Summer Writing Accountability Group, run by the Academic Writing Club, will be part of an online system that has helped thousands of academics become more prolific, successful and creative writers and researchers. We have arranged for a special group just for Gustavus faculty, so that we can experience a summer of support, accountability and especially *writing productivity*.

The structure of the VSWAG will reflect the research findings of Robert Boice and other experts in the field of writing productivity and psychology. This research has shown that professors who write in relatively short sessions most week days are significantly more likely to write more articles, get those articles published, and to get tenure. Boice also showed that professors who wrote more frequently (but less time per day), as opposed to those who "binge write" (e.g. wait for that elusive free afternoon to write for 5 hours), then don't write for a while, had more creative thoughts per day. Luckily for us, he found that you don't have to be born with these techniques embedded in your psyche. These techniques are teachable, and will allow anyone to write more, publish more, and have more enjoyment of the process.

The emphasis is on writing in regular, short, productive sessions that maximize output and minimize mental exhaustion. The goal is to develop the habit of writing for reasonably short periods of time daily. After you do your daily writing, no matter how much you wrote (or didn't write), you check in with our online group, reporting your progress and any challenges. Members of the group then respond to you, providing support and encouragement. You will also support and encourage other group members. This kind of environment helps you generate and sustain momentum. Knowing that other writers experience the same feelings as you helps you overcome the isolation, confusion, and self-blame all too common in scholarly writing.

Designed to help build the habits that enable writing a reasonable amount each day, so that distractions or tasks with urgent deadlines don't come before the long-term and ongoing writing associated with scholarly productivity, **this group will focus on the process of writing, not the content of your writing. Members of the group will not read and comment on one another's work.** This structure helps build and maintain a daily writing habit by providing progress tracking, accountability and structure. In addition to the daily progress tracking and check-ins, additional resources are available including:

- Coach-moderated **Challenge Chats** – gather in the chat room and announce what you plan to work on. Then proceed to do your planned writing for 25 minutes and check in at the end to tell the group how you did. It sounds simple, but it's a powerful way to keep you on track with your writing.
- Coach-run **Q&A sessions**, offering insight and support into writing-related issues not frequently addressed among academics.
- **Tele-workshops** designed to address the needs of the group. Each session features a short presentation, followed by a lively Q&A session, and coaching tailored to help overcome the specific obstacles that often get in the way of our writing. Learn, interact, and become motivated by workshops like "Perfectionism, Procrastination and Martyrdom," "Mental Health and How to Keep it When You're Perpetually Isolated," and "Time Management in the Face of No Available Time."

Participation in this group requires a serious commitment to:

- Write daily (weekdays only), for reasonably short time periods, from June 1-August 21.
- Log on to the site to track your progress by answering the daily questions.
- Engage with other group members to provide and receive encouragement and support.

Though we will do our best to accommodate as many participants as possible, please note that *space is extremely limited*. Your application is a statement of your commitment to the practice of writing daily.

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