May your writing be brief, frequent, low-stress, & highly rewarding on a project you enjoy.

Inspired by Joli Jensen’s Write No Matter What

CSU Writes
write early. often. better. together.

WRITING TIP
Signal the beginning and end of your writing sessions to help maintain a writing routine.

If you seek regularity in your scholarly writing practice, try signaling the beginning and end of each writing session to help routinize your work. The brevity of those “frequent encounters” with our writing that Joli Jensen notes fosters both academic productivity as well as happiness can be signaled by opening and closing a “project box” that contains your current work (readings, draft, edits, etc.) that you physically open at the beginning of your session and close at the end.

Professor Barb Sebek, a self-proclaimed “eager retreater” who inspired this writing tip, currently signals the beginning and end of her writing sessions by putting on and taking off her Writing Retreat name tag. Sebek uses a name tag, but you could use any item of clothing that signals writing time: a hat, a scarf, a sweater... Wearable items are an easy cue to remind you when to focus on your project (on) and when to go do something else (off)!

You might also find a verbal cue of your own crafting useful: “Writing session commence” and “Writing session complete” work. Or “Make it so” and “Made it done,” for you Trekkies out there.

While, as academics, we sometimes feel as though we should ALWAYS be writing, that is not the case. It is better to contain our writing sessions so that we might have a rich and varied and balanced life.

OFFICES OF THE PROVOST
VICE PRESIDENT FOR RESEARCH

GRADUATE SCHOOL
COLORADO STATE UNIVERSITY

UPCOMING EVENTS

FACULTY Writes

RETREAT: OCT 1.5-Day
OCT 19-20
(Fri--3-5pm & Sat--8:30-4:30)

WORKSHOPS
Manage Email to Privilege Writing
OCT 16, 1-2:30 (LSC 376)
OCT 16, 3-4:30 (LSC 376)

DOC Writes

small panel/BIG TOPIC
Strategies for Applying for NIH Postdoc & Graduate Fellowships
OCT 10, 3-4:30 (LSC 372)

GRAD Writes

RETREAT: 2-Day OCT Retreat
OCT 27-28
(Sat & Sun--8:30-4:30)

WORKSHOPS:
Strategies for Writing in English
OCT 9, 3-4:30 (LSC 372)
Make Writing a Habit
OCT 17, 3-4:30 (LSC 310)

RSVP AT
csuwrites.colostate.edu

show up & write.
sept 4 - dec 6

M/W
8-10 MICRO C116
10-noon MILSC 105
12-2 EDUC 1
3-5 STADIUM 1216

T/R
8-10 WALNUT 119
10-noon WALNUT 119
12-2 WALNUT 119
2-4 NATRS 256

ATMOS CAMPUS
M 9-10 ATS West 121
T 9-10 ATS W. Conf.Rm
W 1-2 ACRC 212B

NEWSLETTER // OCTOBER 2018
FOR CSU'S FACULTY, POSTDOC, GRADUATE STUDENT WRITERS
small panel/BIG TOPIC
Strategies for Applying for NIH Postdoc & Graduate Fellowships

**WHEN:**  WED, OCT 10, 3-4:30pm  
**WHERE:**  LSC 372

October's small panel/BIG TOPIC is a collaborative effort between CSU Writes and the CSU Postdoc Association (CSU PASS). A panel of CSU National Institute of Health (NIH) postdoctoral recipients, Dr. Ryan Riskowski and Dr. Chern-Hooi Lim along with Dr. Meghan Suter from the Office of the Vice President for Research (OVPR) will discuss strategies for success when planning and applying for NIH F-Series Fellowships.

The event is open to all interested CSU Postdoctoral Fellows and Graduate Students. The panelists will talk about NIH grants, fellowships, and the writing and submission/award process, particularly:

- Elements of a NIH Fellowship
- The Application Process
- The Application Packet
- Laying the Groundwork
- Winning Strategies

It helps if you RSVP at: https://csuwrites.colostate.edu

**show up & write.**  
**to schedule & focus your semester's writing**  
sept 4 - dec 6

Writing productivity and higher education leadership expert Rowena Murray studies and endorses "writing in social spaces." Writing socially can writing groups, writing retreats as well as show up & write. sessions (see the fall schedule on page 1). show up & write. is one of CSU's more unique writing facilitation offerings.

show up & write. affords CSU faculty, postdoc, and graduate student writers a place to write together for a couple of hours a day, Monday - Thursday. Importantly, each show up & write. session is proctored by a graduate student, postdoc, or faculty volunteer who "shows up" so that other writers can join and write more together.

Here's to writing in social spaces so that we might write early, often, better, and together!