

# Newsletter

Encouraging you to have **brief, frequent, low-stress, high-reward** writing sessions with a project you enjoy.

Inspired by Dr. Joli Jensen, author of **Write No Matter What**

CSU *Writes*

FACULTY *Writes*

GRAD *Writes*

[www.csuwrites.colostate.edu](http://www.csuwrites.colostate.edu)

Oct 2016

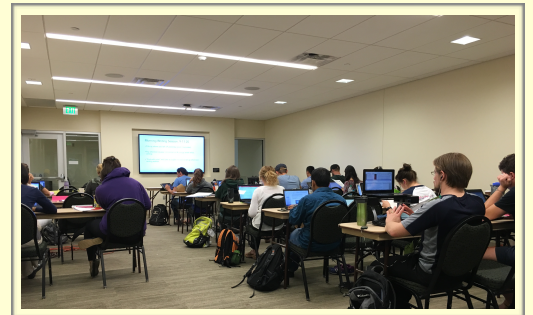
## Using CANVAS for Writing Accountability

It may seem obvious that academics who are held accountable to others (supervisor, writing group, publisher, auditor) for their writing tend to be more productive. Less obvious is the extent to which being accountable enables writers to write more—the impact of accountability is impressive. In his studies on faculty writing production, Robert Boice found that over the span of one academic year the faculty group that wrote occasionally in big blocks of time averaged **17 pages**; the faculty group that wrote daily and kept a writing log averaged **64 pages**; and the faculty group that wrote daily, kept a log, and checked in with someone weekly about their writing progress averaged **157 pages**. Being held accountable makes a big difference—a whopping average of 93 pages a year difference!

Many academic writers find accountability help with online support programs such as: Academic Ladder; Academic Writing Club, Academic Coaching and Writing. These programs can be helpful but costly—ranging from a few hundred to a few thousand dollars—depending on the length of time writers participate. CSU *Writes* has been looking at more cost effective (i.e., free) possibilities for faculty and graduate students.

Dr. Jonathon Carlyon recently helped CSU *Writes* structure a weekly writing tracker using CANVAS. Under the MODULES section, Faculty (FACULTY *Writes*) and graduate students (GRAD *Writes*) can take a weekly quiz to log their weekly writing goals and whether or not they met those goals: 100%, 75%, 50% or less than 50%. The **Accountability Tracker on CANVAS** is still in its experimental stages (but is free—and will grow and be fine-tuned as we get feedback). **Set a goal of using the CANVAS Accountability Tracker until December 31**, and see how much more productive you can be this fall. Log in and log your week's writing!

If you need access, please email Dr. Kristina Quynn and ask to be added to CSU *Writes* CANVAS. Please include if you are CSU faculty or graduate student.



Graduate students practiced regular writing strategies and got a lot of writing done at the first 3-Day Intensive Writing Retreat of the fall semester.

## Upcoming Events

**"show up & write"** (Sept 12 - Dec 7)

**FACULTY *Writes***, M & W, 8 - 9:45am (Eddy 120)

M & W, 8 - 9:45am (Forestry 107)

**GRAD *Writes***, M & W, 8 - 9:45am (Forestry 107)

M & W, 3-5pm (NATRS 109)

FACULTY *Writes* **Writing for Speed Workshop**

Strategies to draft quickly and edit slowly  
Weds, Oct. 26, 2-3:30 (LSC 376)

GRAD *Writes* **Writing for Speed Workshop**

Strategies to draft quickly and edit slowly  
Thurs, Oct 27, 11-12:30 (LSC 372)

FACULTY *Writes* **Academic Style Workshop**

"Who's Who" in Your Field?

Learning from our fields best writers  
Mon, Nov. 7, 2-3:30 (LSC 376)

GRAD *Writes* **Writing for Speed Workshop**

Strategies to draft quickly and edit slowly  
Tues, Nov 8, 11-12:30 (LSC 312)

GRAD *Writes* **More Strategies/ESL Workshop**

(with Dr. Cory Holland)  
Nov 10, 10:30-noon (LSC 324)

## Monthly Writing Tip

This month's tip comes from the graduate student CLOCKWORK MUSE\* workshop titled, "Sit Down & Write." If you have a difficult time focusing when you sit down to write, take a moment to eliminate distractions—turn off email, cell phones, put a 'do not disturb' sign on your office door—and then get "mindful." Guest presenter Dr. Deb Colbert, Co-Director of the Center for Mindfulness, opened the workshop with a 5-minute guided mindfulness exercise. To get in a relaxed, mindful state: Set a timer for a few minutes (even 1 minute can work), close your eyes, place your feet on the floor, let your body settle in the chair, and pay attention to your breathing. If your mind wanders know that is very common and gently bring your attention back to your breath. Breathe regularly and when the timer goes off, bring that relaxed, mindful state into your daily writing. You should find it much easier to focus on your writing.

The notion of a clockwork muse comes from Evitar Zerubavel's book by the same name. Zerubavel debunks the notion that we should wait for inspiration (the arrival of a Muse) to write, and, instead, notes that inspiration happens not while we wait but when we are already writing. It is best to set a schedule and sit down to write to find your Muse—the clockwork muse.

CSU *Writes* is grateful to serve the writing production needs of CSU's faculty and graduate student writers with support from the GRADUATE SCHOOL, PROVOST OFFICE, and OFFICE OF THE VICE PRESIDENT FOR RESEARCH.

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## Special Requests

Email Dr. Kristina Quynn if you have ideas for **future workshops** or on **ways CSU *Writes* might use CANVAS to address the needs of writing groups & individual writers** at CSU.

CSU *Writes* is always on the look out for additional ways to support you as an academic writer.

[quynn@colostate.edu](mailto:quynn@colostate.edu)