



CORE CURRICULUM GUIDED QUESTIONS: MOVING FROM RESISTANCE TO WRITING

QUESTIONS:

Identify one limiting belief you hold about the writing process (i.e. you need huge blocks of time to write, you must be “inspired,” etc.). What are the origins of this belief—grad school habits, advice from a mentor, etc.? What can you do today to create a new narrative (*and a new possibility!) for yourself? For example, if you believe that only “good writing” happens in huge blocks of time, commit to experimenting with daily writing for 30 minutes/day for two weeks (M-F only—take your weekends OFF).

Many faculty “fail” to meet their writing goals because they consistently underestimate how long it takes to complete certain writing tasks. What kinds of writing tasks do you feel are difficult to estimate, in terms of time? How can you create more predictability when preparing for these tasks?

The webinar offers a number of “technical errors” that contribute to writing resistance, i.e. not setting aside time to write, setting aside the wrong time to write, etc. What are some technical errors that contribute to your writing resistance? Most technical errors can be addressed by making some small changes in your daily habits. What habit are you willing to experiment with this week in order to address your resistance to writing?

Writing resistance also can be linked to the subject of your writing. Scholars whose research focuses on difficult social, political, historical issues or deeply personal circumstances have remarked that it is emotionally difficult to write every day. What are some of the ways that you can build in self-care/emotional wellness into your day or into your writing practice? What are some strategies you can employ to attend to your emotional health in the writing process?

COMPLEMENTARY WEBINARS:

1. Embracing Rejections: De-Stigmatizing Submissions and Purifying Your Writing Process (Guest Expert Webinar)
2. Writing Through Writer's Block (Guest Expert Webinar)
3. Being Lazy and Slowing Down (Multi-Week Course)