Olga Degtyareva, PhD

Productivity Mentor at the Productivity for Scientists Ltd http://olgadegtyareva.com

Experiment/simulations done Data analysis done Figures created Discussed with the colleagues Presented at the conference/seminar

For one reason or another the paper is not written

Busy-ness New projects Поездки на синхротрон/конференции Личные обстоятельства Emergencies, putting out fires Everyday long to-do lists

Как результат: Прокрастинация с написанием статьи



Даже если наконец удалось освободить время для работы над статей:

Надо еще почитать I don't know enough I don't feel ready to write I need to re-run the analysis It will take too long, I won't have enough time My supervisor won't like it The referee will criticise me The editor will reject it Perfectionism: continuing to polish and improve

Как начать писать статью и завешить её в короткий срок



What?

WHAT are you going to work on?

Какую статью будете писать? В какой журнал?



Why?

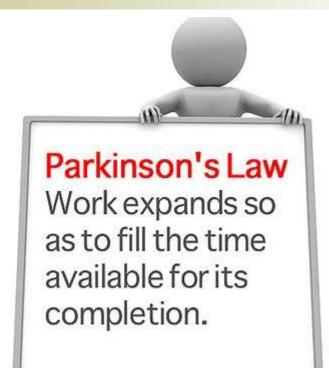
WHY do you want to do it? Why is it important?



By when?

By WHEN do you want to have it ready?





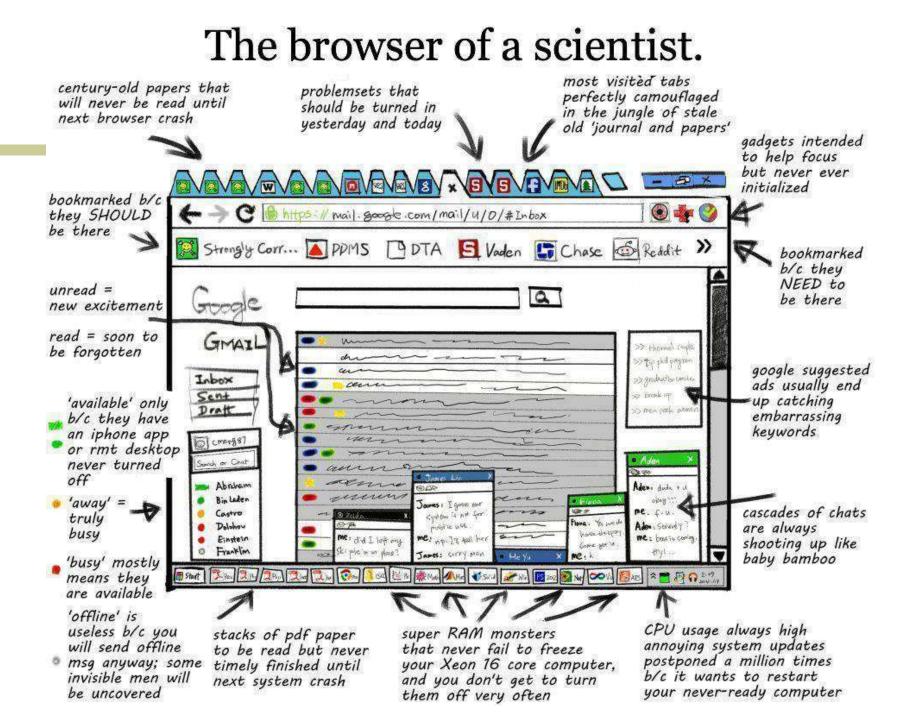
"No deadline – no work gets done"

"Writing hour": Create **time for writing your paper**:

one hour per day or one hour per week

Finite time

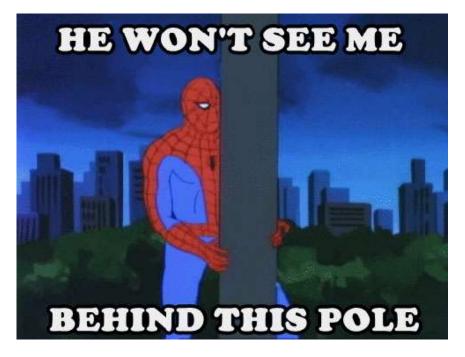






How to start writing

Become a master at hiding from everyday busy-ness just to work on your paper



"Writing hour"



Schedule vs Inspiration

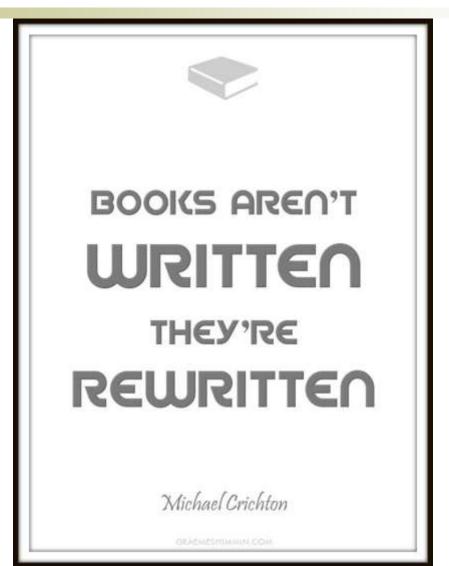
I write only when inspiration strikes. Fortunately it strikes every morning at nine o'clock sharp.

W Somerset Maugham

Perfectionism

5 stages of writing:

Pre-writing Drafting Revising Editing Proofreading



In order to write a paper you need to be willing to produce a bad *first draft*

In order to write a paper you need to be willing to produce a bad *first draft*

Not worrying about flow, style, storyline, engaging audience or critical writing



Staying on track



CREATIVE PROCESS

This is awesome
This is tricky
This is shit
I am shit
This might be ok
This is awesome

- 1) "Writing hour": one hour per day or one hour per week
- 2) Break down your project into small manageable tasks: one figure, one figure caption, draft an introduction



3) Putting the worries about rejection or it not being good enough aside for this hour

Weekly videos and blogposts with writing & productivity strategies

olgadegtyareva.com