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[@CLEkegren](https://twitter.com/CLEkegren)

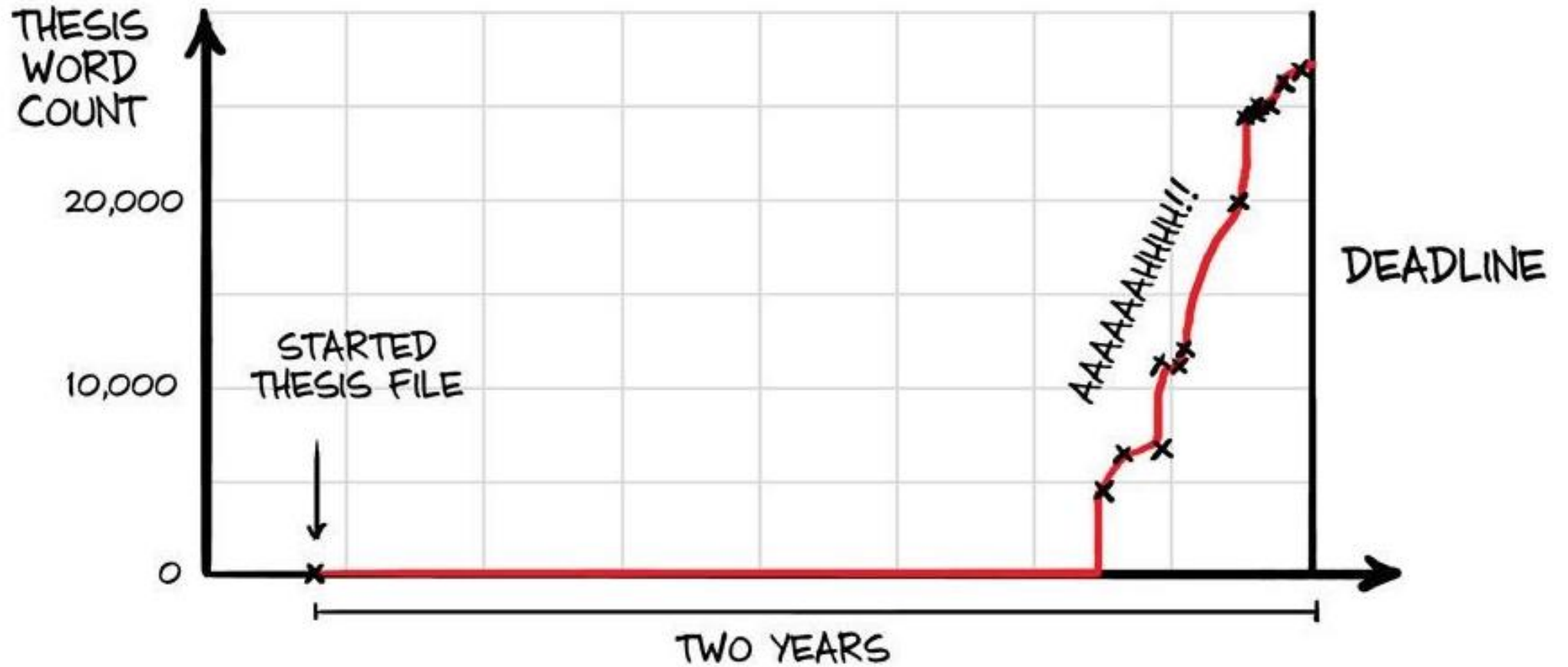


**GROUP  
OF EIGHT  
AUSTRALIA**

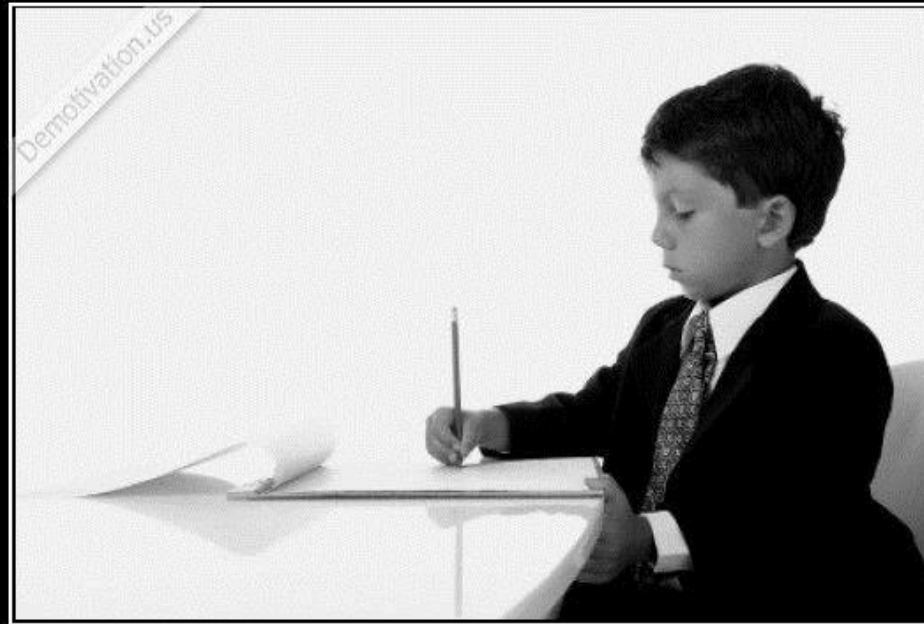
# OVERVIEW

1. Time-blocking techniques
2. Using technology to your advantage
3. Keeping your writing goals on track
4. Planning strategies for publishing your research

# MY PHD JOURNEY



# PROCRASTINATION!



**BEING A GOOD WRITER**

is 3% talent, 97% not being distracted by the internet

# THE 'TWO GOLDEN HOURS' @ITHINKWELLHUGH



GETINSPIRED165

**"LOST, YESTERDAY, SOMEWHERE BETWEEN SUNRISE AND SUNSET,  
TWO GOLDEN HOURS, EACH SET WITH SIXTY DIAMOND MINUTES.  
NO REWARD IS OFFERED FOR THEY ARE GONE FOREVER."**

**HORACE MANN**

# WHAT IS WRITING?

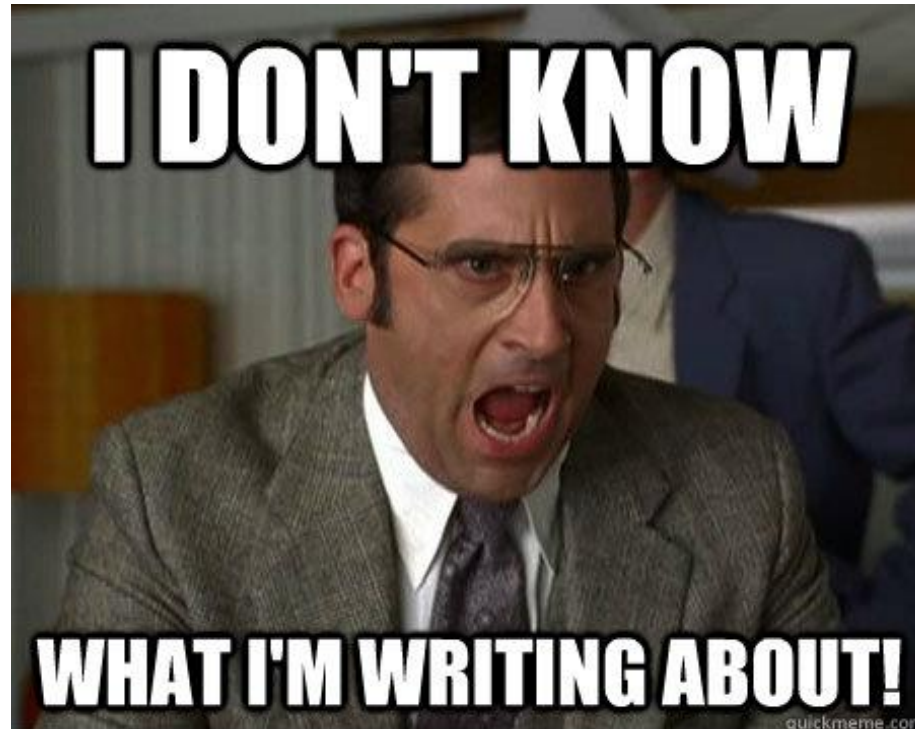
What it isn't:

- Editing
- Formatting
- Emails
- Data analysis
- Referencing



What it is:

- Word generation



# TIME-BLOCKING TECHNIQUES

The Pomodoro method

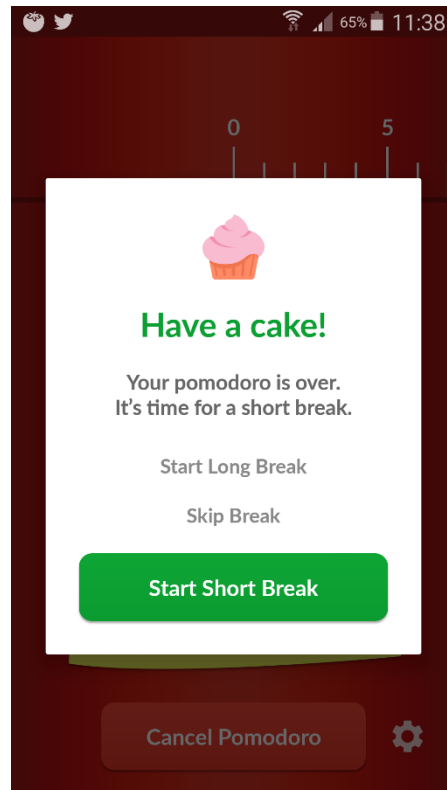


Shut up and Write



# TECHNOLOGY

## Time-blocking apps



## Anti-distraction apps



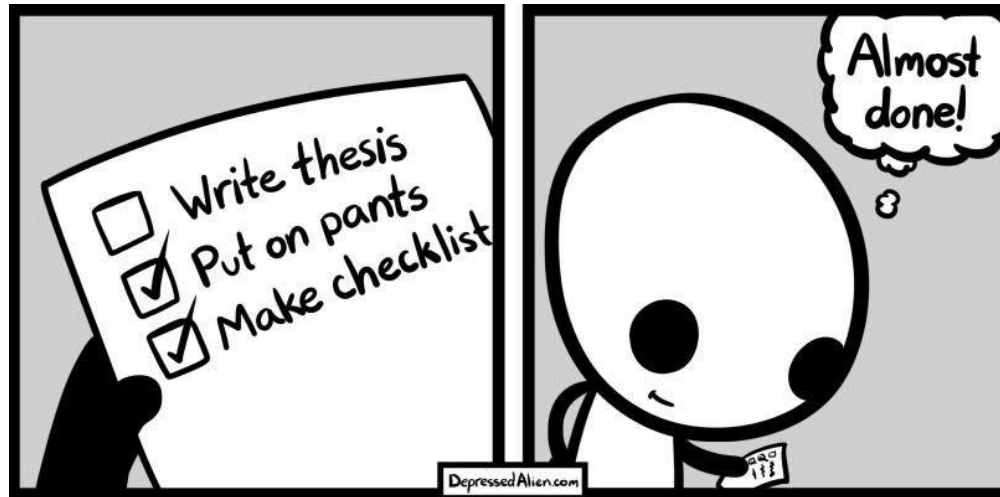
...or just use flight mode!



# PLANNING YOUR WRITING TIMELINE

1. List all tasks you need to complete

2. Pick the low hanging fruit



3. Break it down, then

- Break it down, then
  - Break it down, then
    - Break it down, then
      - Break it down, then
        - Break it down.

*“How can I introduce it if I haven’t written it yet?”*

# THESIS TIMELINE

Weeks until submission

-24 -23 -22 -21 -20 -19 -18 -17 -16 -15 -14 -13 -12 -11 -10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0

Introduction, methods

4 weeks

Submit intro, lit review methods

Lit review

6 weeks

Intro, lit review, methods  
with supervisors

3 weeks

Intro, lit review, methods  
revisions

2 weeks

Discussion

3 weeks

Submit discussion

Discussion with  
supervisors

3 weeks

Discussion revisions

2 weeks

Summary, linking  
sections, appendices

2 weeks

Submit full draft

Full draft with supervisors

2 weeks

Full draft revisions

3 weeks

Formatting

1  
wk

Printing, binding, submit

1  
wk

# SEEK FEEDBACK EARLY



# PLANNING FOR PUBLICATION

1. Co-authorship
2. Choose a journal
3. Over-complicating vs salami-slicing



THANK YOU...

 @CLEkegren

**WRITE  
WITHOUT  
FEAR**

**EDIT  
WITHOUT  
MERCY**

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