

# **Writing Group**

**Get your term papers/thesis done**

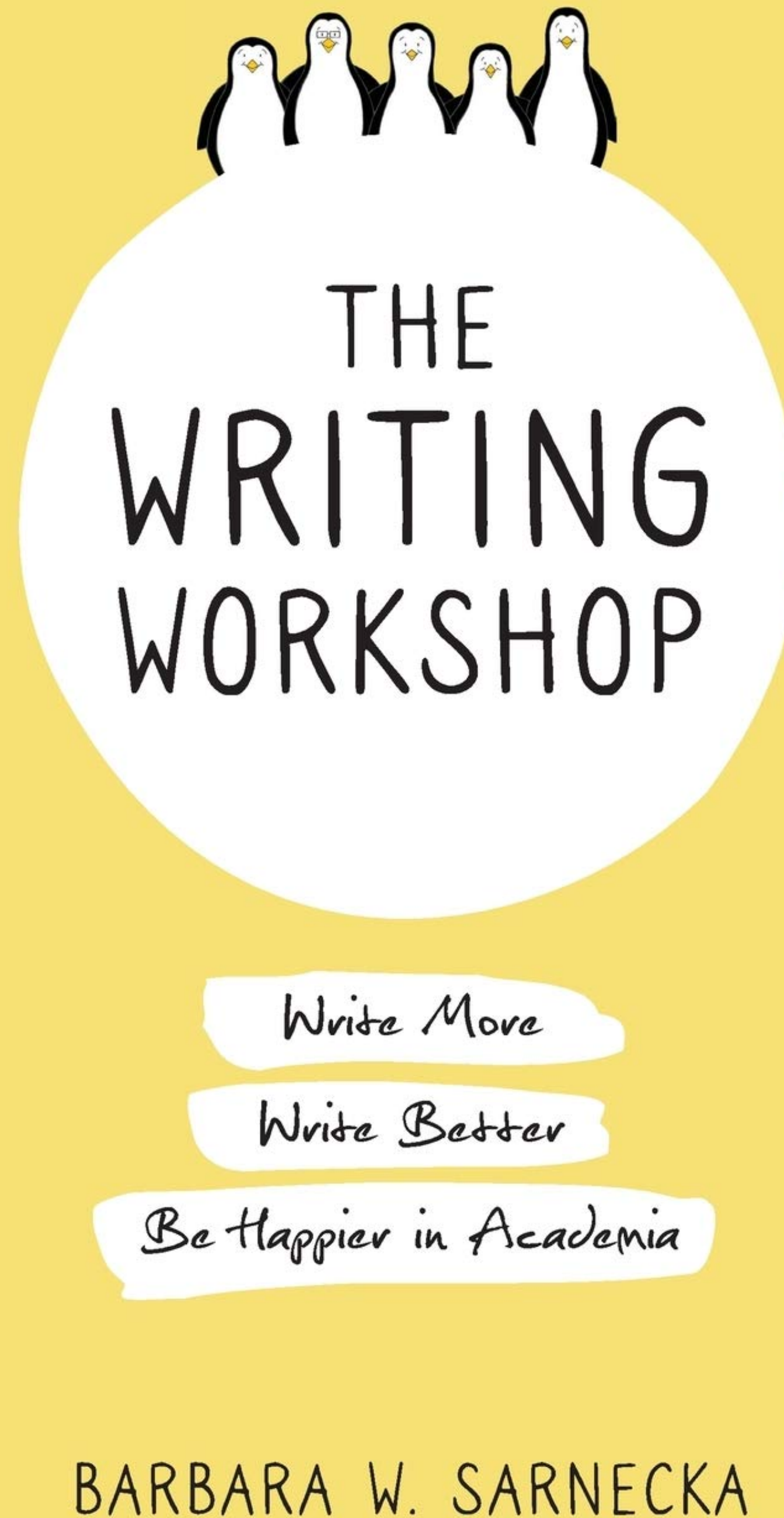
**Improve your work (and thinking)**

**Reach your research goals**

**10.11.2025**

**Full Text of Book for Free**

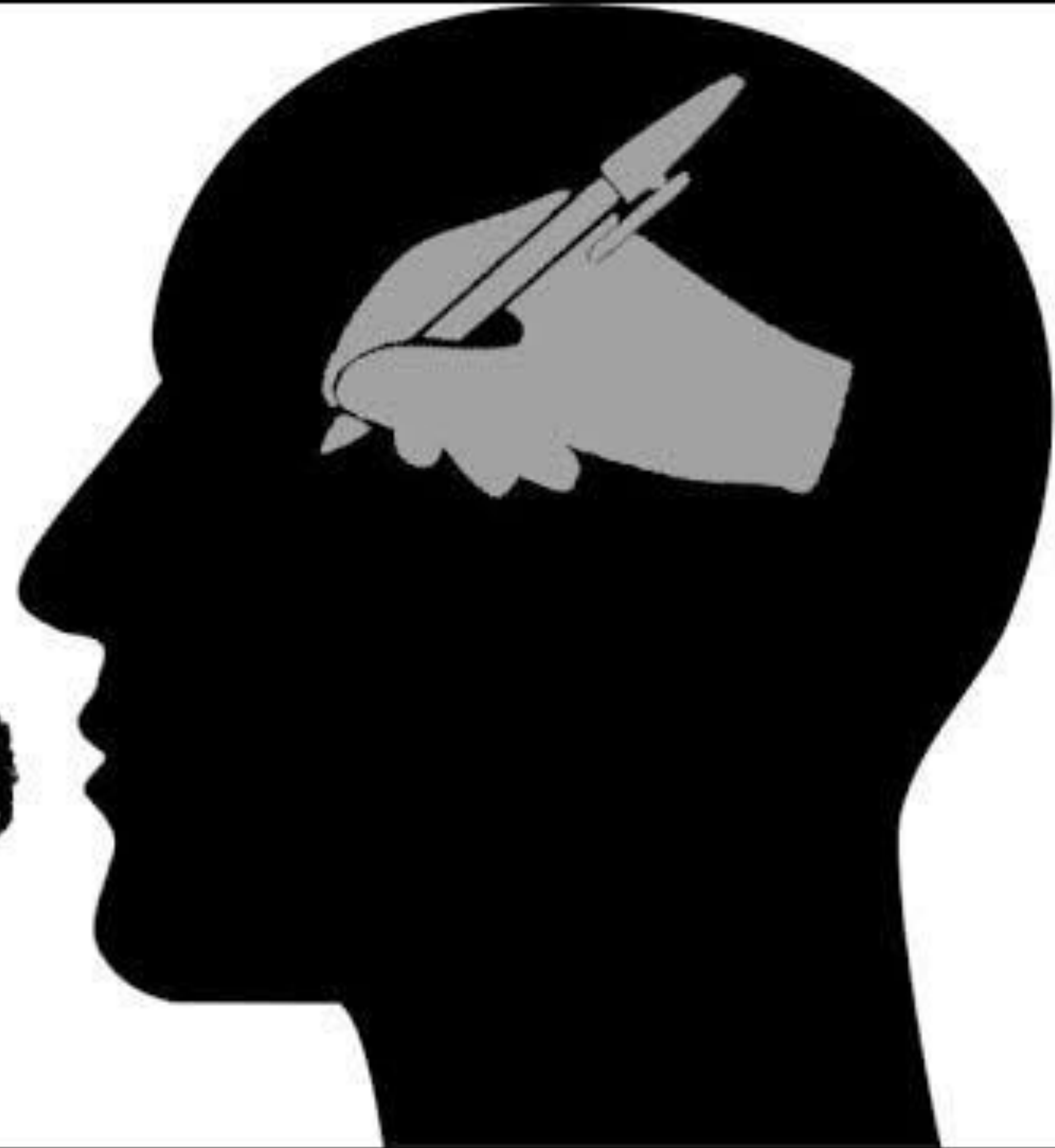
<https://osf.io/n8pc3/overview>



**“Research is writing. No one gets a fellowship, a PhD, a postdoc, a job, a grant or a promotion except by writing, which means that professional researchers are by definition professional writers.”**

**Barbara W. Sarnecka The Writing Workshop Introduction**

Writing  
Is  
Thinking





No acknowledgment that writing is difficult

Students assume it is easy

Students not taught, so they assume they should already know

When they inevitably struggle, they imagine themselves to be imposters

[nature](#) > [career news](#) > article

CAREER NEWS | 14 January 2025

# Harsh criticism and unreasonable expectations worsen PhD students' mental health

**Research and teaching pressures can exacerbate anxiety and depression, causing many young scientists to consider quitting, a survey finds.**

By [Nikki Forrester](#)



Graduate students with anxiety and depression say that their symptoms are exacerbated by the pressures of research and teaching, fuelled by overly harsh criticism and being held to unreasonable expectations, a survey finds.

# Solution

## *Communities of practice and instruction*

- **Writing Groups (Chapter 1)**
- Practice
  - Distributed practice more effective than mass practice
  - 15-minute sessions are easier to fit in (*ninja writing*)
- **Planning research and writing (Chapter 2)**
- **The practice of writing (Chapter 3)**



**Doctoral Writing Workshops: A  
Pre-Registered, Randomized  
Controlled Trial**

[https://osf.io/preprints/edaxiv/b37eh\\_v1](https://osf.io/preprints/edaxiv/b37eh_v1)

# Writing Group Structure

## Chapter 1

- Write quietly together
- Check-in
  - Accountability
- Discuss an assigned reading
- Hold a feedback forum
- Social Accountability with a shared writing log



		Monday			Tuesday		
		September 30, 2019			October 1, 2019		
Name	Weekly goals (fill in at start of week)	goals for the day (fill in at start of week)	Did you write? (Even 1 minute counts!)	Grateful for	goals for the day (fill in at start of week)	Did you write? (Even 1 minute counts!)	Grateful for
Barbara	<ul style="list-style-type: none"> <li>10 pages of MC manuscript</li> <li>Comment on poster for ESS</li> </ul>	<ul style="list-style-type: none"> <li>2 pages of MC</li> <li>Send ESS feedback on poster</li> </ul>	yes!	Earl Grey tea	<ul style="list-style-type: none"> <li>2 pages of MC (partway)</li> <li>Chapter 3 of Pirate's Guide</li> </ul>	yes	RStudio
Ji-Young	(Original plan: Spinner intro & exp 1 methods, start data collection) New plan: Submit TLW at current bio, and get data collection sorted out.	incooperate CK feedback. Format manuscript in current bio format set up meetings digest notes from CDS and email interested people my poster	yes	The conference effect. I am feeling 20x more motivated thanks to my recent conference. Ready to get stuff done!	Pilot ChildBandit Cover letter, touch base with CK TLW edits prep for meeting w B	yes, a quick 20 minutes in the morning!	Great, motivating, advisor meetings!
Khalil	(1) Finish specific aims page, (2) start introduction sections	lab work	yes, but very little	Breaks during writing workshop class =P	(1) Code single action experiment (2) finalize figures for advancement	yes, I wrote code :-)	Diwali
Becca	Understand the commands used in the code and how the code relates to each part of the experiment. Organize the algebra problems and begin testing them on the algebrasolver.	Write notes on how the code is changing and what does it mean in terms of our hypotheses. Begin editing the problems for the algebrasolver. Categorize them and make sure they work with the code.	Yes.	Campus Village study rooms	Continue to work on the code by making notes of commands and their functions and continue to edit the problems for the algebrasolver. Categorize them and make sure they work with the code.	No	hydration stations
Hector	Working memory intro/lit review Hein statements	continue filling in intro/lit rvw details read working memory article explore power analysis function	Yes	Cheerful gardener, grateful grad students, and helpful profs	continue filling in intro/lit rvw details read working memory article Hein app	Yes	Saying hi to another gardener!
Raj	Retool active learning	read novelty review, ICL, meet emre	yes		expand friston section, novelty detection		
Yasmin	Tone scramble paper edits, NRSA emotional prosody justification, collect data	speech scramble stim, study for midterm	no	health care	speech scramble stim, tone duration intro, fmri aims	yes!	
Hoang	Continue data collection, look and log maltreated sample trends, go through methods for both samples	coordinate with Jodi (track her down), look at maltreated log	yes	wool socks	Look at maltreated log again, this time for prosociality		

https://osf.io/a7srt/overview



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Montag - Samstag

**10:00 - 18:00**  
Sonntag

Freie Arbeitsplätze

 **737**  
Potsdamer Straße

 **619**  
Unter den Linden

4 Pomodoros (25 minutes)



<https://staatsbibliothek-berlin.de/service/studium-forschung/schreibzeit>



# What do we want the writing group to be?

- Long-term
- Medium-term
- Short-term
- Open/closed group?
- How do we best communicate and schedule?
- Minimum: A 30min writing session on Zoom, a 10min discussion afterwards.