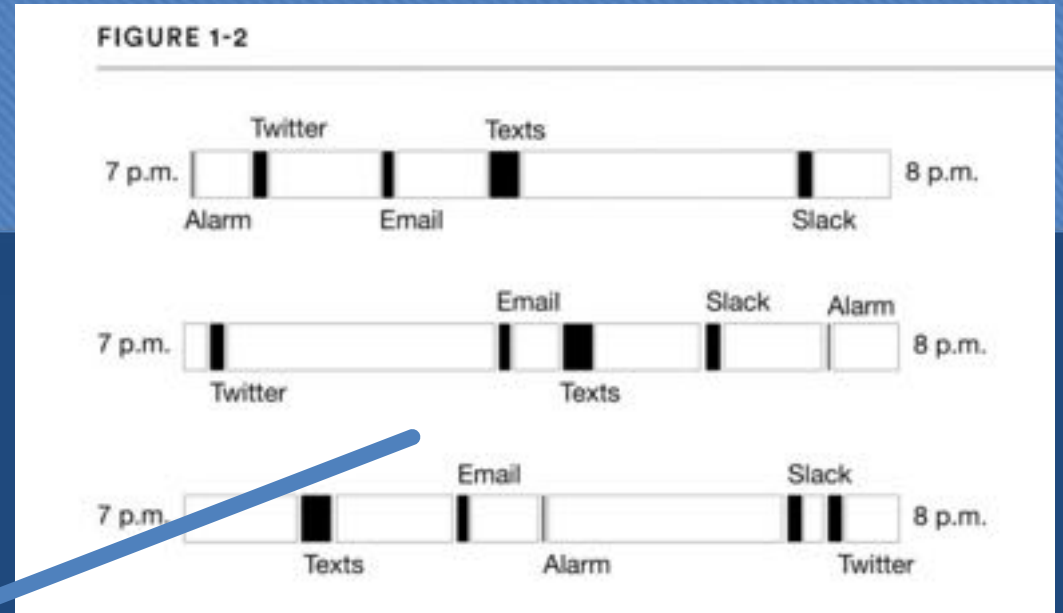


Defend&Publish

Ep 47 The 15 Minute Writing Session

Where time goes



Hours of leisure interrupted with “check off” tasks

We feel “time poor” so we do smaller, easier to complete tasks

My “time confetti” on a random Monday

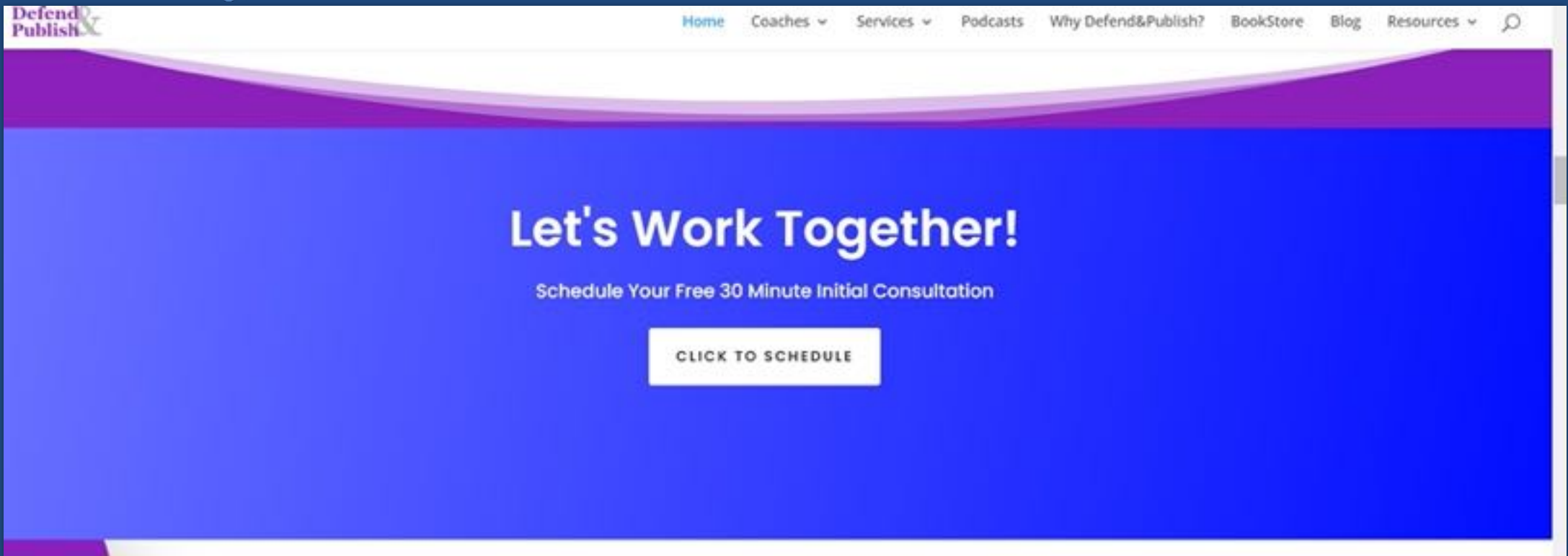
- 11:35 – 11:50 (when I reach my office from when I have leave again)
- 2:05 – 2:20 (time spent on hold signing up for new insurance)
- 3:25 – 3:40 (time spent waiting in high school parking lot for my daughter making up a test)
- 6:15 – 6:30 (waiting for the dryer to finish with a uniform I needed)

11:35 – 11:50	Turned three quotes into paraphrases in five pages of a manuscript
2:05 – 2:20	Isolated a paragraph – copied it from a manuscript into a new document, played with it, and put back the new version
3:25 – 3:40	Read a call for papers on my phone and took notes
6:15 – 6:30	Zoned out and thought about a section of a manuscript that wasn't working

Strategies for success

- Set up – be ready for confetti
- Match task to the confetti location (Are you at your desk? In the car? Walking?)
- Keep an ongoing list of “short tasks” that can be done in confetti time
- People over confetti
- Use unexpected confetti to recharge if needed

Use FREE 30 minute consultation for time management assistance



The image shows a screenshot of the Defend&Publish website. The top navigation bar includes links for Home, Coaches, Services, Podcasts, Why Defend&Publish?, BookStore, Blog, and Resources. The main content area has a blue background with a white call to action button.

Defend&Publish

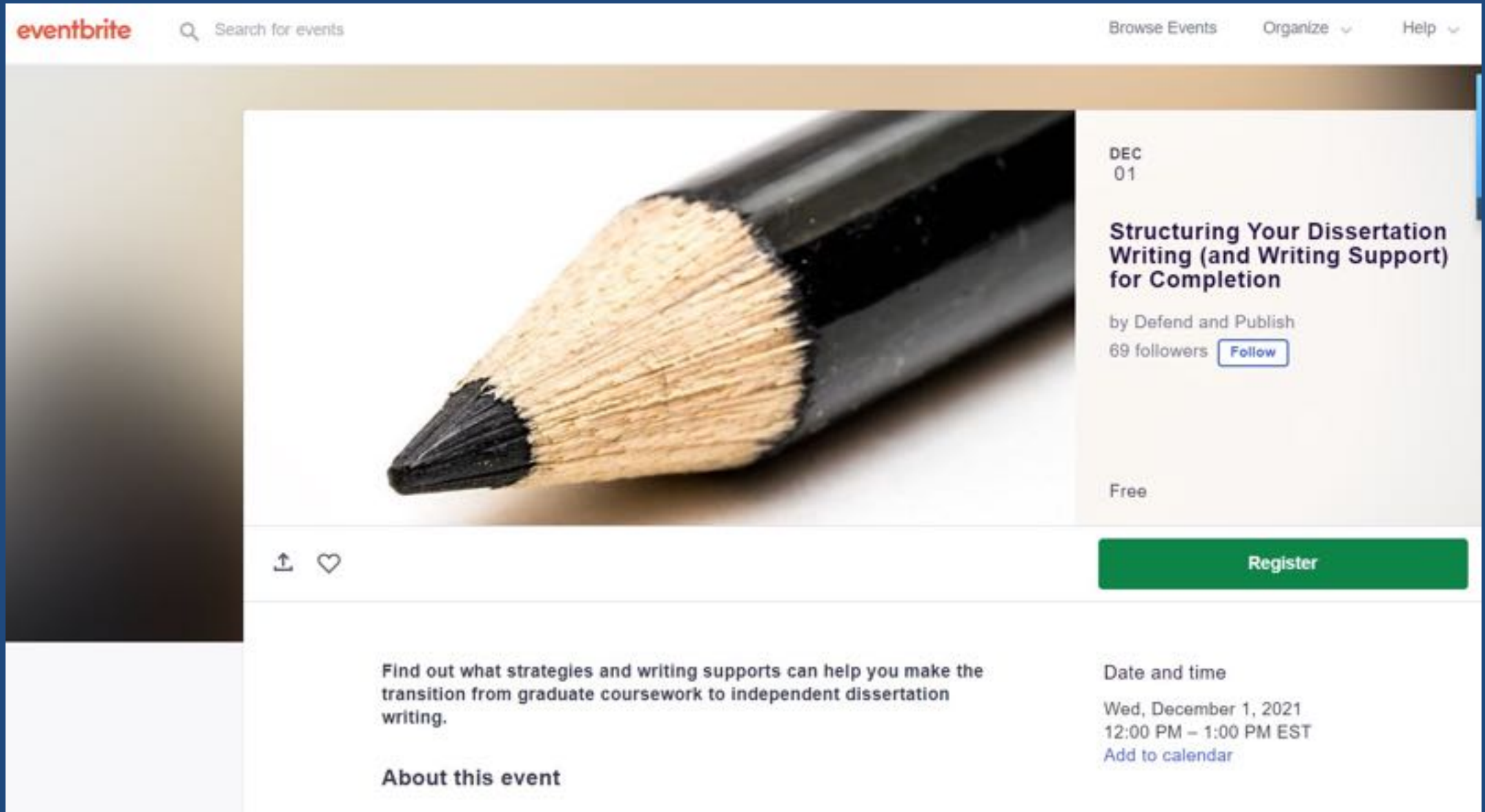
Home Coaches Services Podcasts Why Defend&Publish? BookStore Blog Resources

Let's Work Together!

Schedule Your Free 30 Minute Initial Consultation

[CLICK TO SCHEDULE](#)

Don't forget our FREE December webinar – check out Defend and Publish on Eventbrite



The image shows a screenshot of an Eventbrite event page. At the top left is the Eventbrite logo. To its right is a search bar with the text "Search for events". Further right are navigation links: "Browse Events", "Organize" with a dropdown arrow, and "Help" with a dropdown arrow. The main content area features a large image of a sharpened pencil. To the right of the image, the date "DEC 01" is displayed. Below the date is the event title "Structuring Your Dissertation Writing (and Writing Support) for Completion" in bold. Underneath the title, it says "by Defend and Publish" and "69 followers" with a "Follow" button. Below that, the word "Free" is shown. At the bottom right of this section is a green "Register" button. Below the image and date information, there are icons for sharing and favoriting. The bottom section of the page contains a description: "Find out what strategies and writing supports can help you make the transition from graduate coursework to independent dissertation writing." Below the description is the heading "About this event". To the right of the description, under the heading "Date and time", the event is scheduled for "Wed, December 1, 2021" from "12:00 PM – 1:00 PM EST", with an "Add to calendar" link.

eventbrite Search for events Browse Events Organize Help

DEC 01

Structuring Your Dissertation Writing (and Writing Support) for Completion

by Defend and Publish
69 followers [Follow](#)

Free

[Register](#)

Find out what strategies and writing supports can help you make the transition from graduate coursework to independent dissertation writing.

About this event

Date and time
Wed, December 1, 2021
12:00 PM – 1:00 PM EST
[Add to calendar](#)