

## Enjoy the ride: Writing, Project Management and Mindset Skills for doctoral students

### In-person course

**Docente:** Nadia Hakim Fernández, PhD.

**Duration:** 5 sessions, 14 hours 30 mins. in total (4 sessions of 3 h15 + 5<sup>th</sup> troubleshooting session of 1h30.)

**Sessions:** Fridays, the 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> of February + Troubleshooting session on March the 7<sup>th</sup>.

Sessions 1 to 4 (on site): 10h30 to 13h45.

Session 5 (online): 12h30 to 14h.

You will get on time a link to meet on the Zoom platform.

### Classroom for on site sessions:

18.0.A11, Carmen Martín Gaité Building ([Getafe campus](#))

**Credits:** 2 cross-curricular ECTS

You will have to attend to 3 out of 4 sessions to get your credits.

## Rationale and goals

This workshop is based on the idea that skills are something we learn and practice, and that the sooner we start practising, the better.

We are focusing on the 4 pillars that will hold you up through this challenging journey: 1) motivation and mindset, 2) project and time management, 3) writing, and 4) the connection to others during the process.

These are skills that will serve you even after you finish the doctoral stage.

At the end of the course you will have tools to:

- Find motivation and meaning for your work,
- Think strategically about your thesis and have a roadmap,
- Measure your own progress.
- Improve the relationship with your supervisor(s)
- Have a work system that adapts to your style
- Create and sustain a writing routine.
- Write the outline of the next written work-in-progress to be delivered.

## Requirements (read carefully)

You already have an idea for a research topic and you have already started or even finished the empirical part of your research. **You need to write a draft with a deadline for this semester or end of year.**

# Programme

## 1. Mindset and the the big picture (3h15)

- Why a PhD? Your present and future.
- A zoom out: The big picture of research and writing in an academic context
- Procrastination: what to do about it if it bothers you?
- Am I good enough for this? Fears vs. Strengths.

## 2. Project management (3h15)

- Map your project.
- Design objectives you can accomplish.
- Systems for daily work.
- Improve your supervision communication and dynamics.

## 3. Write more, enjoy more (1): Getting started (3h15)

- A word on Large Language Models and academic writing.
- Writing techniques: breaking the ice.
- Learning to “see” the structure of your text.
- Outlining your ideas.

## 4. Write more, enjoy more (2): Building momentum (3h15)

- Writing to who? Find your audience.
- What does finding your own voice really mean?
- Write for an academic argument.
- Writing as a social practice: busting the myth of the loner intellectual.

## 5. Troubleshooting session (1h30)

This is a group session to discuss some of the pitfalls of the process of going from research to writing and different solutions based on real issues brought up by you.

## Methodology

The sessions will combine explanations and time for individual and in-group practice.

There will be specific assignments between one session and the next, leading to a final handout.

Time needed for individual practice during the week: 1 hour approximately.

**There will be the chance to get together to write for 2 extra hours between one session and the next. The proposed schedule will be agreed upon during class. These sessions will be optional and managed by the participants.**

## Course evaluation

To get a “pass”, you will have to:

- Attend to 3 out of 4 sessions,
- Fill out a questionnaire on you project,
- Hand an extended outline for your manuscript, as well as a work plan, for which you will receive individualized feedback.

There will be 20 seats available.

Priority will be given to researchers with a concrete writing project and needing these tools.

## About the facilitator

Nadia Hakim-Fernandez has a PhD in Sociology from the Open University of Catalonia (UOC) and the Interdisciplinary Internet Institute (IN3), and is the founder of Mind Academia, where she mentors researchers and non-fiction writers. For more information, please visit: [www.mindacademia.net](http://www.mindacademia.net)

## Bibliography

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