



THE NEWSLETTER OF THE UNIVERSITY OF MISSOURI CAMPUS WRITING PROGRAM

e-WAC

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Reflections on Participating in the Mindful Writing Workshop

Participating in the Mindful Writing workshop has given me some new writing tools as well as challenged my perspective on the task. Donna used *How Writers Journey to Comfort and Fluency: A Psychological Adventure* by Robert Boice as the text for the workshop. One of the most helpful aspects for me is the challenge Boice issues to give up the notion that long, uninterrupted periods of time are essential to write. Hunching over our writing for endless hours, argues Boice, tends to lead us off into the dark and tangled woods of procrastination (when can I ever find enough time to write), fatigue (writing marathons weary body and mind), and feelings of guilt and frustration (due to judging one's work as inadequate in quantity and quality while writing). Instead, Boice encourages us to write daily, with intention, developing a comfortable rhythm between production and pause. In practice, this means writing for a short block of time, 10 to 15 minutes, then pausing a few moments to rest, stretch, or meditate, then returning to write for another short block of time, or going on to other tasks of the day. The goal is to write at least 10 minutes per day, every day. Use of these brief, daily sessions of writing keep us moving ahead, comfortable, alert, and engaged in the task in ways not possible when we've exhausted ourselves in marathon sessions, especially those inches away from a deadline.



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Change is challenging and habits take time to reshape. As we have affirmed in the workshop, none of us are perfect in practice of these brief, daily sessions. It is important to remember that "some is better than none," and, if we hit a stretch where we do not or cannot write for a time, to simply take up the practice again and keep making progress without condemnation.

The workshop challenged me to purposefully reconsider how I write, when I write, why I write, and to whom I write. I was reminded that, especially in academia, writing is a flow back and forth between work in isolation and work in community. Working at a measured pace gives us more opportunity to improve our work by allowing time to thoughtfully reflect on our work and invite the comments of others as we work.

Writing itself is a marvelous process. Consider, we are the only species on earth that writes, that records a history. Things written thousands of years ago still influence our thinking today. Boice invites us to develop the productive actions and to set aside the self-criticism that so often keeps us out of that conversation.



Deanna Sharpe, Associate Professor in the Personal Financial Planning Department in the MU College of Human Environmental Sciences.

Apps for Academics: The Top Contenders

By Jonathan Cisco

"There is nothing to writing," Hemingway said. "All you do is sit down at a typewriter and bleed."

Thankfully, times have changed since Ernest Hemingway pounded away on his typewriter.

Programmers on both PC and Mac have created applications for every stage of an academic's writing process. And their innovations increase each year. The plethora of writing support applications comes with one caveat: there are so many. Thus, this brief article hopes to wade through the thousands of applications available for writers and identify those that continually float above the rest. Though not exhaustive, this list shows the top contenders for writing and researching applications.



Notability (iOS; \$0.99)

Rarely has there been any success in combining the benefits of paper with the efficiency of technology. [Notability](#), by GingerLabs, does that very thing. Notability provides a customizable digital notebook on

your iOS device, complete with PDF import and unlimited organizational capabilities. Instead of random folders full of PDFs on your computer, Notability offers a streamlined way of marking up anything from journal articles to student papers, all shareable from the app itself.

Citation Managers

An efficient citation manager is a cornerstone of modern academic research, enabling a researcher to quickly locate, markup, and reference thousands of citations in any discipline-specific style. [Papers 3](#) (\$56) and [Bookends](#) (\$59.99) both offer impressive options for academics, but free managers like [Zotero](#) and [Mendeley](#) offer nearly as many. Furthermore, our own MU Library provides a \$30 per year cost for the popular [EndNote](#). In sum, the number of citation managers can be daunting, and much of the one's choice is a matter of preference.

Dedoose (Cross Platform; \$12.95 per month)

For mixed methodologists, only a handful of solid data analysis programs exist, the current front-runner being [NVivo](#). However, a new cross platform mixed methods program, [Dedoose](#), seeks to improve on mixed methods software by providing a cross platform, cloud-based system for a monthly fee. Dedoose makes coding various types of data easy and intuitive. Sharing data and coding with

fellow researchers is a few clicks away, and Dedoose offers extensive online-training for any researcher hoping to master all the facets of the program.



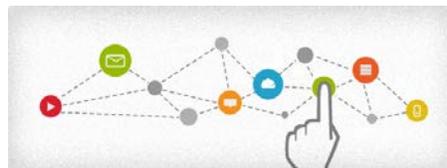
BrowZine (iOS, Android, Kindle; Free)

Compliments of our MU Library, [BrowZine](#) is one of the most exciting new applications to enter the fray. Allowing easy-access to thousands of academic journals, BrowZine may be the easiest way to access all of your discipline's literature electronically. Better yet, BrowZine syncs seamlessly with citation managers and exports into Notability for easy markup. BrowZine may be the savior to anyone hoping to rid themselves of mountains of physical journals. For a helpful introductory video, see [BrowZine "On Campus."](#) BrowZine is free for all faculty, staff, and students.

Markdown Language Applications

Do constant formatting issues stunt your writing flow? Originally created for web programmers, a new language called "Markdown" has taken academia by storm. Put simply, Markdown allows the

writer to focus on **content only** writing. Writers composing in Markdown need not worry about headings, formatting, and the like. Such things, proponents of Markdown argue, distract from the actual writing. Markdown language is easy to learn. For the entire syntax language, see [John Gruber's website](#). Applications to assist with Markdown include [Ulysses III](#) (Mac, \$44.95) and [Markdown Pad](#) (Windows, \$14.95), among many others.



Scrivener

The top contender for academic writing is Literature & Latte's internationally recognized and awarded, cross-platform application, [Scrivener](#) (Mac/PC, \$38.95). Writers across the internet agree: Scrivener is the best there is. Created by writers **for** writers, Scrivener provides an entire system for writers of all of types: research capabilities, custom-created writing environments, custom export options, and an impressive understanding of the messy logistics of academic writing. If you explore only one application on this list, make it [Scrivener](#).

Improve Your Writing Process

Many academics continue to use Microsoft Word for all of their

professional writing. Though Microsoft Word does many things well and acts as a good overall writing application, one thing should be considered: it was not written with academics in mind. Microsoft Word was programmed as a general writing editor, not to hold large manuscripts with formulae, tables and graphs, and the like. The applications reviewed above, however, were programmed precisely for these purposes. All of the above applications have trial versions (typically 30 days), so give them a shot and see if you can make the writing process fun again.

DID YOU KNOW?

The staff at CWP regularly meets with faculty members to discuss a wide-range of topics related to writing, and not only for WI courses.

[CWP Coordinators](#), Bonnie Selting and Jonathan Cisco are available to meet with you and discuss many topics related to writing, in and out of the WI classroom including the following topics. Consultations can be held at the Conley House (602 Sanford St.), at your office or over coffee. Bonnie typically works with the Humanities and Arts and Natural and Applied Sciences Instructors and can be reached at 882-1797 or seltingb@missouri.edu

Jonathan typically works with the Educational and Social Sciences instructors and he can be reached at 884-6221 or ciscojo@missouri.edu



FOR MORE INFORMATION
AND REGISTRATION FOR
ALL EVENTS:

CWP.MISSOURI.EDU/EVENTS

Seminars & Workshops

**57TH Faculty
Workshop**
August 18-19, 2014

**Fall 2014 TA
Workshop**
August 22, 2014

**Apps for Efficient and
Effective Academic
Writing**
September 3, 2014

**How to Guide and
Direct a
Thesis/Dissertation**
September 24, 2014

**Teaching the
Literature Review**
October 8, 2014

**Writing Intensive
Award Workshop**
October 20, 2014

**Scaffolding
Assignments**
November 12, 2014

**58th Faculty WI
Workshop**
January 12-13, 2015

**Spring 2015 TA
Workshop**
January 16, 2015

**Writing in the
Sciences**
January 28, 2015

**Supporting
Multilingual Writers**
February 18, 2015

**Communication is
Social Media**
March 11, 2015

**Mentoring TA's in a WI
Course**
April 15, 2015

Faculty Writing Retreats

Retreats are held at the
Conley House on the MU
Campus from 9:00am –
3:00pm.

Attendees enjoy coffee,
snacks, lunch and quiet
places to work at big tables
with no interruptions. CWP
Staff are available for
consultations during the
retreats.

Space is limited so register
now for this free resource to
support you as a Writer at
MU.

September 12, 2014

October 10, 2014

November 7, 2014

December 5, 2014

January 30, 2015

February 13, 2015

March 13, 2015

April 10, 2015

May 8, 2015

Welcome Jes Philbrook!

Office: 102 Conley House & 004 Tate

Office Hours: By appointment

Email: jmh5z6@mail.missouri.edu



Jes is a fourth-year doctoral student in the English graduate program with a focus on Rhetoric and Composition and she has also completed a graduate minor in Women's and Gender Studies. Her research focuses on issues related to labor in the academy, specifically looking at contingent labor in writing instruction and student labor through service learning. Jes looks at her research through an intersectional lens, bring in feminism by considering gender, class, and race in relation to labor.

In the Fall, Jes will be teaching WGST 1120 online and ENGL 2030: Professional Writing as well as working with CWP.

We are thrilled to welcome Jes Philbrook to the Campus Writing Program Staff as the Graduate Assistant for the 2014-2015 academic year. She will spend the year working on a special project with the Campus Writing Board developing a website to showcase Excellence in Writing Intensive Teaching.

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