



# SELF-MONITORING OF ACADEMIC WRITING: A CASE STUDY

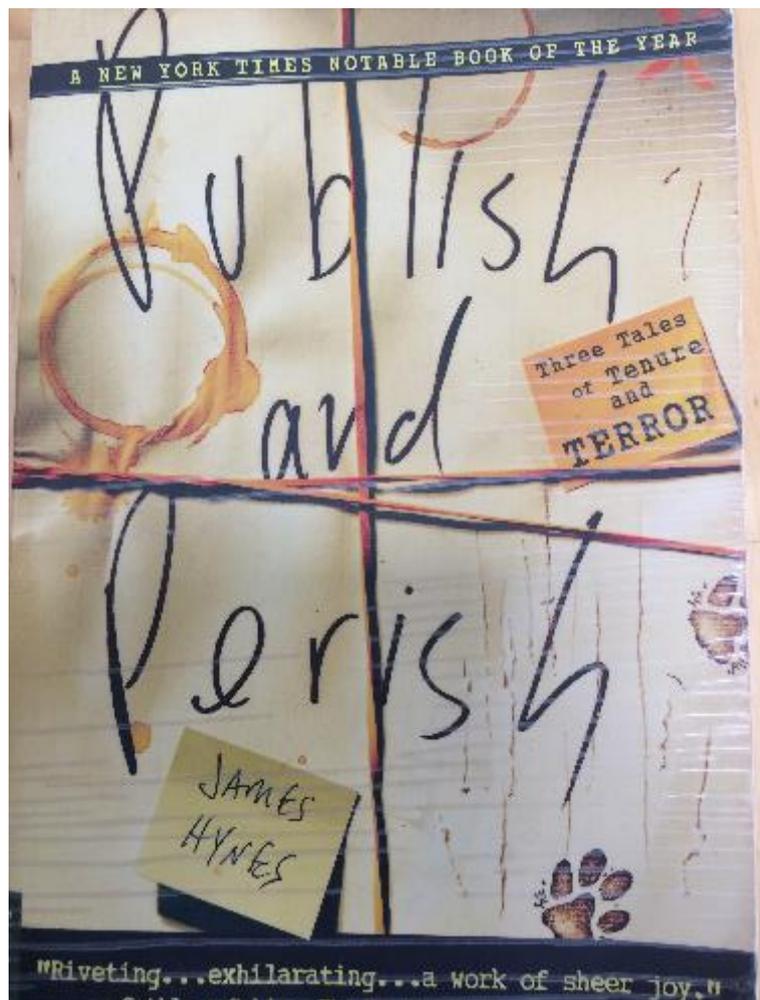
Wendy J. Dahl, Food Science and Human Nutrition Department, University of Florida

Lincoln Zotarelli, Horticultural Sciences, University of Florida

NACTA 2018

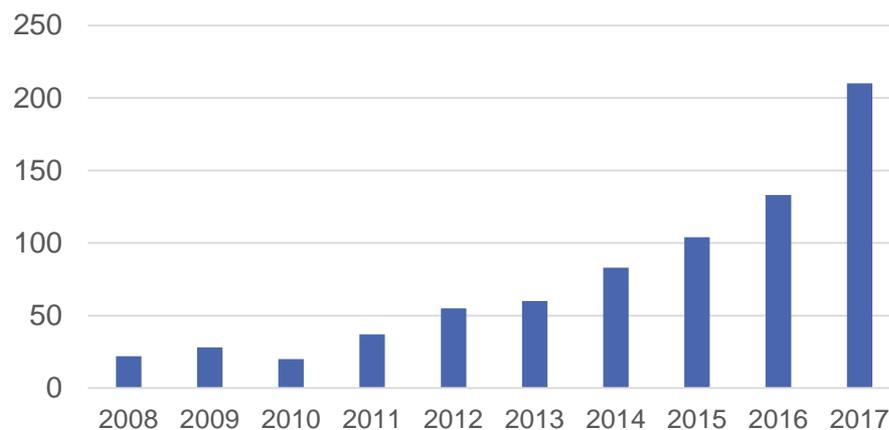
June 15, 2018

# Background



- If it's not published, was anything done?
- Quantitative measure of productivity for promotion and tenure.

Citations



# Background

- **Self-monitoring** “the act of observing and regulating one’s own behavior in a social context.”

<https://psychcentral.com/encyclopedia/self-monitoring/>

- **Self-monitoring** has shown efficacy in maintaining lifestyle-related changes.



# Background

## Daily writing...

“prevents procrastination and blocking.”

“demystifies the writing process.”

“keeps your research [extension and SoTL] always at the top of your mind.”

“generates new ideas.”

“helps you figure out what you want to say.”

“adds up incrementally”

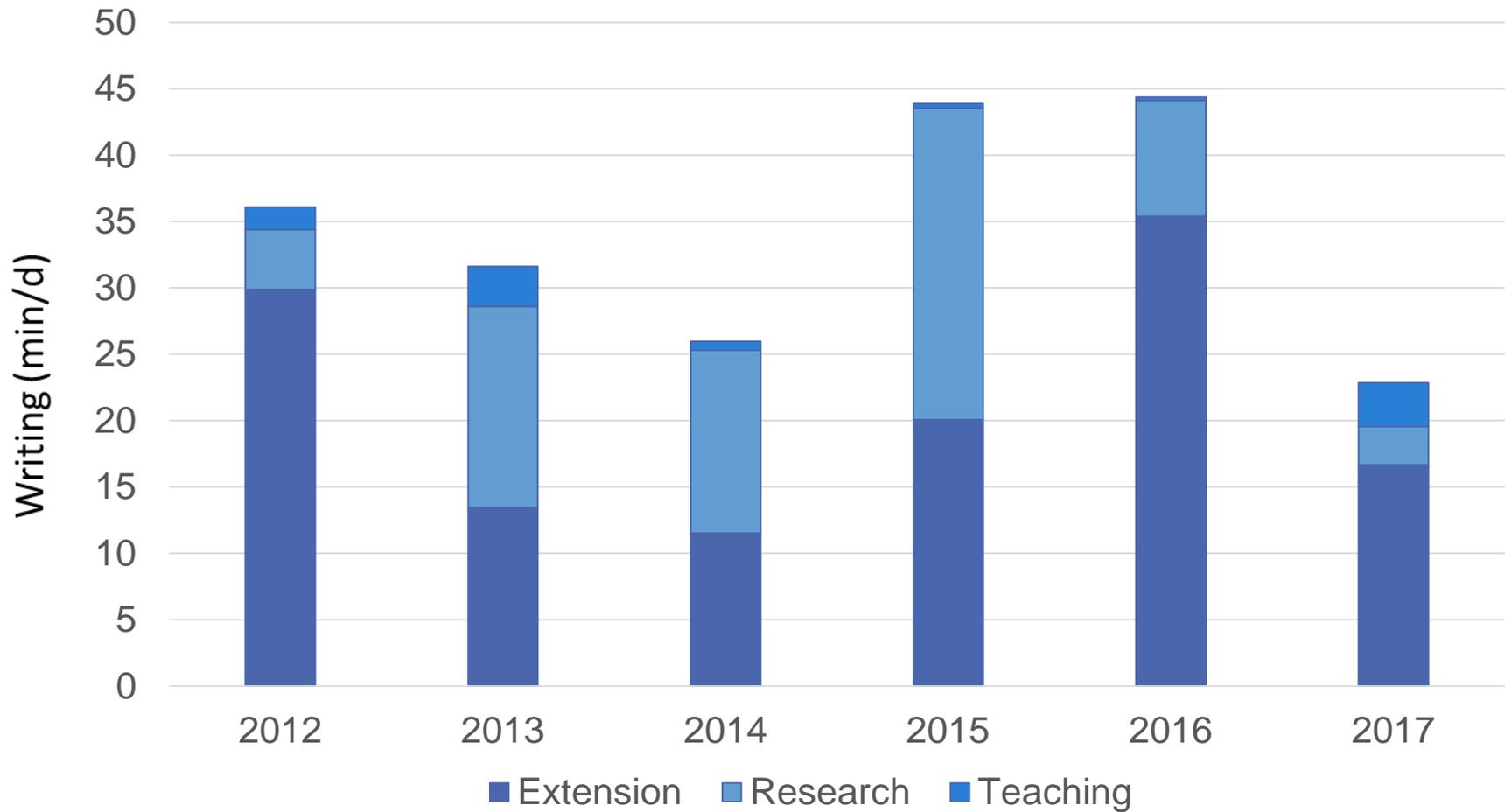
H. Sword. Air & Light & Time & Space. 2017

A time to shut off email...to be undisturbed...to feel accomplishment...BTW, everyone is too busy.

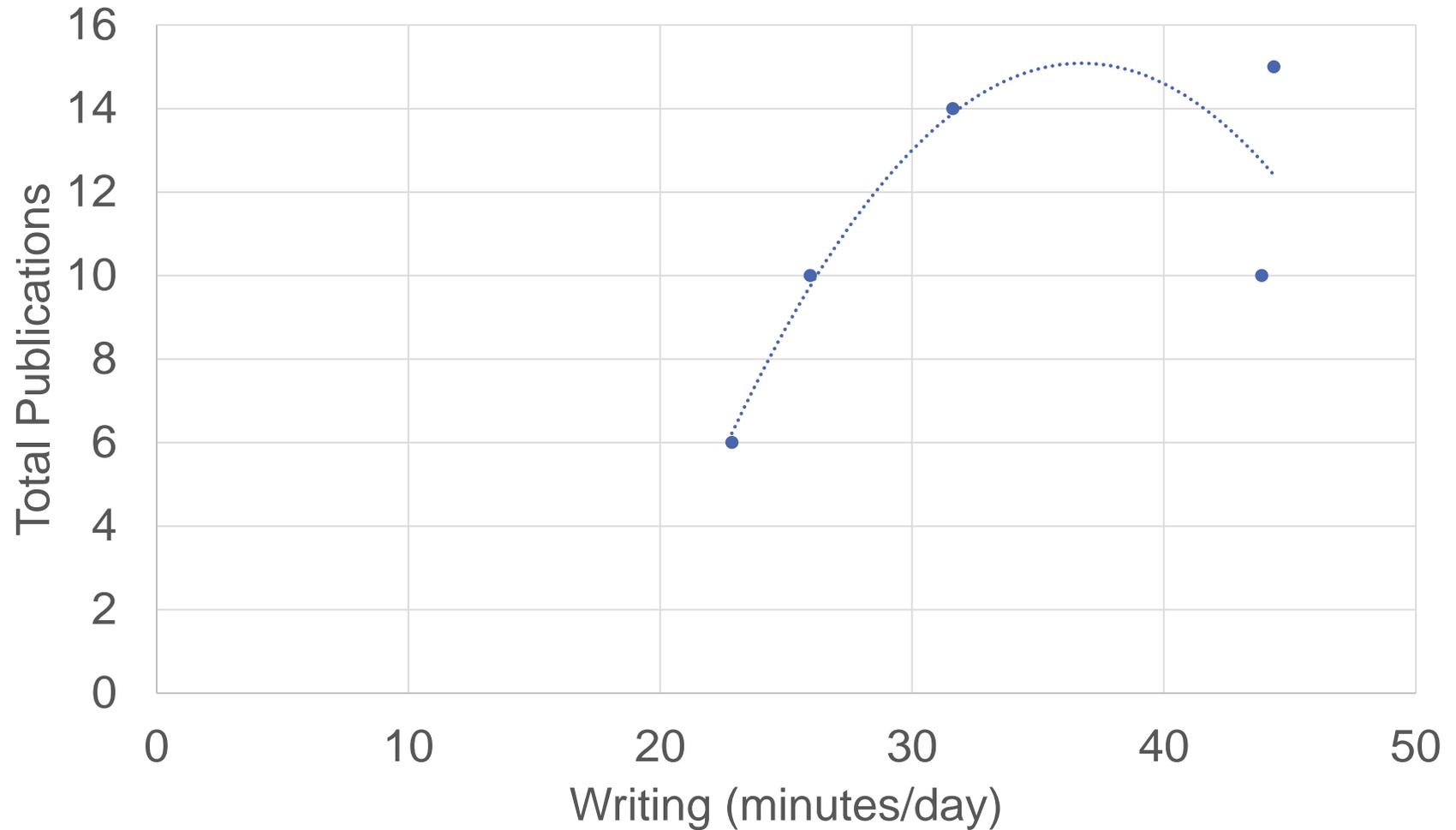
# Aim and Methods

- **Aim:** to explore the relationship between self-monitoring of academic writing and publication record.
- **Study Design:** a case study of a faculty member in a college of agricultural and life sciences with a 3-way appointment (teaching, extension and research) logged minutes of writing for 5 years (2013-2017) with a goal of 30 min/day.
- **Primary outcome:** Total publications in research, teaching, and extension.

# Results



# Results



# Results

- Daily writing: mean =  $34 \pm 5$  min/d; median 15 min/d; range 0-300 min/d.
- On average, 19 min/d extension, 13 min/d research, and < 2 min/d scholarship of teaching and learning.
- 55 refereed and peer-reviewed Extension publications (35 extension, 18 research, and 2 teaching).
- Daily writing – linearly correlated with number of publications in the same calendar year irrespective of lag time – productivity highest at 30-35 min/d

# Conclusions

- Various work habits may result in prolific writing
- Self-monitoring of a writing habit may be a key factor to writing productivity.

# Future Research

- Controlled studies exploring the efficacy of self-monitoring of writing on academic productivity are needed
- Publications vs pages/words written may be an appropriate outcome of interest.