

What You're Leaving on The Table When You're Not Publishing ...

Sun, Feb 12, 2023 8:56PM 20:04

SUMMARY KEYWORDS

writing, publishing, publication, prioritizing, priorities, navigate, feels, week, voice, ideas, field, activities, leaving, podcast, revision, nourishes, table, work, listening, reasons

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Cathy Mazak 00:02

Hello, and welcome to the academic writing amplified podcast. I'm your host for this episode, Kathy me Zack. And I'm so glad you're here listening today. Today, I'm going to talk to you about what you're leaving on the table when you're not publishing. Now, I know like what I say all the time about this, which is that you're leaving on the table, a possible promotion, maybe a job that you want, maybe the next grant or your first grant, when you're not publishing, of course, we are leaving those things on the table. But I don't want to focus on that today. I really want to like put all of those things, we all know those, they're scary, right? It's scary to think about, you know, not getting promoted. And so like, let's put all those aside. And let's talk about kind of what your career looks like when you're not publishing besides all of those things. So today, I've got five things that you're leaving on the table when you're not publishing. So let's get started with number one. The first thing you're leaving on the table when you're not publishing is your own self care. So that might seem kind of counter intuitive to many of you, since the fact that you're not writing and making, you know, making that time to write so that you can publish like that weighs heavily I know on so many of our listeners. So it might seem counterintuitive to think that finally doing the writing is actually a kind of self care. But I really think that writing is a kind of self care in the way that any kind of extra attention to your body and to your mind. And an inward looking activity is self care, right. So when you take a nice bath, and then put lotion, you'll take the time to put like a nice smelling lotion on your body. Or when you make sure that you take a walk every day, or do some kind of exercise, when you eat good foods, all of those things are nourishing you. And writing also nourishes you publishing, even though it might not sound like it when I say it this way, but publishing nourishes you, because it's about ensuring that your ideas are heard, and, and developed and out in the world. So it really, I think part of the reason that especially women have trouble with, you know, making time to write so that they can publish is because Somehow it feels selfish in the way that society tells us not to be selfish, right? That especially tells women right not to be selfish. So the same way we're supposed to, like sacrifice everything for other people, for the people that we care give towards. And that, you know, it doesn't matter if we run ourselves into the ground, as long as everybody else around us is okay. That is exactly the same scenario that makes me say writing is self care. Because you could be running yourself into the ground

teaching and mentoring and doing service and all the things and and then your writing and publishing fall to the side. And you are also burnt out and not getting what you want out of your career. So that's why I say that writing is self care, and you're leaving your own self care on the table when you're not publishing. Okay, so that's the first one, you're leaving your own self care, because writing is self care on the table when you're not publishing. All right, number two, the full development of your scholarly ideas. So that you're you're leaving that full development of your scholarly ideas on the table when you're not publishing. And here's why. The act of writing up the results of your research or writing up you know, depending on your field, like what writing looks like and what publication looks like, that act of writing, in the act of writing, you are developing your ideas. So sometimes we say that you need to kind of like write your way to your ideas. And I think that that's true for many people. And I think it's true for everybody that in the writing and in the In the revision and peer review process, you are deeply developing your scholarly ideas in a way. That doesn't happen if you are not writing for publication. So I'm not saying it can't happen. But what most of the people who are listening to this podcast, most of the problem is not that you don't have ideas, the problem is that you don't have time to write up those ideas so that you can submit them for publication. And that, in itself means that you're not fully developing those amazing ideas that you have. Because in the process of writing, and revision, and peer review feedback, you get to really articulate your ideas clearly develop them. And in that process, you have new revelations that you probably wouldn't have, if you just sat around and talked about your ideas, for example, and also, nobody's sitting around and talking about ideas, like you don't have time for that either. So. So number two that you're leaving on the table, when you're not publishing is the full development of your scholarly ideas. Okay, number three, and this is I love this one, you are leaving on the table when you're not publishing a weekly schedule built around your priorities and your values. Yes. So if you're listening to this podcast, because you want to write and publish your work, and you are currently not writing and publishing your work, that means that your schedule is not organized around your priorities. So so you can tell me all the reasons why that that's true, you know, maybe you have a for for teaching load, maybe you have, you know, a ton of family care priorities as well, like, maybe you have a big service load that somebody you feel kind of like somebody dumped it on you or that you got, you're the only one in your department who can do that service thing. And so you'll say that your priorities are writing and publishing, but your weekly schedule, the actual activities that fill your work week, are not aligned with that priority. So when you're not writing and publishing, a lot of times, it's because there's this misalignment between what you want your priorities to be, and how you're living out and how your the activities you're actually participating in every week, are showing the world and saying what your priorities actually are. So those two things, when they are in alignment, when the amount of time you spend is aligned with your priorities and your values. That that is like a beautiful, beautiful place to be, it feels really good, when your week is aligned with what your priorities and values are, and what we would say right inside of our programs, that your weekly activities are in support of your academic mission. So how many of you like if you're listening, like, have you thought, at the end of the week, you know, I just didn't get anything done. Right. So if you have that thought, first of all, it's probably not completely true, you probably did a lot of things. But what usually when people say I didn't get anything done, what they mean is that I wasn't working towards my priorities and in line with my values this week. So instead of, you know, taking time and writing and working on a publication that I want to get out, I answered emails and filled out forms and you know, made copies or like whatever you do. Now, these days, that is like stuff that doesn't feel like it's on mission for you or that it's in support of your priorities. So if you say that if you get to the end of the week, and you're like, I didn't do anything this week, or the end of the day, I didn't do anything today. What you're actually what I think you're actually saying is, I did a lot of things, none of them were my priority activities. So when so you know how that feels. I mean,

everybody has days and weeks like that. So you know how that feels. So when it doesn't feel that way, when you get to the end of the week, and you can say, I put in two solid hours towards that publication. I had a lightbulb moment. because I had the time to think while I was drafting this article for publication, when you have those things, when that happens to you, then you stop that feeling of like, I'm never getting anything done. So, it is very powerful to have a weekly schedule built around your priorities, values, and I would say in support of your academic mission, and you are leaving that on the table when you're not publishing, by the way, in our navigate program, that's what we teach you how to do. Like, what what we're teaching you a result of the Navigate program is that you will have, you will know how to because it might take you more than the 12 weeks of our navigate program, just being very transparent. But you will have all the tools and you will know what you have to do in order to have a weekly schedule built around your priorities and values and in support of your academic mission. All right, number four, what you're leaving on the table, when you're not publishing the powerful feeling of prioritizing your self, oh, this is such a great feeling. When you put up boundaries around your time and organize your time in a way that prioritizes you and your scholarly work. It is a very, very powerful feeling. And also, when you let go of or when you have when you start to have evidence of the fact that when you set up boundaries and prioritize yourself, you're actually not disappointing other people, like that's a big fear that people have, it's like, oh, if I, if I say I can't meet at that time, or if I say I can't do that by that date, then I'm going to disappoint that person. And when you let go of, first of all, a lot of times you don't actually disappoint the person a second, if you did, that's okay. Like sometimes people are going to be disappointed, you can't control how they feel. So you know, you instead of worrying about what other people are thinking about your actions, when you are prioritizing yourself and making choices that are in line with what you want. And what you know what you got into this professorial career for. It feels so good. And it feels very powerful. It feels like Oh, I am a person who, you know, makes decisions based on what I want to see myself creating in the world, I make decisions based on how I'm going to craft this job to feel good, so that I can be the best at it. And that that's just like super, super powerful. Okay, so before I get to number five of what you're leaving on the table, when you're not publishing, I want to let you know that we have a program to help you with all of these things. It is called navigate your writing roadmap. And we've just done a revision of this program, we're actually about to pilot the revision. So if you're listening in real time, then you will be able to apply for the pilot. And if not, if you're listening later, you can apply for our next cohort. So navigate is going to run for 12 weeks, we are accepting applications until I think February 16 2023. So if you're listening in real time, you still have time to apply. If you apply and get accepted, also note we are going to be doing an information session. So if you have questions after you've been accepted, and before you enroll, then you you will get an invitation to that information session. Navigate is meant to help you do several things, the most tangible of which is by the end of the 12 weeks, you will submit that almost done article that you've been sitting around trying to make time for for I don't know months, maybe years. So you will submit that that is a tangible result of the program. While that is going on, you are also going to be learning to do all of these things to get you publishing right. And we all know that to publish you need to make time to write you need to have writing time and you need to have project management skills. We teach you how to do that inside of navigate, we give you in 12 weeks, we're going to do the publication pipeline, writing project management, we're going to teach you our scoring system, which is about how you're going to re Plenish and re reinvigorate your relationship with your writing. And we're gonna get that, get that publication out the door. So you are going to be set up in 12 weeks to meet your publication goals over the next year. So it is note. So we've made some changes to navigate. So if you're a longtime listener, if you've been on our email list for a while, navigates taken a lot of different forms. The latest iteration, I think, is really like I'm very, very excited about it. And one of the reasons is because it includes group coaching, so the

there is a weekly group coaching group coaching call on Fridays, sometimes it will be like a traditional group coaching call. And other times, it will be a co writing time when you can also ask your coach questions. And so I really think that we have built the most simple and impactful iteration of our navigate program. And we would love for you to join the pilot. So please go find the link to the application in the show notes. We can't wait to get started class starts February 20. And applications close on February 16. All right. So now let's get back to what you're leaving on the table when you're not publishing number five, which is your scholars voice. Yes, the new name of our company, you are leaving your scholars voice on the table when you're not publishing. And that might be a mean for somebody who is not you, that might be the biggest loss, right? That your scholarly work is not out in the world, influencing your field and in conversation with other scholars. Your voice is so important. One of the reasons that this company exists is to help women and non binary professors amplify their voice in all the ways. So whether it's through peer reviewed publication, whether it's a book, whether it's through more popular types of writing, or outreach, we want to support you in getting your voice out there. Because there's only one amazing you with your particular view of your field. And I've been starting to say that our clients really have, and listeners of this podcast, have a disruptive view of their field a unique view on their field. So many of our clients tell us, Oh, I'm kind of weird in my department, because I sit at the intersection of these different fields or because I look at things this way, or because I'm trying to make this argument. And that has led for me to be like, you know, outcast in some circles. But I really know this is the future of my field. We hear that all the time. So if that resonates with you, one of the things that you're leaving on the table when you're not publishing is your scholars voice. So if you're sitting on a bunch of a bunch of analyzed data, but you don't have anything written up, if you're sitting on if you've got at least three almost done or partially done articles or chapters in your drive, if you want to get your voice out, but you feel overwhelmed by an admin position. By a heavy teaching load by a lot of service. It is time for you to prioritize your writing and publishing because of all five reasons that I mentioned here. Besides all the other great reasons, like you want to get promoted. You want to get the job that you want, you want to get grants. We want this for you. We want you to see how writing can be self care, we want to see you write so that you can fully develop your scholarly ideas. We want you to create a schedule that's built around your priorities and values and where your activities support your academic mission. We want you to have the powerful feeling of prioritizing yourself and we want your scholars voice in the world. So thank you so much for listening to this podcast. I hope it's inspired you to make a change and do something different in your writing and publishing. And if you would like our support with that we would love to see your application come through for navigate. Have a one Beautiful day bye