

# WRITING & WEB DESIGN RETREAT

Social Work Research

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[Image](#) by Katie Rainbow via Unsplash, shared under the Unsplash license.

# HOW ARE YOU?

**ANY ISSUES, CONCERNS,  
CELEBRATIONS, QUESTIONS,  
PROVOCATIONS, DESIRES THAT  
WE SHOULD KNOW ABOUT?**

## AGENDA


- ❖ Grounding exercise
- ❖ Review of writing strategies
- ❖ Expectations for assignments
- ❖ Pomodoro technique
- ❖ Next steps

## RESEARCH MEDITATIONS


- ❖ To whom are you dedicating this work?
- ❖ What ancestors' shoulders are you standing upon?
- ❖ How can you interrupt violence within your work and create visions of what is possible in the middle of the political, historical, social, and economic context that we are in?




[Image](#) by Dr. Anna Ortega-Williams

**jenn m. jackson**  @JennMJacksonPhD · Oct 9 ...  
Replying to @JennMJacksonPhD  
1. Protect your writing time fiercely. Don't feel ashamed or guilty when you have to choose writing over other things (except rest - always get your rest). It's a craft. It has to be a priority. It has to be a daily practice.


8 254 3.2K

**jenn m. jackson**  @JennMJacksonPhD · Oct 9 ...  
2. Plan all of your writing. This means taking notes, journaling, valuing your thoughts and thinking, spending time in quiet with yourself, and believing yourself. Most of writing (good writing) is in pre-writing and post-writing (editing). Don't skimp here.


7 185 3.1K


**jenn m. jackson**  @JennMJacksonPhD · Oct 9 ...  
3. Join a writing community (or two or seven). My writing really took off when I began running my own writing groups. Now, I run them about six times a year. They are a form of accountability and they naturally create a timetable and structure.

7 97 2.1K

**jenn m. jackson**  @JennMJacksonPhD · Oct 9 ...  
4. Share your writing with people you trust who will thoughtfully and carefully challenge you to push yourself. These are not detractors and naysayers (avoid those). These are supporters who believe in the work, the vision, and the goal/s.


6 90 1.9K

**jenn m. jackson**  @JennMJacksonPhD · Oct 9 ...  
5. Do your research. Read more. Take a class (for free if possible). Attend authors' talks. Absorb as much information as you can about the craft and practice of being a writer. Many are free and give you front row access to writers, publishers, and editors.


**jenn m. jackson**  @JennMJacksonPhD · Oct 9 ...  
6. I can't emphasize this enough: BELIEVE THAT YOU HAVE STORIES IN YOU.

You are the only person who can express your truths. Only you are able to write your truths. So, write them. And then release them.


7 285 2.7K

**jenn m. jackson**  @JennMJacksonPhD · Oct 9 ...  
7. Submit to the process of writing. It can be lonely and isolating. But, it should never be something you do out of obligation. If it feels forced, stop. It might be painful or hard because it's challenging. But, it should never be forced. Some people disagree with me on this.


4 95 1.7K

**jenn m. jackson**  @JennMJacksonPhD · Oct 9 ...  
8. Write what makes you happy. Write what freely flows from your body. Write what is easily discoverable in your psyche. Don't write about people, places, things, and experiences that aren't yours and that you don't understand. Write from a place of authenticity.

4 169 2K

**jenn m. jackson**  @JennMJacksonPhD · Oct 9 ...  
9. When you are done writing, when you're tired, spent, exhausted, stop. Take breaks. There is no shame in exhaustion. It's the body saying that it needs rest. Listen.

1 95 1.6K

**jenn m. jackson**  @JennMJacksonPhD · Oct 9 ...  
10. Edit as praxes. Edit after you've gotten it all out on the page. Read it over again. Is it what you meant? Is it true? Is it honest? Is it fair? Is it just? Ask yourself these questions.





## TIPS FOR READING, WRITING & RESEARCHING

- ❖ Topical outlines
- ❖ Concept maps
- ❖ Annotate as you read
- ❖ Literature tables and charts
- ❖ Other suggestions?

[Check out OpenAcademics for resources related to academic writing.](#)

## EXPECTATIONS FOR FINAL PAPER

	Absent, Omitted	Not met	Partially Met	Fully Met
<b>Final Term Paper</b>				
Research designs are identified				
Formal research is distinguished from practice anecdotes				
<b>Introduction of problem area:</b> Contains an introduction that addresses all aspects of the problem area of inquiry for research				
<b>Use of References:</b> Paper is appropriately cited—points extracted from documents are used to clearly support student ideas				
<b>Inclusion of outside information:</b> Incorporates extensive, accurate and relevant information related to research study				
<b>Analysis:</b> Critically reflects upon a peer reviewed article.				
<b>Organization and Mechanics:</b> Literature review is clearly organized and extremely well written—very few, if any, errors in spelling, grammar, and/or sentence construction				
<b>Required page length:</b> Paper is between 10-12 pages				
<b>Implications for Social Work Practice:</b> Discussed importance of study to social work practice, research, and policy				

- 10-12 pages
- 10 research articles cited
- APA format

- ❖ Clear main point and unique perspective.
- ❖ Be organized, well-crafted, and visually appealing.
- ❖ Be engaging, interesting, and multimodal. In other words, all four sections should include more than just static text.
- ❖ Clear writing in the written sections.
- ❖ Cite sources in APA including a reference list for each section, giving evidence to support claims, etc.
- ❖ Demonstrate the level of effort, engagement, and mastery of the topic/argument as would reasonably be expected for an end-of-semester project for a master's program.

## EXPECTATIONS FOR WEB SITE

- Shared on CUNY Academic Commons
- 4+ pages
- 10 research articles cited
- APA format



# POMODORO TECHNIQUE

## How does it help?

- Getting started
- Organizing tasks
- Improving focus and productivity
- Combating distractions
- Developing time management

[Check out this video explaining the pomodoro technique.](#)

## WHAT IS THE POMODORO TECHNIQUE?

A method for staying focused and mentally fresh

STEP 1



Pick a task

STEP 2



Set a 25-minute timer

STEP 3



Work on your task until the time is up

STEP 4



Take a 5 minute break

STEP 5



Every 4 pomodoros, take a longer 15-30 minute break

After four rounds, take a longer, more restorative 15-30 minute break.

[Image](#) by todoist

# RETREAT

- Choose a task(s) that you can complete in 30 minutes.
- Work uninterrupted on the task until the time is up.
- Meet in pairs for 10 minutes to discuss and give feedback.
- Wrap up in large group setting.



## NEXT WEEK

Session	Date	Topic	Assignments Due
8	10/27	Crafting social work research questions and hypotheses	<i>Article Critique</i>