



FINDING TIME
FOR YOUR
SCHOLARSHIP

You have the
same amount of
hours in a day
as Beyonce.

Nonsense.



Progress, not
perfection.

Update Your Syllabus
Organize Canvas
Review Reading Assignments
Prepare Lecture Slides
Record Video
Design Class Activity
Write Exams
Mark Papers
Meet with Students
Repeat Repeat Repeat

October 15th.

What are you
struggling with?

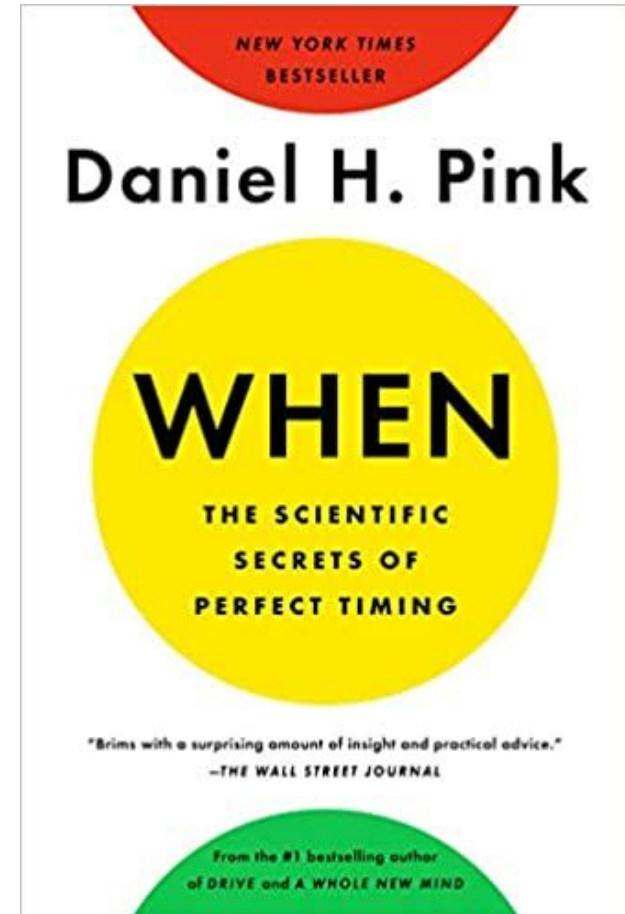
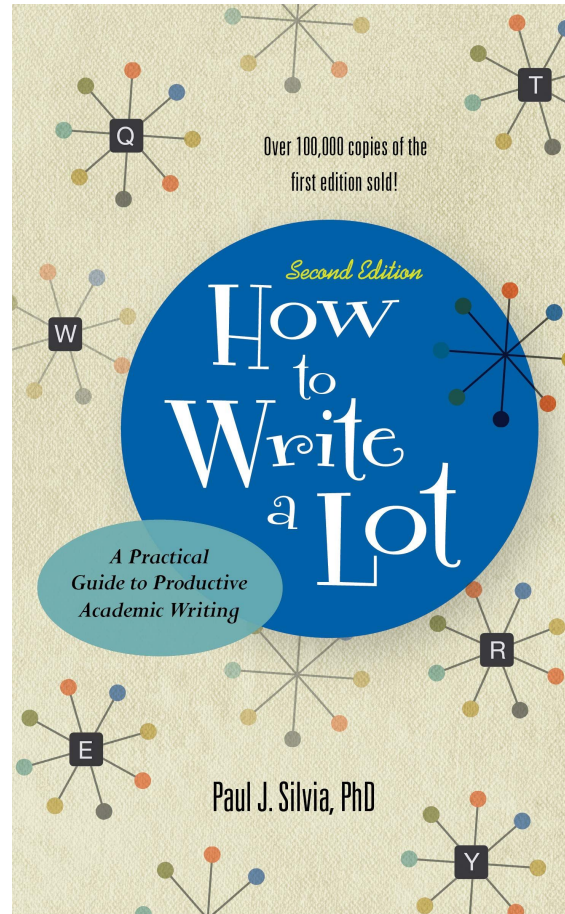
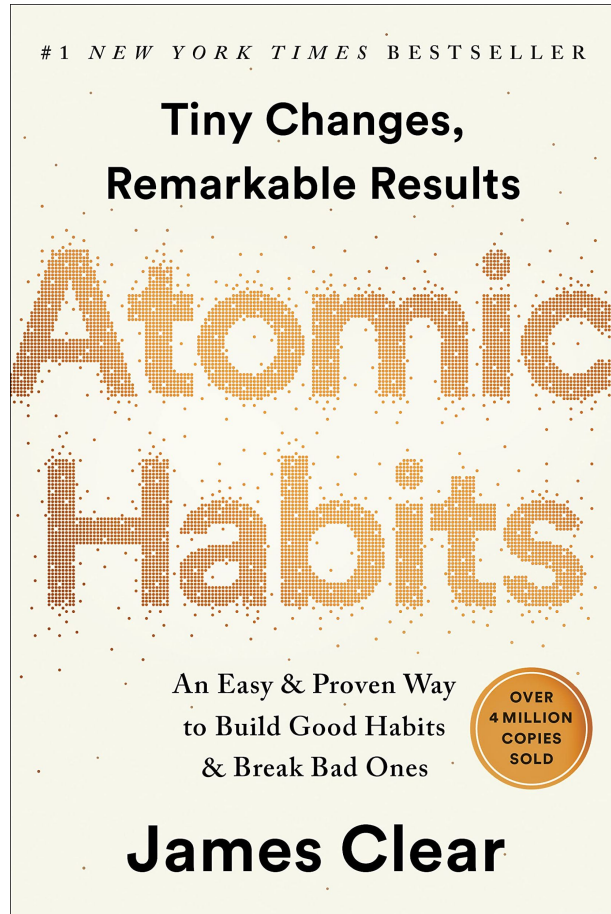




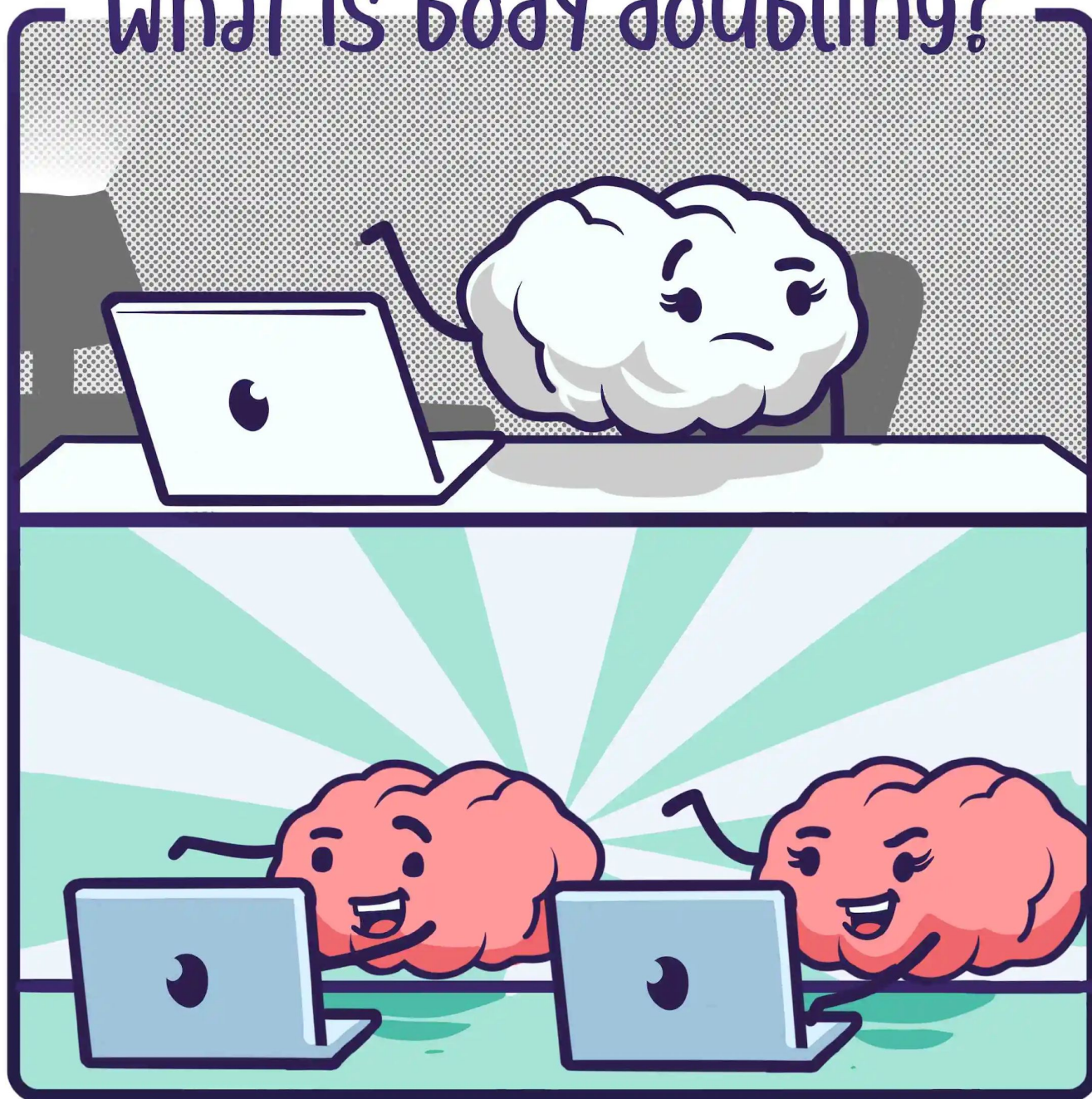
LIFE HACKS

Use what works,
leave the rest.

DEVELOPING A CONSISTENT WRITING PRACTICE



What is body doubling?



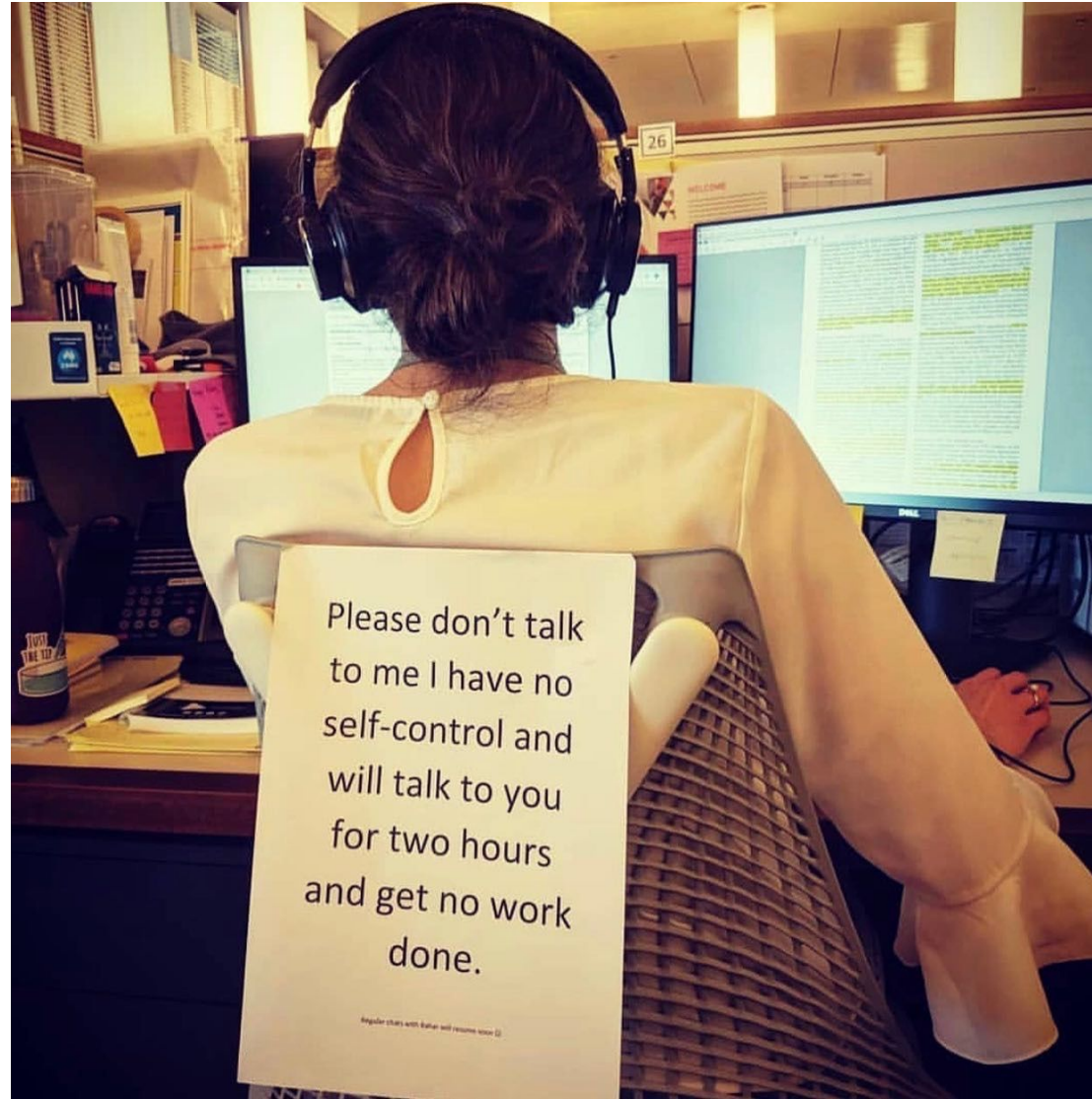
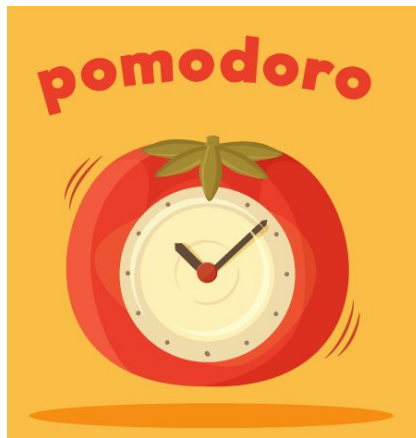
Shut Up & Write
(Wed 1-3)

Focusmate

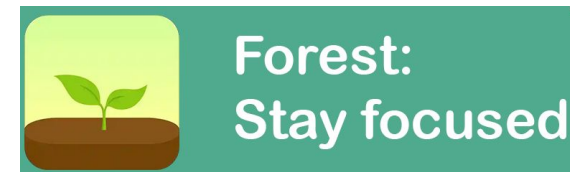
FOCUSED TIME



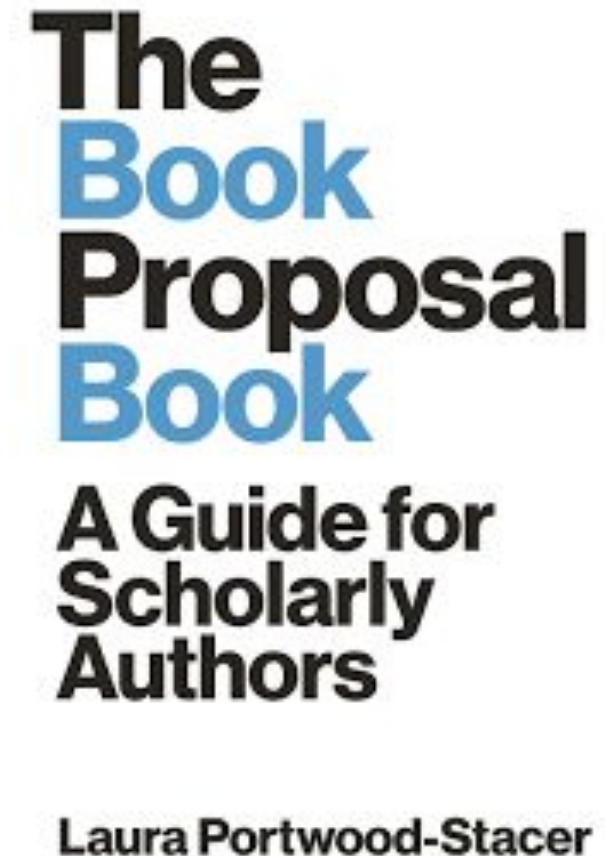
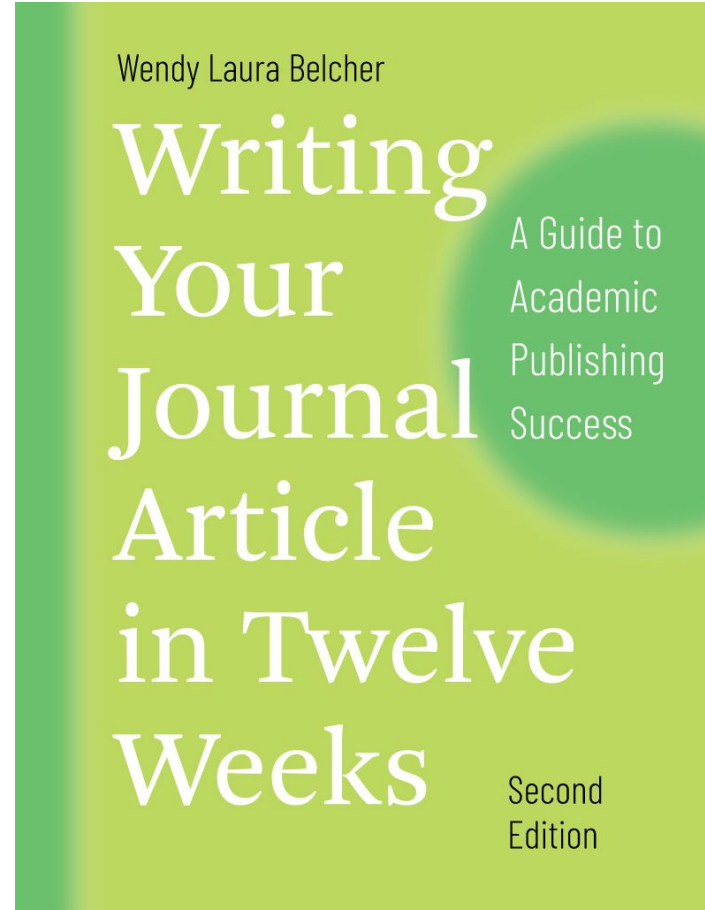
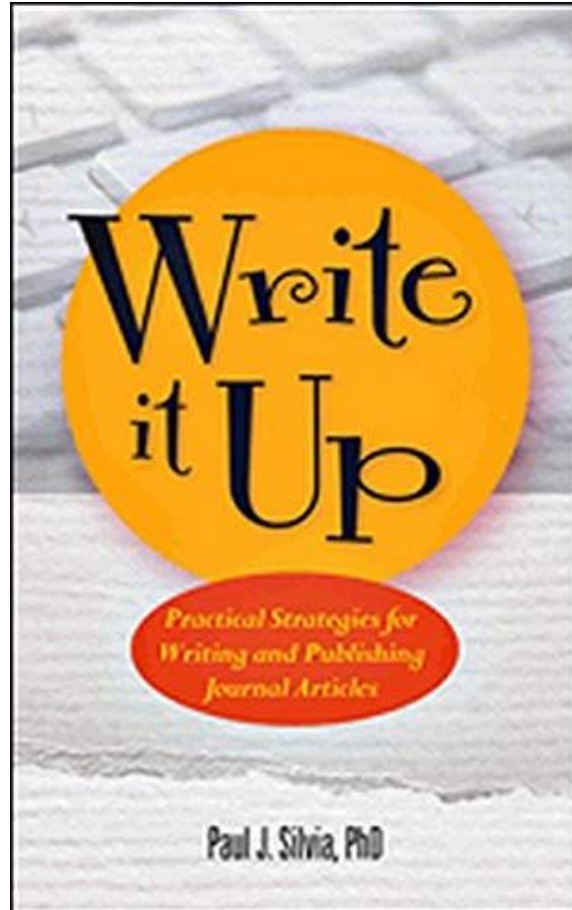
Google Calendar



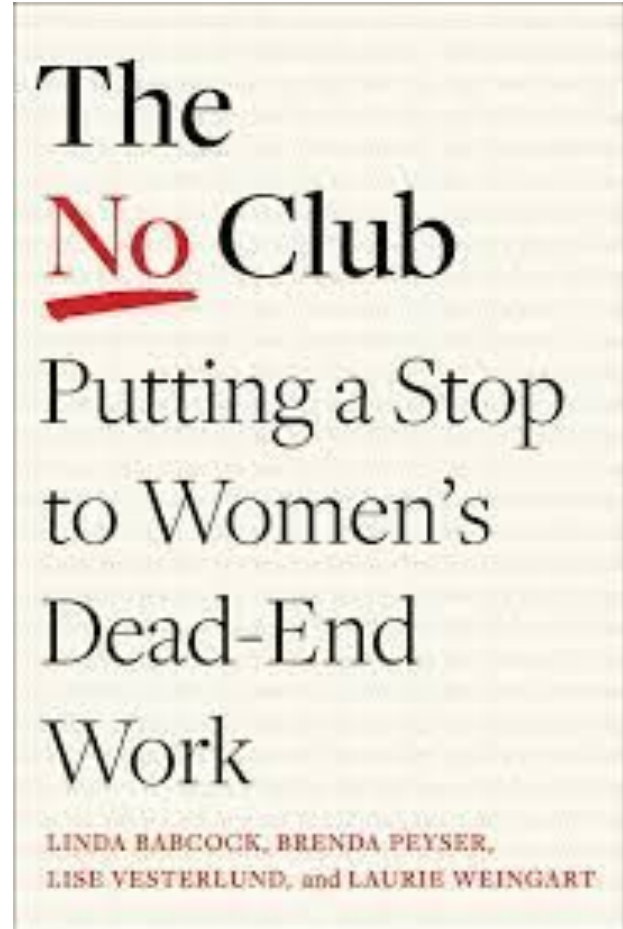
 freedom



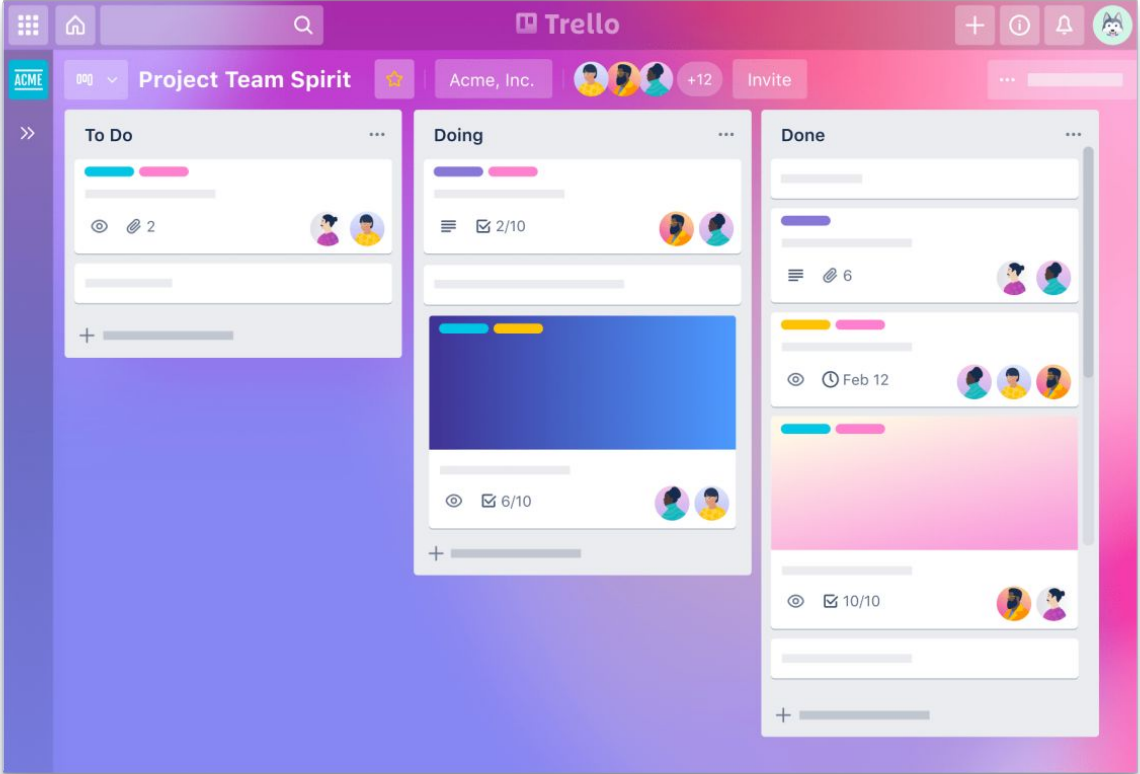
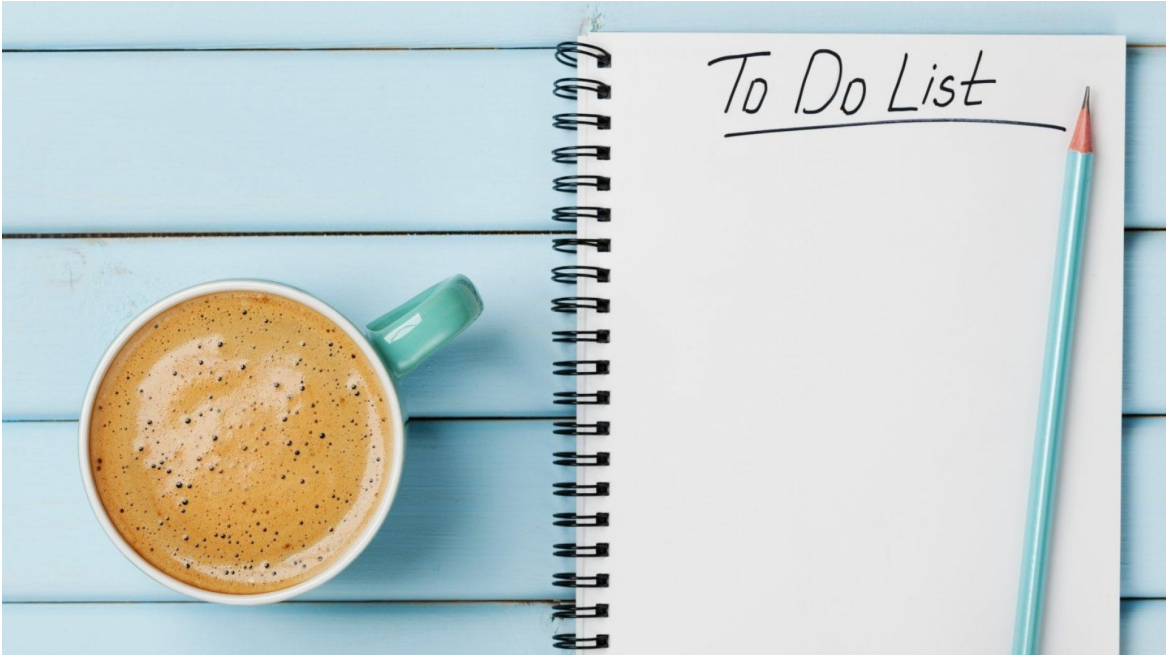
SCHOLARLY WRITING



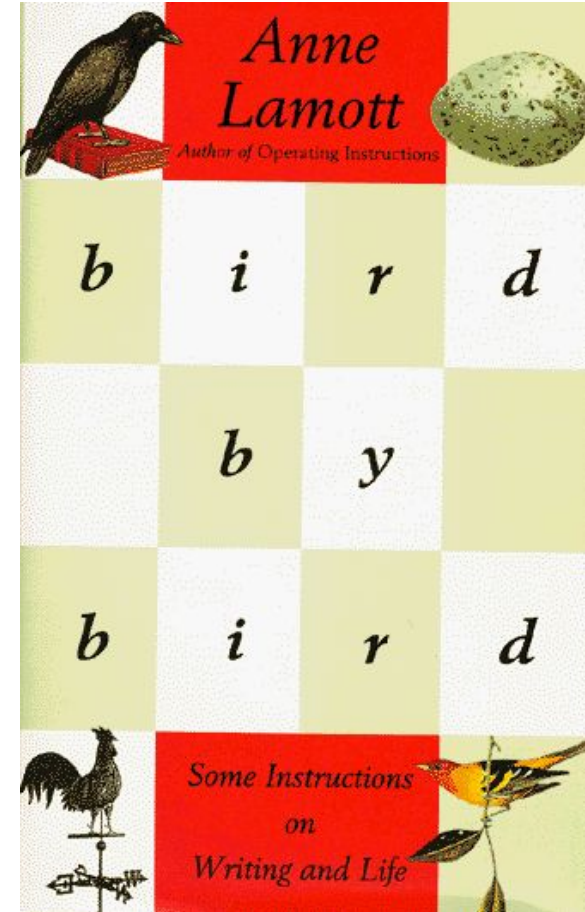
SAYING NO



PROJECT MANAGEMENT



IMPOSTER SYNDROME



Write the SFD™