Writing and Procrastination  
How to Identify Your Writing Blocks and Move through Them

Do you keep putting off your writing and waiting for large blocks of uninterrupted time to get it done?

Do you regularly engage in procrastination and avoidance when it comes to your writing projects?

Have you ever wondered why it is that you really want to write, but just don’t do it until there’s a looming external deadline?

In this workshop, participants will learn:

• What resistance is and why academic writers experience it in pursuit of work they want to do.

• How to identify what’s holding you back from writing and completing your article, book manuscript, grant proposal, etc.

• The three most common types of writing blocks and how to move around them.

• How to create a community of support and accountability for your writing.

Date: Thursday, February 11, 2016
Time: 12:00 p.m. – 3:00 p.m. (lunch included)
Location: Dolores Huerta Conference Room, Student Center
Register by January 8, 2016: http://www.facultydiversity.org/events/Sessions.aspx?id=696326

WORKSHOP FACILITATOR: Anthony Ocampo, PhD

Anthony Ocampo, PhD, is a faculty member in the Department of Psychology and Sociology at California State Polytechnic University, Pomona, and a Ford Foundation Postdoctoral Fellow at the School of Public Policy at University of California, Riverside. His research and teaching focuses on immigration, race and ethnicity, and gender and sexuality. Ocampo has published articles in the leading journals in immigration studies and has completed two books (with Stanford University Press and NYU Press)—all while teaching an average of three classes each quarter. He is currently working on his first academic trade book about the underdogs and comeback kids within higher education based on his experience teaching at a predominantly minority institution.

Ocampo’s research has been supported by the Ford Foundation, Haynes Foundation, the McNair Scholars Program, and the University of California Office of the President, and his publications have received several awards from the American Sociological Association.

Workshop provided by the National Center for Faculty Development and Diversity