

## **The Writing Accountability Group (WAG)**

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### **Why is writing so hard?**

- “I can’t find the time to write with all the other commitments of my job.”
- “I never have a large enough block of time to accomplish anything, so I keep procrastinating until I can find the time.”
- “It’s so overwhelming to write a paper, I don’t know where to start.”

### **What is a WAG?**

A Writing Accountability Group, or WAG, is a way to utilize the power of a “gym buddy” for your writing success. A WAG will help you to:

- 1) Find the time to write
- 2) Make writing manageable and less overwhelming
- 3) Plan your weekly writing
- 4) Hold yourself and others accountable

WAGs are groups of colleagues that meet weekly for one hour over a 10-week period of time. During this hour, each member 1) recaps their previous week’s success in meeting their writing goals, 2) plans for and completes a 30-minute in-person writing session, and 3) plans concrete next steps for writing for the upcoming week.

### **Why does it work?**

WAGs are successful because they teach organizational and time management skills around writing. In addition, most Type-A personalities respond well to peer pressure!

## What are the rules? A “How-To for WAG’ing”

1. Typically between 4-8 people
2. Agree on the same day/time each week for 1-hour for a total of 10-weeks
3. Find a place to meet
4. Commit to being present for at least 7 of the 10 weeks (Skype or video-chat allowed!)
5. Decide who will lead the group. The leader will take notes, and keep everyone on track.
6. WAG 1-15 minutes: Leader asks each member to report out on progress from previous week (skip this for Week #1) and states what they are working on for the 30-minute in person writing time
7. WAG 15-45 minutes: Each member silently works on their writing
8. WAG 45-60 minutes: Leader asks each member to report out on progress from the 30-minute session and to state goals for the next 7 days.
9. WAG independently over the next 7 days. . Repeat!

### Important notes about GOALS:

- They must be SPECIFIC!
- SCHEDULE IT IN! Include your time slot, so you can budget the time on your calendar.

*“Over the next 7 days, I will spend two 30-minute sessions completing Table 1 and 2.”*

*“Over the next 7 days, I plan to spend one 60-minute session completing the methods.”*

### Suggesting Readings:

1. Silvia, P. (2007) *“How to Write A Lot.”* Washington DC: APA Publications.
2. Fox, C. (2015) *“Lifelong Writing Habit” The Secret to Writing Every Day: Write Faster, Write Smarter.* Amazon Digital Services.