Write Well!
An International Write-In Event

Monday, December 7 @ 8:30 pm ET
Presenters – Academic Support Center Tutors, Dr. Ellen Manning

Please click here to view this recorded workshop: http://khe2.adobeconnect.com/p3gukh9zc84/
What is the International Write-In?

- Uniting student writers from across the globe
- December 1 -10
- 90+ Schools, 6 Countries
- Twitter - #IntWriteIn
- Tagboard: https://tagboard.com/IntlWriteIn/220652
- Facebook: https://www.facebook.com/InternationalWriteIn/?fref=ts

What is the International Write-In? The Write-In is an international event designed to unite student writers from across the globe and provide writing support for them. It occurs between December 1 -10 each year. Over 90 universities and colleges in the United States and in five different countries host International Write-In events. There are several ways to participate in the International Write-In via social media:

Twitter: #IntWriteIn
Tagboard: https://tagboard.com/IntlWriteIn/220652
Facebook: https://www.facebook.com/InternationalWriteIn/?fref=ts
Be Well!

*How to Be a Healthy Student and Rock Your Classes!*
Presenter – Christie Morgan
Foods to Boost Memory!

Goal: Bring more blood flow to the brain

- **Green vegetables**
  - Kale, spinach, broccoli, collards
- **Berries**
  - Blueberries, cherries, blackberries
- **Omega-3 fatty acids**
  - Salmon, tuna, flaxseed, walnuts

Foods to Boost Memory!

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Eat for Energy!

- Eat every 3-4 hours
- Avoid sugar
- Careful with energy drinks/caffeine
- Balance your plate

(Gidus, 2014)
Stress Management

According to a 2008 mental health study by the Associated Press, eight in 10 college students say they have sometimes or frequently experienced stress in their daily lives over the past three months.

- Excessive stress causes release of cortisol, a hormone that can increase fat storage.
- Excessive stress causes increased heart rate blood pressure, hormone secretion, irritability, transient anxiety, insomnia, headaches, indigestion, pain in neck/back, and appetite changes.
Stress Management

- Connect with other people
- Do something fun, cultivate hobbies
- Take breaks
- Exercise
- Sleep
  (Gidus, 2014)

Stress Management

Connect with other people – Have a support system, talk with classmates, vent

Do something fun, cultivate hobbies

Take breaks – Get up once an hour, get the blood moving, reduce screen time

Exercise – Cardio vascular exercise, work to get 10,000 steps

Sleep – Aim for a minimum of 7 hours

(Gidus, 2014)
Exercise

RELEASES SEROTONIN, A HORMONE THAT IMPROVES MOOD

REASONS TO EXERCISE:

- Stimulates brain cell development
- May prevent hippocampus shrinkage (which is responsible for memory retention)
- Improves focus
Resources to Improve Your Health

- American Institute of Stress
  - http://www.stress.org
- Academy of Nutrition and Dietetics
  - http://www.eatright.org
- Sparkpeople
  - http://www.sparkpeople.com
- Daily Burn
  - http://www.dailyburn.com
- Collage Video
  - http://www.collagevideo.com


The Writing Process consists of prewriting, drafting, revising, and editing/proofreading. Please note that the assignment is in the center of the diagram. Why do you think this is?

The reason the assignment is in the center is that understanding the assignment is central to completing it. Understanding the assignment will help you figure out the goals, purpose, audience, and parameters. Please note that all of the links on this slide lead to Writing Center tutorials on each topic.
It is also important to think of the writing process as recursive, meaning that you could revisit any phase of the process at any time. For instance, you might begin prewriting, then drafting. Once you read over the rough draft, you might realize that you are missing tons of information in one section and find it helpful to return to the development stage to brainstorm or freewrite. Or you might get all the way to the editing phase of your writing process, reading the paper carefully for sentence level errors, and realize that part of the paper seems out of order. That may take you back to the revision process, where you rewrite and reorder information to create a more logical flow of ideas.
It is also important to discover your own writing process, or how you write best. Here are some suggestions:

Consider the assignment.
- Is outside research required?
- How much time will you need to complete it?

Have fun with prewriting!
- Which technique complements your learning style?
- What do your friends, family, and co-workers think about your topic?

Visit the Writing Center!
- Brainstorm with a tutor.
- Get feedback on your writing.
Time Management for Writers

**Do**

- Make a plan.
- Schedule time for writing.
- Manage distractions.
- Find time for writing.

**Don’t**

- Get bogged down in research.
- Waste time.
- Multi-task.

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Time Management for Writers

Make a plan to complete your writing tasks. Keep in mind that most writers need significant time between drafting and revising, usually at least a day. Since many courses have cumulative projects, review the syllabus early in the class and mark on a calendar when big projects are due. Then, schedule enough time to research and write, as well as to take breaks. Try to schedule large blocks of time, 30 minutes to 2 hours when you can complete research, note-taking, or any other stage in the writing process. Also, be sure to manage distractions. Try to schedule time when you will not be interrupted by distractions such as children or television. Along with scheduling writing time, also take advantage of times when you are a captive audience, such as waiting for appointments or to pick up children after school. Use this time to do research or jot down ideas.

Be careful to not get bogged down with research. Learn to be an efficient researcher and limit your time researching to finding and reading material to use in your assignment. When completing research, be sure to record all bibliographical information including author, date, title, journal information, publisher, place of publication, and URL. Going back to find this information after you have written your paper can be time-consuming. Finally, don’t try to multi-task. Save texts and social media as a reward after your work is completed.
Here are some additional wellness tips.

Limit screen time. Consider using pens and paper instead. Also take breaks to spend time with your family or with nature. Meaningful breaks between writing tasks will help you think better, give you clarity, and leave you feeling refreshed!
Get Healthy with Simple Meditation for Beginners
Presented by Dr. Ellen Manning (emanning@kaplan.edu)
School of General Education, Composition
What is Meditation?

Meditation is a practice of

Calming the Mind
Calming the Body

It can

Relax the Body
Calm the Emotions
Bring a Sense of Well-being
Research Proven

According to The National Institute of Health and many research studies, meditation is the #1 practice humans can do to help optimize their health and well being (as cited in Center for Spiritual Awareness, n.d.)!

Meditation reduces major illness and hospitalization by 80% while enhancing the quality of life by reducing daily stress.

Meditation helps lower blood pressure and increase focus and creativity, as well as helps decrease insomnia and other stress related ailments.
One Simple Technique
Close Your Eyes and Follow My Voice
Now, how do you feel?

Do you feel refreshed?

Do you feel invigorated?

Do you feel relaxed?

Just type in your response.
Practice Meditation Daily for Maximum Results

- Reduces Stress
- Enhances the Immune System
- Improves Thought Processes and Power of Concentration
- Slows the Biological Aging Process
- Improves Bodily Functions
- Enhances States of Consciousness

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Improves Bodily Functions
Enhances States of Consciousness
Be Happy! Be Healthy!

References

Connect with the KUWC’s new public webpage. You can actually Google and find this page. This is also a great way for you to stay connected to the KUWC through Facebook and Twitter. Many of our resources are here as well.
The best time to do a paper review in the Kaplan University Writing Center is after you have written your first draft. When you come to us early, we can help you the most by helping you with the structure of your paper. Many students send papers at the last minute because they want us to simply proofread their paper. However, KUWC writing tutors do not simply proofread the paper for you; we want to help you learn to write and proofread your own papers. You can submit a first draft, and then submit a later draft if you need further help on an assignment.

If you need help before you write the first draft, you can use live tutoring. During live tutoring, you can ask questions and brainstorm with a tutor. Live tutors can help you with other stages in the paper writing process as well. Come visit us. We can be found under the My Studies tab, then under Academic Support Center.
On the main Academic Support Center page, you will see the Writing Center links. These include Live Tutoring, Paper Review Service, the Writing Reference Library, Citation Guidelines, Workshops, English Language Learner, and Fundamental writing help. Notice, you can access the Kaplan Guide to Successful Writing on the right hand side in both print and audio form. Come visit us.
Kaplan University Writing Center

**Writing Center**

- Writing Tutor
- Paper Review and Q&A Services
- Writing Reference Library
- Citation Guidelines (APA & more)
- **Writing Workshops**
- Graduate Student Resources
- English Language Learners
- Writing Fundamentals Program
- Effective Writing Podcasts Series
- First-Term Student Resources
Contact Information

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Christie Morgan, Science Tutor
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Workshops are recorded and recording links, with an accompanying PowerPoint, are posted on the Writing Center Workshop page after the workshop.

Kaplan University Writing Center Resources
Introductory Video  Survey Link
Writing Center

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