**Jumpstart 1: Video transcription**

<https://vimeo.com/138325487>

This is a jumpstart to engage your sources. When we’re reading scholarly literature, it’s real easy to stay in passive mode but it’s so important to engage early and often. This jumpstart involves a scholarly source that you know well, that you think will be important, a big piece of paper, and something to write with.

To engage your sources, we’ll first take 3 minutes and brainstorm about that scholarly source. Use the time to free associate. What does it make you think of? Write down the main point. What’s relevant to your project? Keep going, fill up the side of the page for a full three minutes.

Then, take five minutes, and jump in to responding to that source. What does it make you think of? What do you agree with? What do you disagree with? What questions does it spark for you?

Then, take a few minutes to free write and capture those insights; and think about if there are any holes in your research that you now want to fill. Now use that momentum to get back to your research and back to your writing.

**JS 2 Timed**

<https://vimeo.com/138325486>

This is a seven-minute timer to help you connect your sources. First, take two minutes to brainstorm a list of as many pieces of evidence as you can think of that will be important to your project. Go for volume.

**actual seven minute pause**

Time’s up. Now use the momentum to free write questions that came up for you. See if there are any holes in your research. Think about how your sources connect. Now use those insights to get back to your writing. Writing is a process of thinking. Get into it.

**JS 2**

<https://vimeo.com/138325488>

This is a jumpstart to connect your sources. I find this especially helpful when I am early in research, or when I’m in a later stage of my project and I want to step back and get a big picture. First, take two minutes to brainstorm a long list of all kinds of evidence, specific pieces of evidence that you’ll use in your project. These might be scholarly sources, they might be data, they might be music, they might be literature; whatever you’re using as evidence for your research project.

Then, take five minutes and do another brainstorm but this time choose two to four key pieces of that evidence and brainstorm about them. Make connections. Think of everything you can think of. Go for volume. Use that momentum to get back to your writing. Because writing is a process of thinking.

**JS 3**

<https://vimeo.com/138325858>

This is a jumpstart to help you reconnect with your passion that brought you to your project. When I’m in the thick of writing, sometimes I run into stuck spots and it’s real easy to get into passive mode when I wait till I feel ready to write. But I found that’s it’s really helpful to embrace the idea that “Writing is a Process of Thinking”. And to put that into practice, I put on a timer to create a sense of productive urgency so that I can use writing as a tool to help me work through those stuck spots and in fact embrace them as new areas of new creative possibilities and new ground to break.

So today, we are going to enter a maximum writing generator. Set a timer, get out a piece of paper, and write for seven minutes about your passion, the idea that brought you to your project. What idea you’re really excited about? Doesn’t matter if you’ve written about it before, just go for volume and have fun geeking out on your idea. Then use that momentum, and creative mess you’ve generated, to get back to your writing. Remember, “Writing is a Process of Thinking”, enjoy it.

**JS 3 Timer**

<https://vimeo.com/138325859>

This is a timer for a seven-minute writing burst in the maximum writing generator. Get out a piece of paper, or sit at your computer and just go for volume. Write out your passion idea that brought you to your project. Good luck!

\*seven minutes of writing \*

It’s been seven minutes. You can use these seven-minute bursts whenever you feel your energy flaking. Now use the momentum to get back to your writing. Remember, “Writing is a Process of Thinking”.

**JS 5**

<https://vimeo.com/138325860>

This is a jumpstart to help talk out your ideas. Something that I found especially helpful when I need to jumpstart my own writing process is to talk it out. So today, you’re going to take five minutes for a kind of verbal free write to explain your idea, or one part of it, in normal speech. You can do this with someone and if you do, ask them to repeat back to you what they heard you say. But you can also do it alone. Sometimes I stand in front of my computer and type as fast as I can as the words come out of my mouth. Sometimes, I use a recorder to catch my verbal free write. Sometimes I play instrumental music in the background just to have some noise.

Whatever your method, make sure you talk for the full five minutes. Some people say that it’s when they move past the point they want to stop that they break new ground. Now, at the end of the five minutes, take a few minutes and immediately capture those insights in writing with a free write. Then use that momentum to get back to your writing. Talk out your ideas to use writing as a process of thinking.

**JS 6 Timer**

<https://vimeo.com/138326137>

This is a five-minute timer to help you talk and listen to synthesize your big ideas. With a friend, and with a couple of pieces of paper and pens, take three minutes to talk out your idea or one part of it to your friend in normal speech. Make sure that they are taking notes, or even a mind map as they listen to what you say.

\* five minutes of writing \*

Time’s up. Now go ahead and switch roles of talking and listening. Have your friend tell you what stood out to them; what big ideas are they hearing you say. Have them synthesize and make sure you take notes on what stood out to them.

\* two minutes of writing \*

Time’s up. Now take a few minutes and capture in writing the insights that you in writing what stood out to them, what questions came up for you, and what new insights you have from talking out your ideas. Now use that momentum to get back to your writing.

**JS 6**

<https://vimeo.com/138326138>

This is a jumpstart, to talk and listen to get to new insights. This jumpstart is especially helpful to step back from your project and get a new perspective and help synthesize your big ideas. You’ll need someone to talk with and a couple of pieces of paper and pens.

First, take three minutes and use the whole time to talk out your idea to your friend. Also, take notes as they listen to you and not interrupt. Then, they’ll have two minutes to synthesize and repeat back to you what are the main ideas they heard you say. They should help you take that step back and not get stuck in the details. As you listen, make sure you take notes about what they say then you can use a few minutes of free writing to capture that synthesis. Writing is a Process of Thinking and it can be a collaborative one too.

**JS 7 Timer**

<https://vimeo.com/138327760>

This is a seven-minute timer to ask questions about your project. First, take two minutes to brainstorm all the questions that come to mind, push yourself to think of as many questions as you can. Go for volume.

\* two minutes of writing \*

Alright, now take five minutes, choose one of those questions you want to engage with and free write an answer to that question or many answers to that question, for a full five minutes.

\*five minutes of writing \*

Time’s up. Now take a few minutes, and free write notes to yourself; what questions came up for you? Remember “Writing is a Process of Thinking” and it’s enriched by many different perspectives.

**JS 7**

<https://vimeo.com/138327761>

This is a jumpstart to ask questions to get perspective and harness feedback. When we’re deep in our research projects, it can be easy to forget to look at our questions from other perspectives. Sometimes we get feedback that challenges our point of view and can be hard to know what to do with it. So today, you are going to take two minutes to brainstorm questions that challenge your project in some way. Be speculative, be wild, ask new questions, ask dumb questions, go for volume for a full two minutes. Then, choose one question that you want to engage with and take five minutes to free write an answer. Again, be speculative, silence that inner critic, just go for volume and engage with the question. Then, take a few minutes to free write your reflections and insights that came from this process. Remember, “Writing is a Process of Thinking”.

Sometimes it’s uncomfortable, but it’s always worth it.

**JS 8**

<https://vimeo.com/138327762>

This is a jumpstart to help you discover the significance of your ideas. At the end of a project, people might ask you, so what’s the significance? For me, that question strikes terror into my heart. So I found it very helpful to talk it out at multiple different times in multiple different ways. So today, you are going to do a verbal free write for five minutes. And you’re going to focus on two questions, why do you care about your project? What’s it’s significance to you? And what will it help your readers think about differently? It’s a verbal free write so use the full five minutes. You can do it with someone, and if you do ask them at the end what did you hear me say? What did you think were my main points? Or you can do it on your own and use a recorder to capture your insights. You might do it multiple times. Remember, “Writing is a Process of Thinking” and it doesn’t have to be so scary.

**JS 8 Timer**

<https://vimeo.com/138328376>

This is a five-minute timer to help you discover the significance of your ideas. For five minutes, talk out your ideas. Why do you care about your project? What will it help you readers think about differently? Capture your thoughts with a recorder or through a friend. Good luck!

\*FIVE MINUTES OF WRITING \*

Times up. Now take a few minutes and free write for yourself to capture those insights and use them to get back to your writing. Remember, “Writing is a Process of Thinking”.