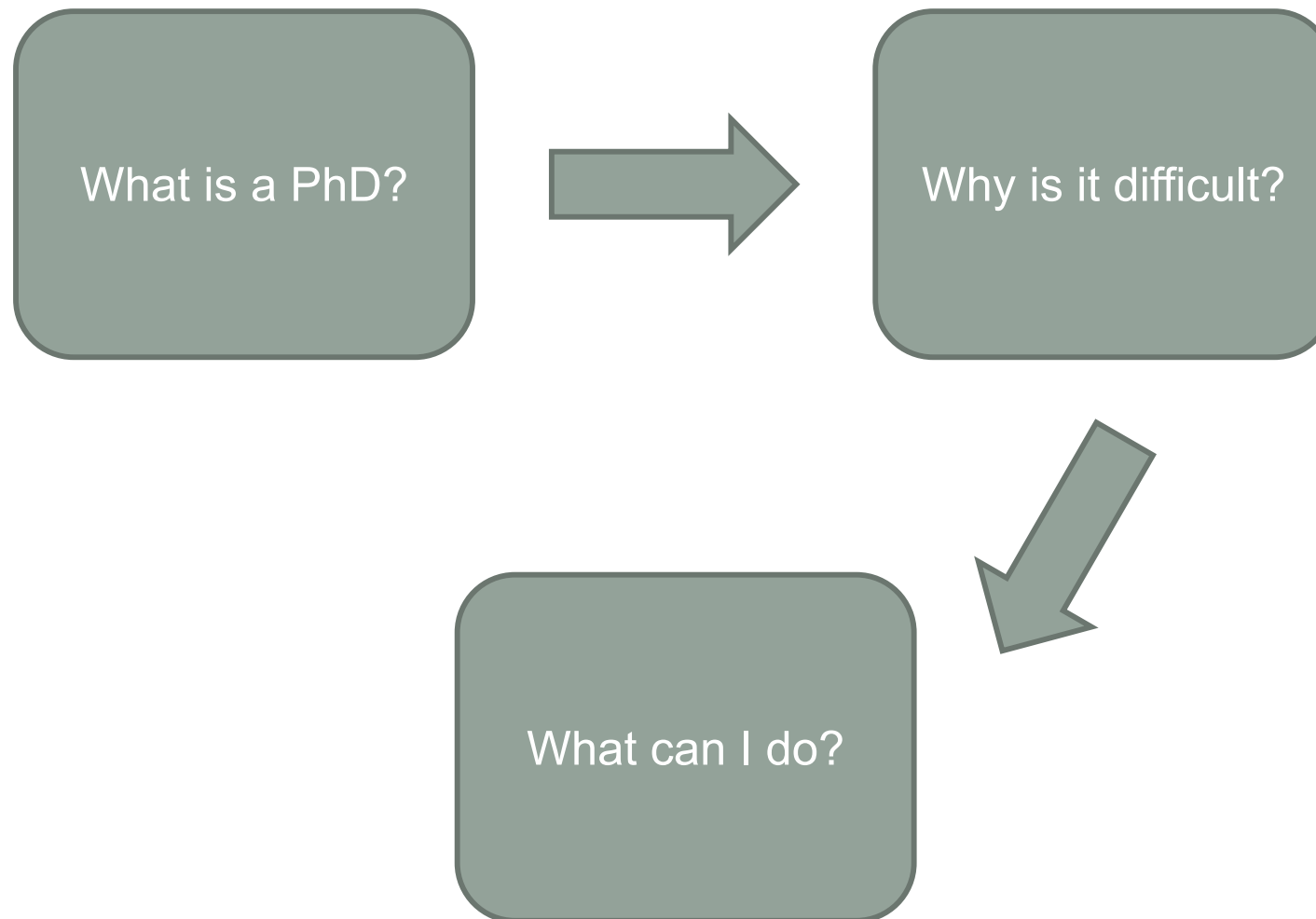


THE ACADEMIC SWISS ARMY KNIFE FOR “HOW TO GET IT DONE”

- And why a PhD is the toughest job around





About me – the dusty resumé

- 2018 - Associate Professor
 - Computer Science and Informatics
- 2014-2018 - Assistant Professor
 - Computer Science and Informatics
- 2010-2014 – PhD.
 - Computer Science and Informatics
- 2009-2010 – Hopelessly frustrated with how practice works'
- 2003-2009 - Cand.Comm
 - Computer Science and Communication

Overall Research Focus:

Everything that includes where people and tech meet

Right now:

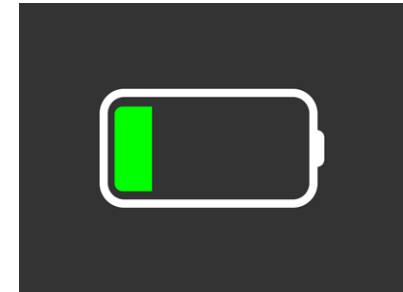
- Green IT solutions
- Process Improvement
- IT architecture
- Facilitation of learning with people through IT

Publication list:

- ~30
- <https://forskning.ruc.dk/da/persons/magnuha/publications/>



What gives me energy?



- This!
- Facilitating processes with and for people
- Inspiring people
- Showing, trying and evaluating tips, tricks and treats!
- Like today!
- Tested and tried on:
 - Writing seminars for bachelor, master and PhD students (2014-2019)
 - In practice for project managers (2017)

What changed my academic life

That's Interesting!

Towards a Phenomenology of Sociology
and a Sociology of Phenomenology

MURRAY S. DAVIS

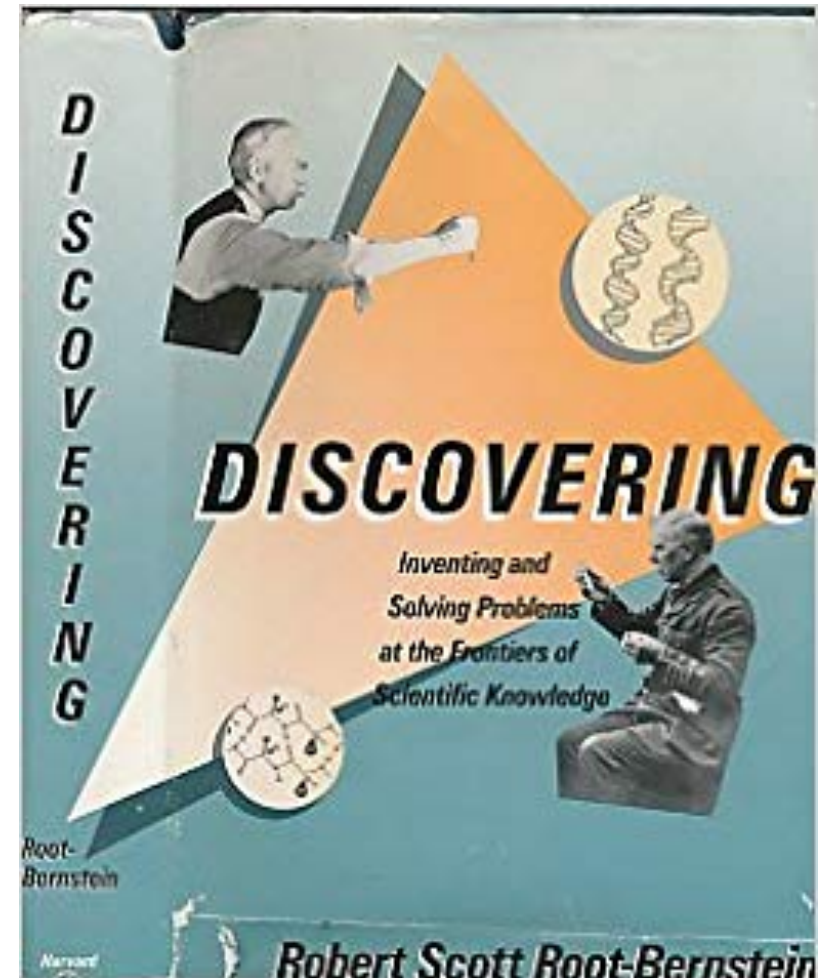
SUMMARY

QUESTION: How do theories which are generally considered *interesting* differ from theories which are generally considered *non-interesting*? **ANSWER:** Interesting theories are those which *deny* certain assumptions of their audience, while non-interesting theories are those which *affirm* certain assumptions of their audience. This answer was arrived at through the examination of a number of famous social, and especially sociological, theories. That examination also generated a systematic index of the variety of propositional forms which interesting and non-interesting theories may take. The fertility of this approach suggested a new field be established called the *Sociology of the Interesting*, which is intended to supplement the Sociology of Knowledge. This new field will be *phenomenologically* oriented in so far as it will focus on the movement of the audience's mind from one accepted theory to another. It will be *sociologically* oriented in so far as it will focus on the dissimilar base-line theories of the various sociological categories which compose the audience. In addition to its value in interpreting the social impact of theories, the Sociology of the Interesting can contribute to our understanding of both the common sense and scientific perspectives on reality.

PART I: INTRODUCTION

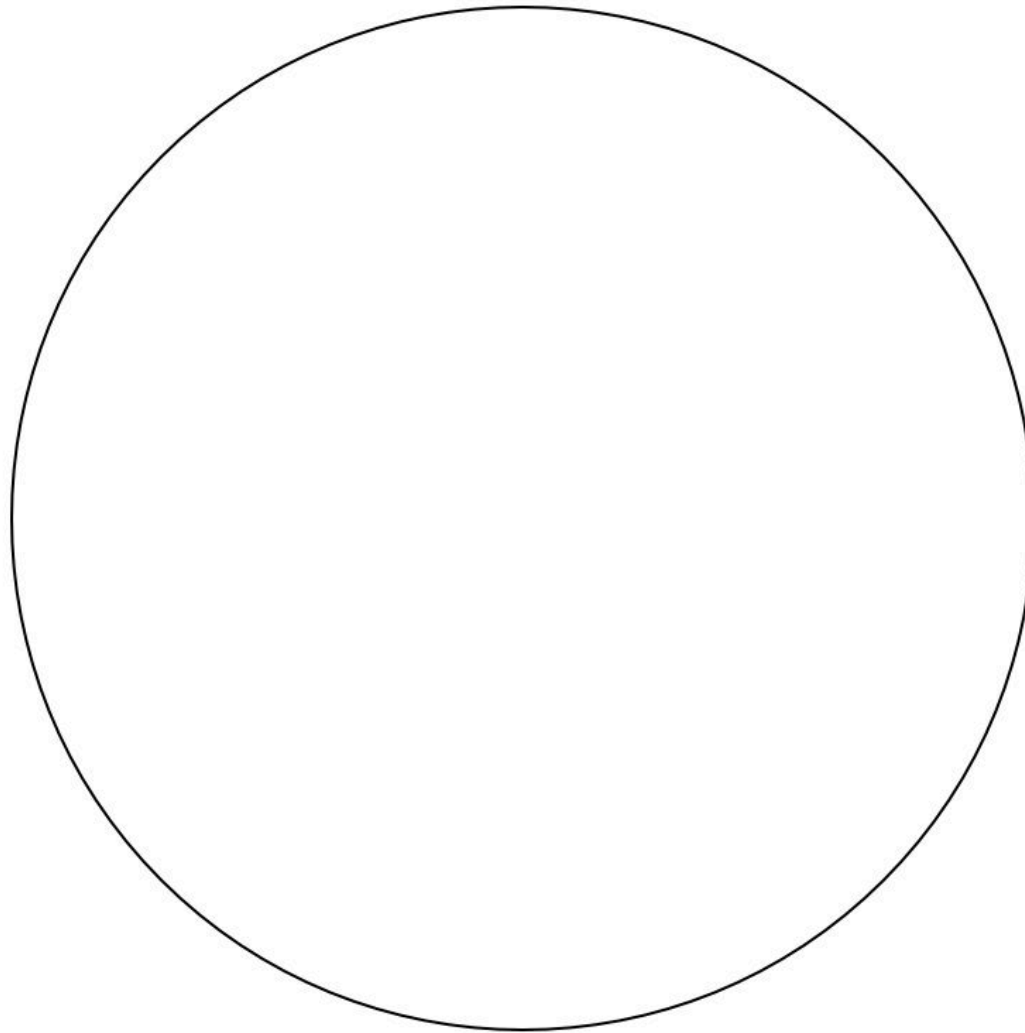
It has long been thought that a theorist is considered great because his theories are true, but this is false. A theorist is considered great, not because his theories are true, but because they are *interesting*. Those who carefully and exhaustively verify trivial theories are soon forgotten; whereas those who cursorily and expediently verify interesting theories are long remembered. In fact, the truth of a theory has very little to do with its impact, for a theory can continue to be found interesting even though its truth is disputed—even refuted!

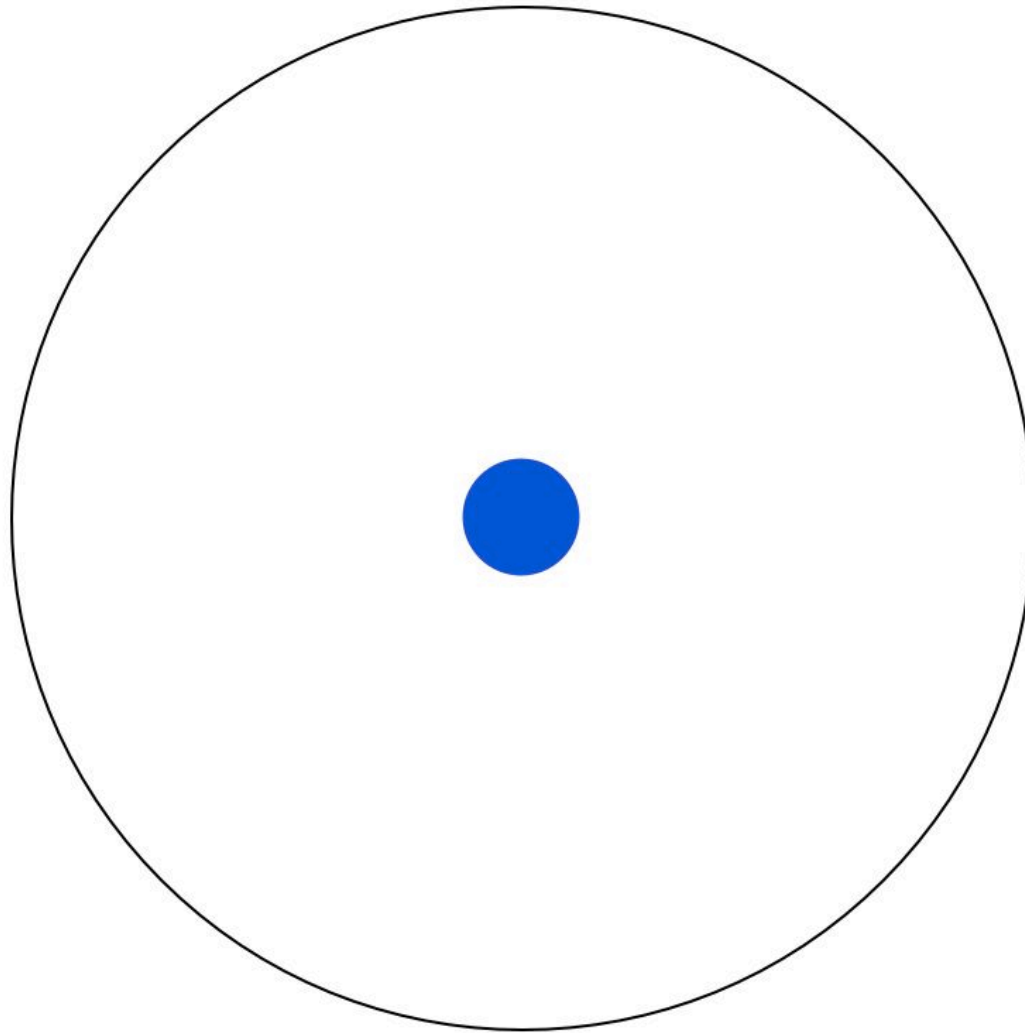
Since this capacity to stimulate interest is a necessary if not sufficient characteristic of greatness, then any study of theorists who are considered great must begin by examining why their theories are considered interesting—why, in other words, the theorist is worth studying at all. But before we can attempt even this preliminary task we must understand clearly why some theories are considered interesting while others are not. In this essay, I will

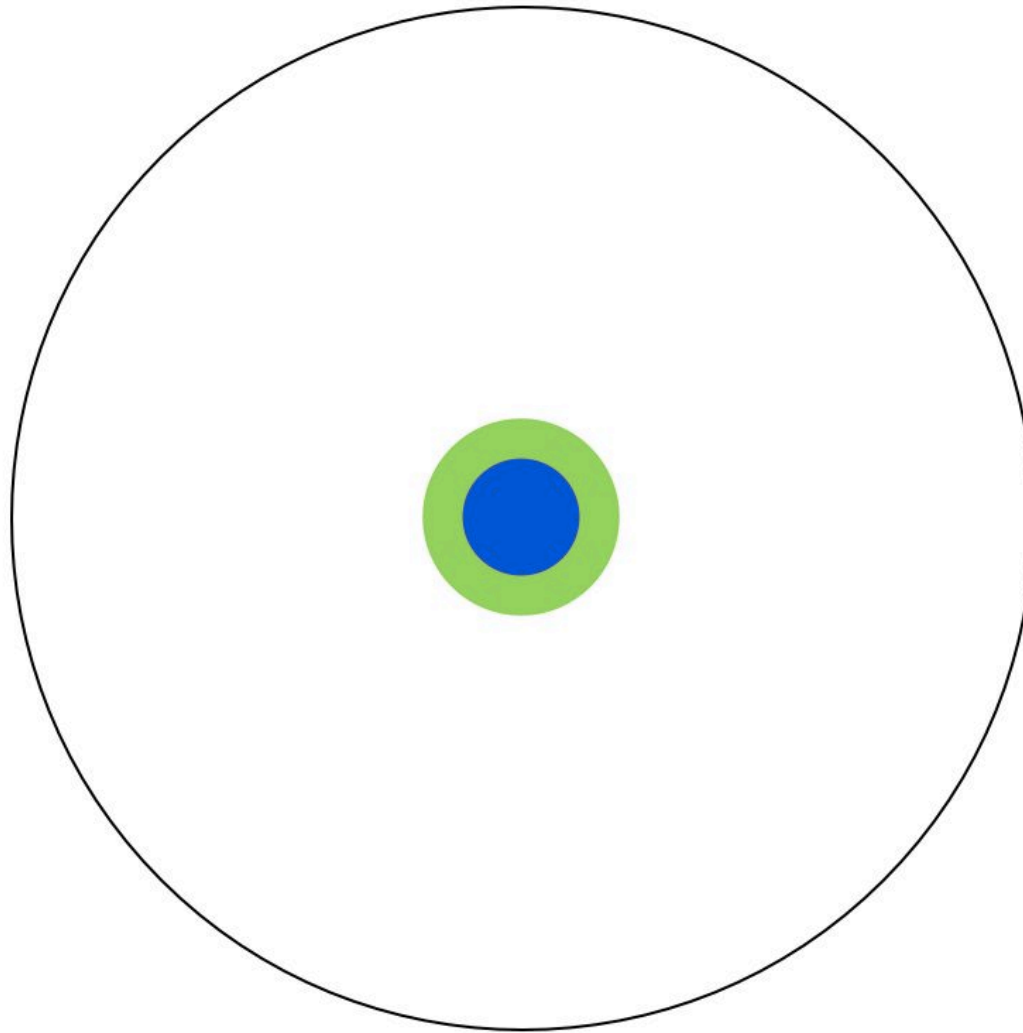


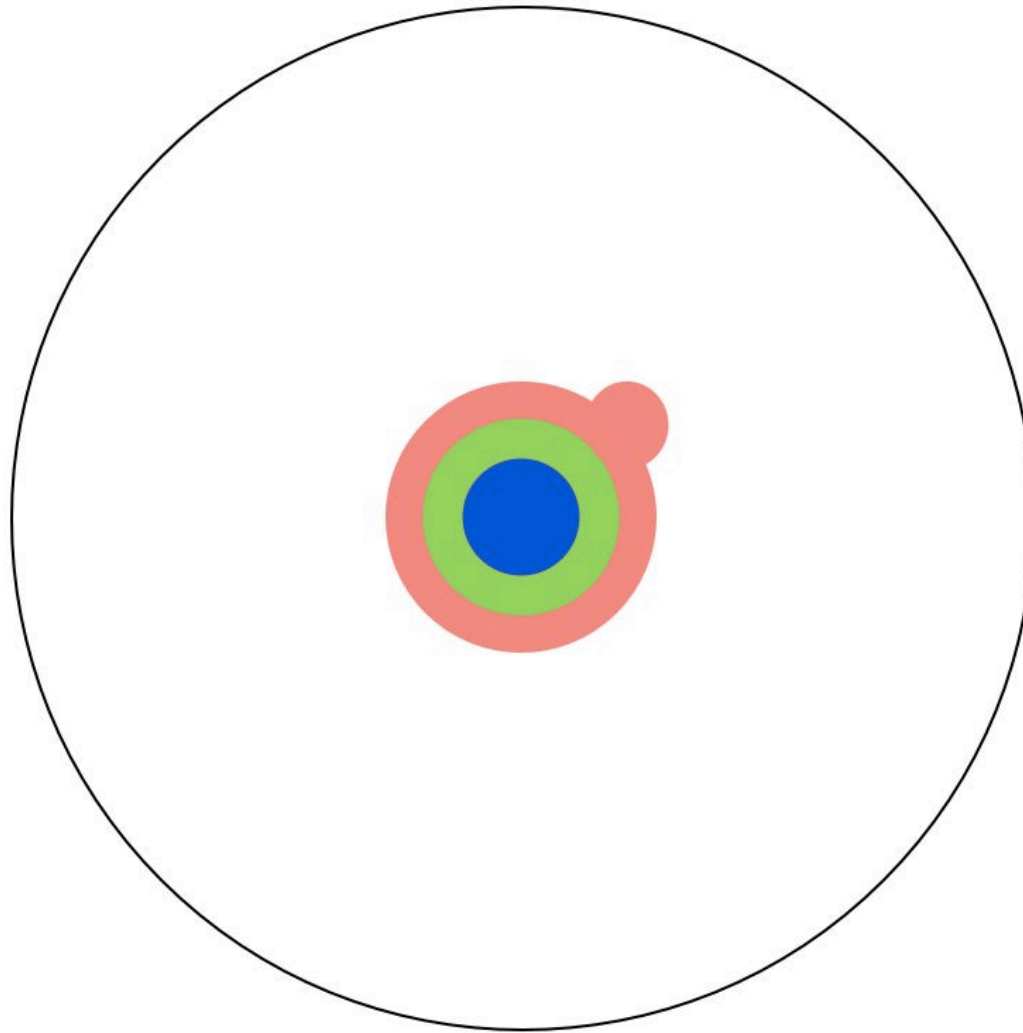
THE ILLUSTRATED GUIDE TO A PHD

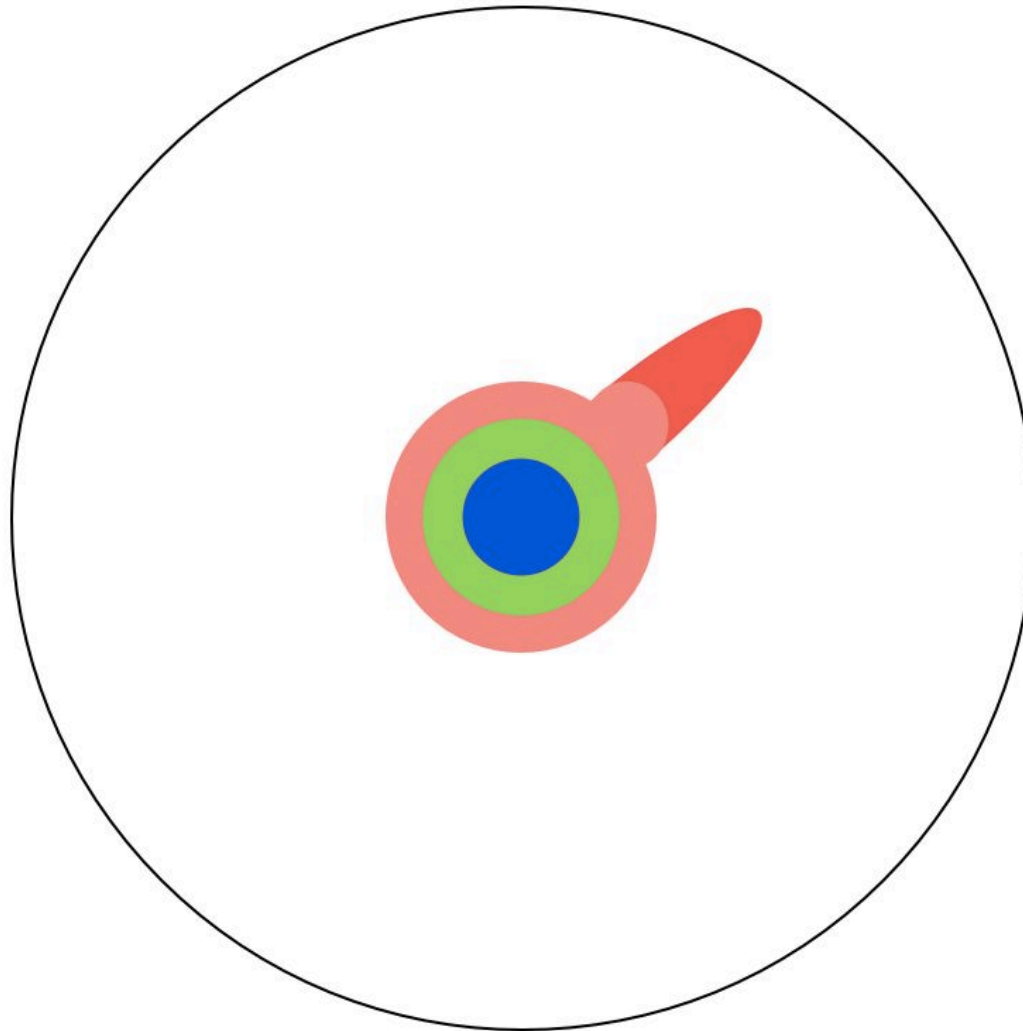
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<http://matt.might.net/articles/phd-school-in-pictures/>

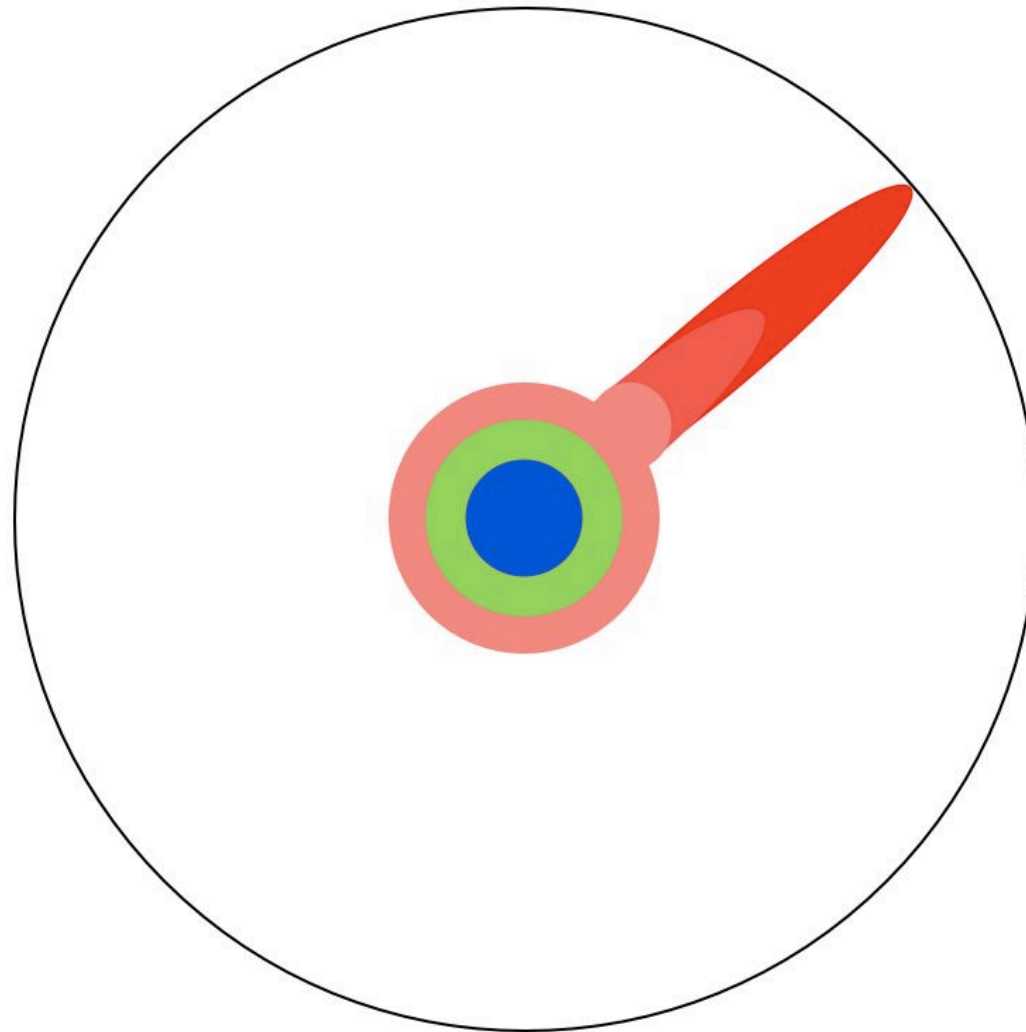


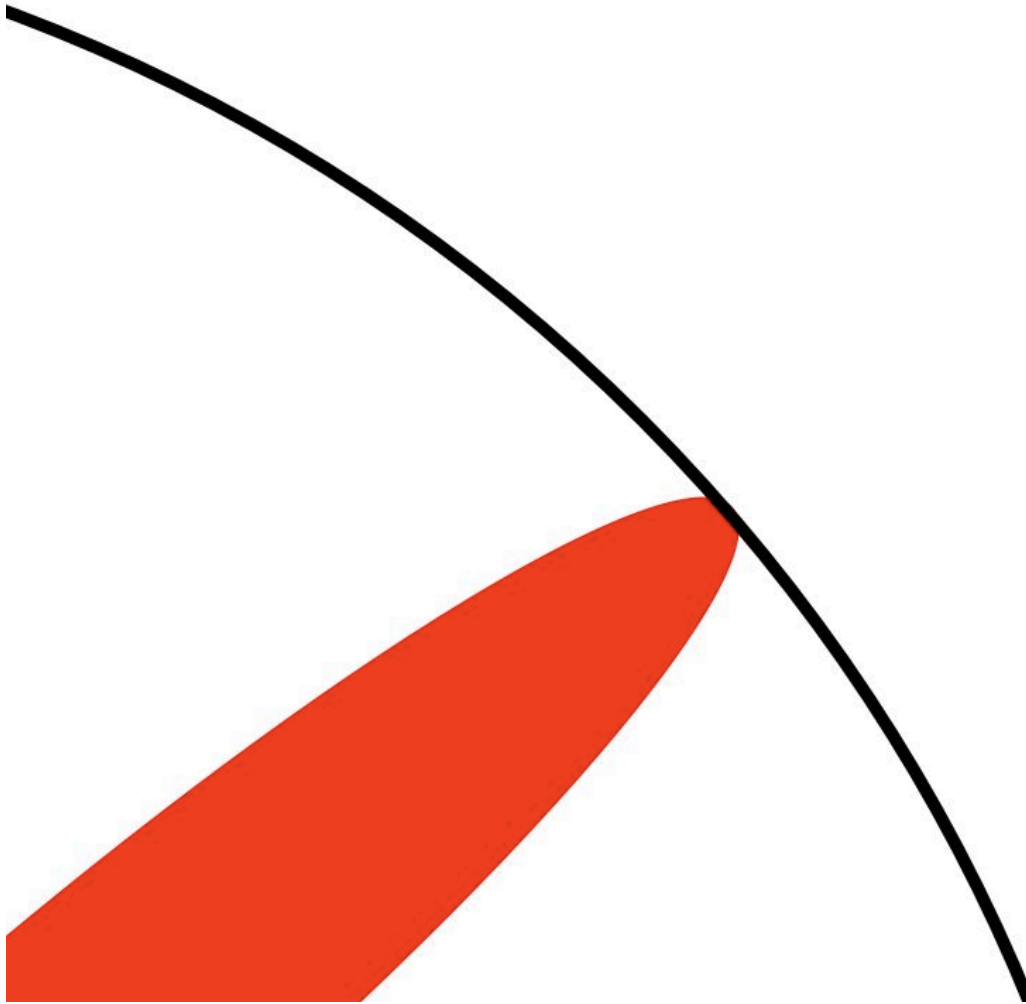


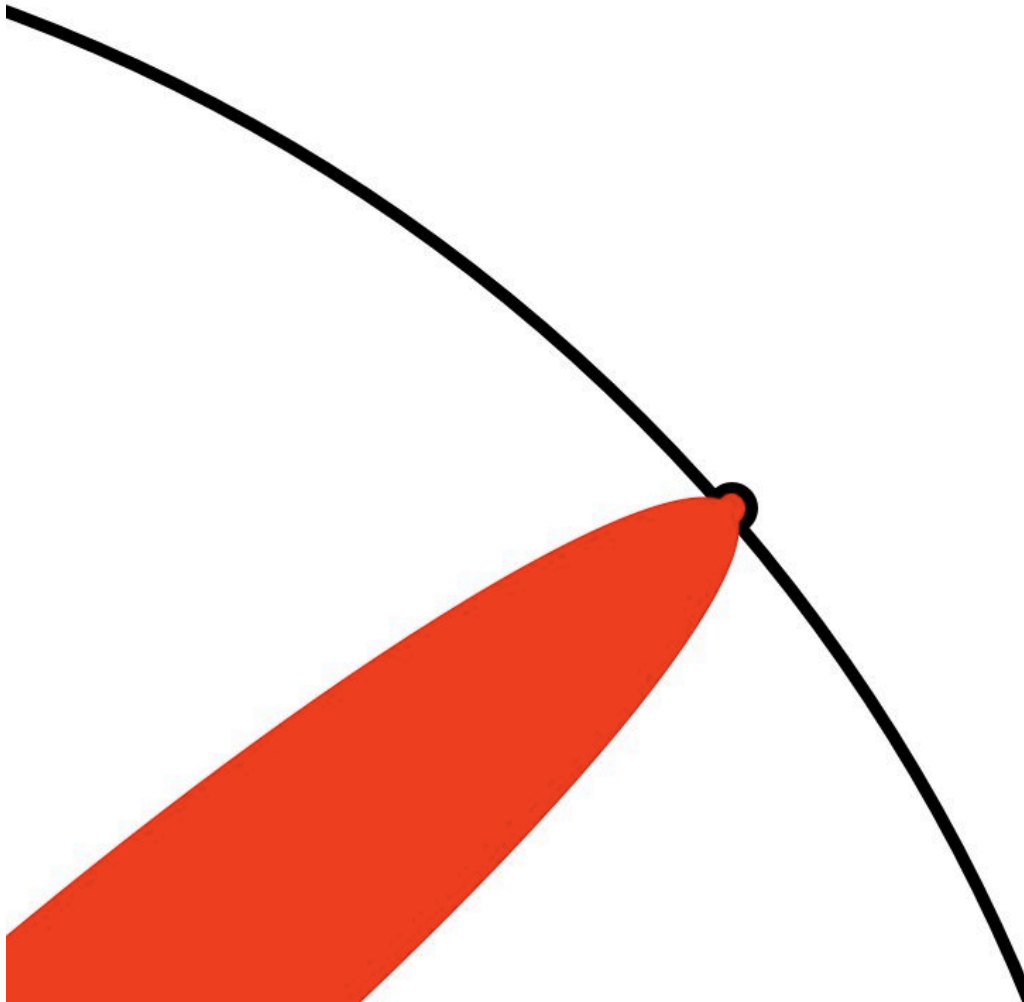


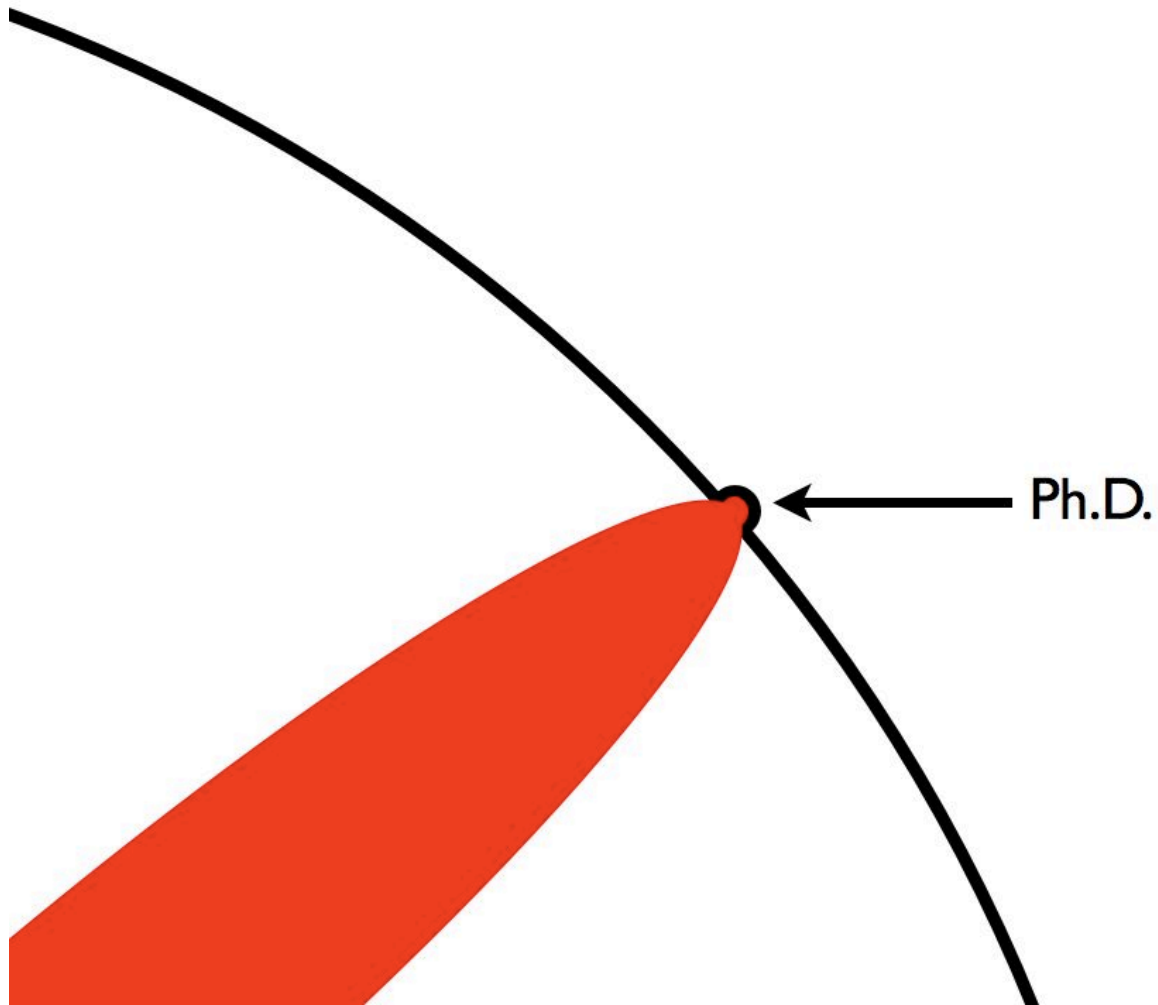




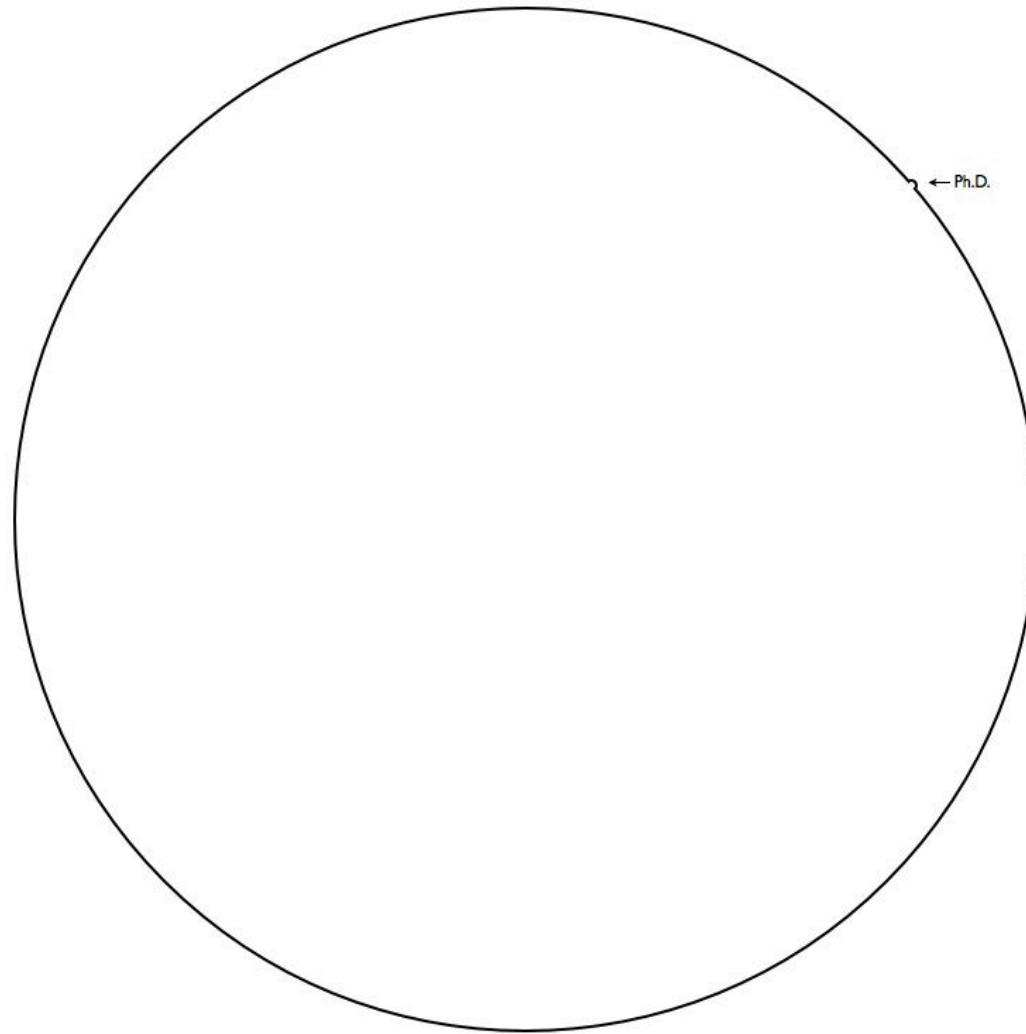












Don't forget the big picture...

Being a PhD student is easy, just like riding a bike

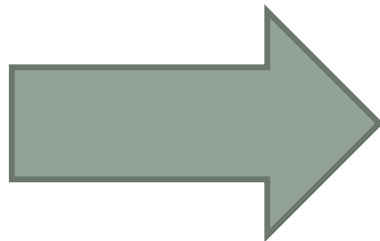
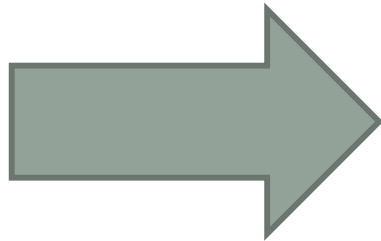


BUT WHY IS THE BIKE ON FIRE?

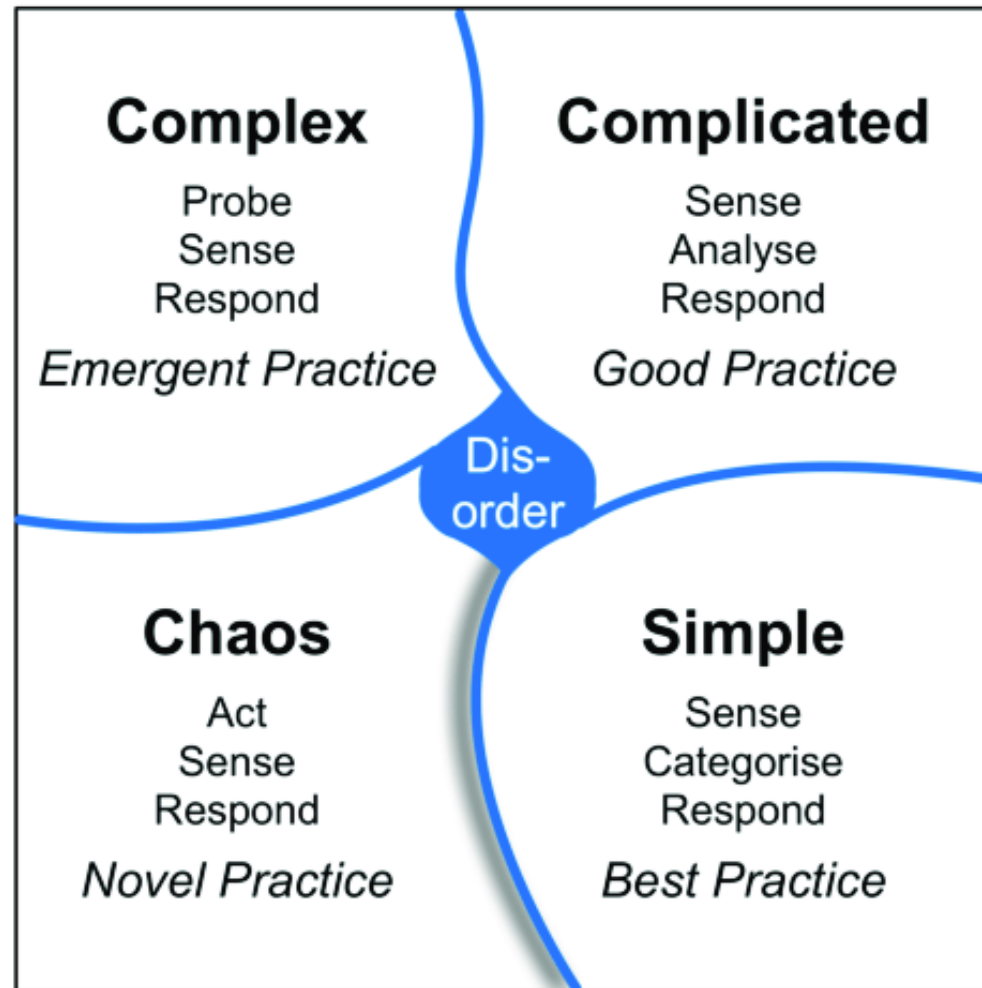
BECAUSE IT'S COMPLEX

And rarely just “complicated”

At some point, you will
end up here



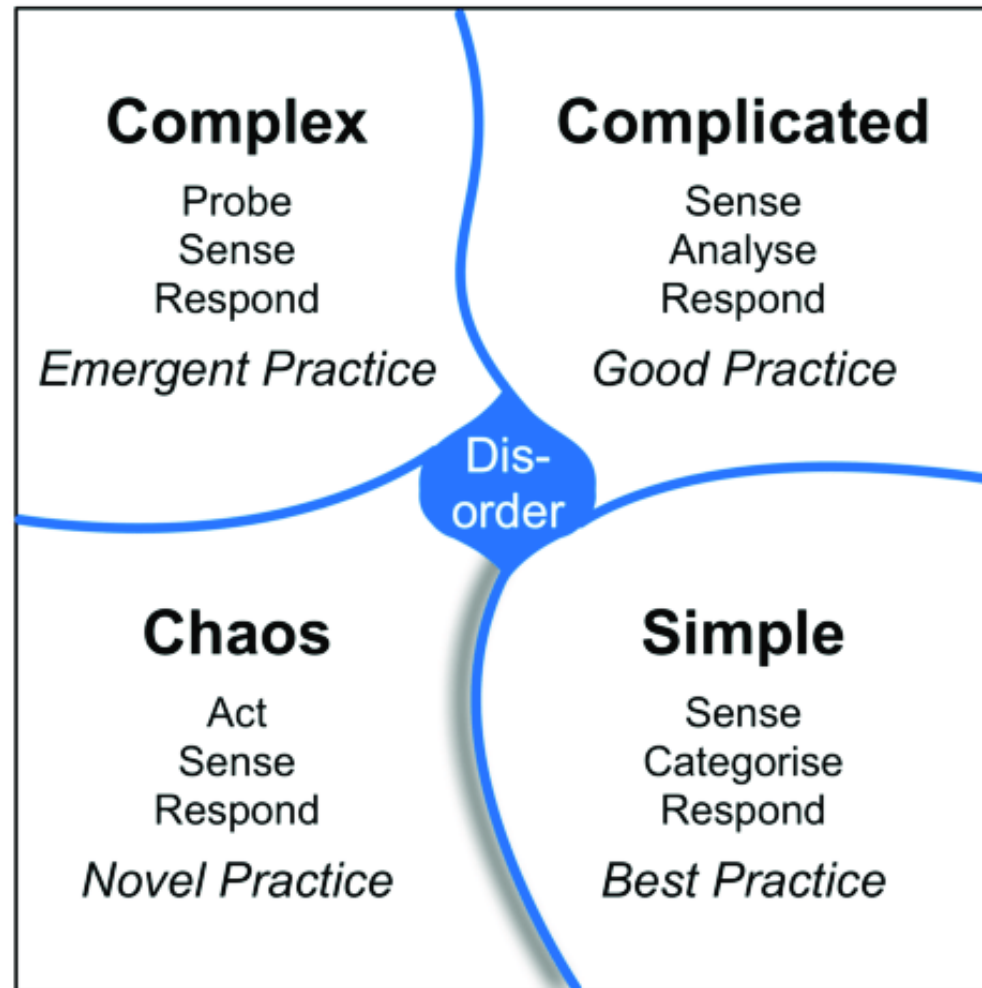
And stay there for a
long while...



The Cynefin framework (Snowden, 2000)

It means you need to
ACT and DO

...something.



The Cynefin framework (Snowden, 2000)

WHY WE (DON'T) JUST ACT



Two systems of thought

- System 1: Intuition, instinct, quick and easy fixes and actions
- System 2: our conscience, rational contemplation, morals, long-term thinking

(Kahneman, 2013)

So what can we do?

WRITING IS A PROCESS

(Not a product that determines your failures as a human being...)

"Bird by bird, buddy. Just take it bird by bird."

- Giant tasks are completely impossible to get a grasp on
- It will scare us into thought system 1
- Break it down, bird by bird

Produce MANY. SHITTY. FIRST DRAFTS.

And then find the gold nuggets hidden in there.

(Lamott, 1994)

Examples of removing system 1 “choices”

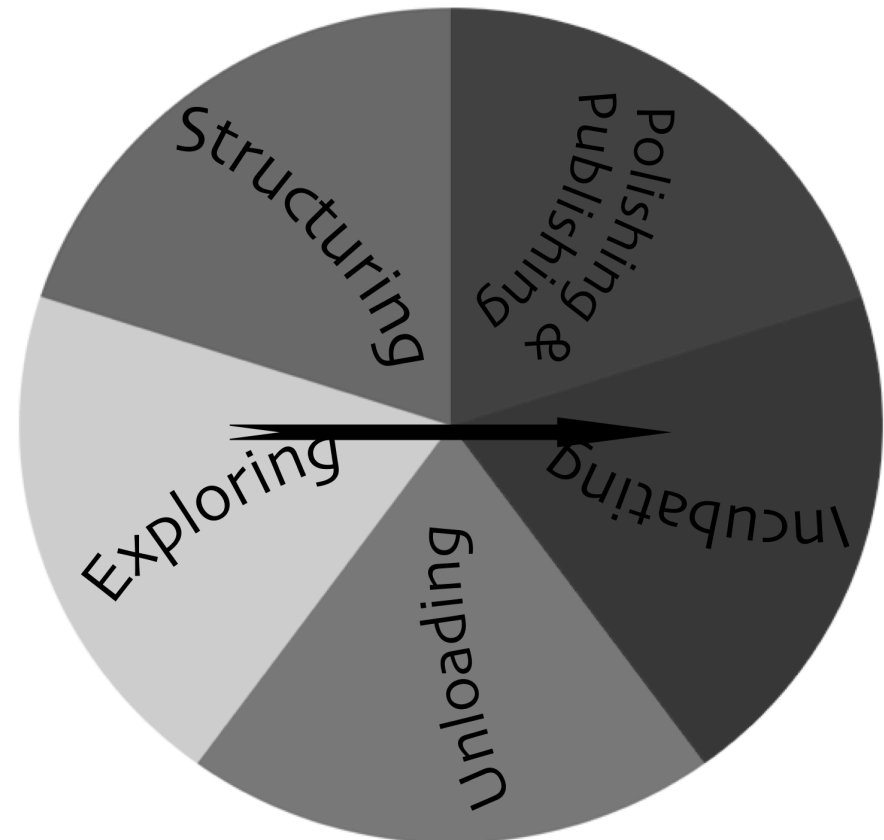
- Open up THE document so it is the only thing open when you meet in the morning or when returning from break.
- Write down what you are about to do, **and do it**.
- Make an arrangement with your fellows.
- Explain to your brain that you just have to write “meta” text about what you are going to write about.
- Have a cookie. But only when you have done the above.

THE WRITER'S WHEEL

Modes we all engage in when writing

5 “modes” of writing

- Exploring
- Unloading
- Incubating
- Structuring
- Polishing and publishing



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Exploring

Freewriting

Finding a topic

Searching for literature

Reading

Taking notes

Brainstorming

Listing

Finding a focus

Unloading

Babbling
(un-monitored speaking)

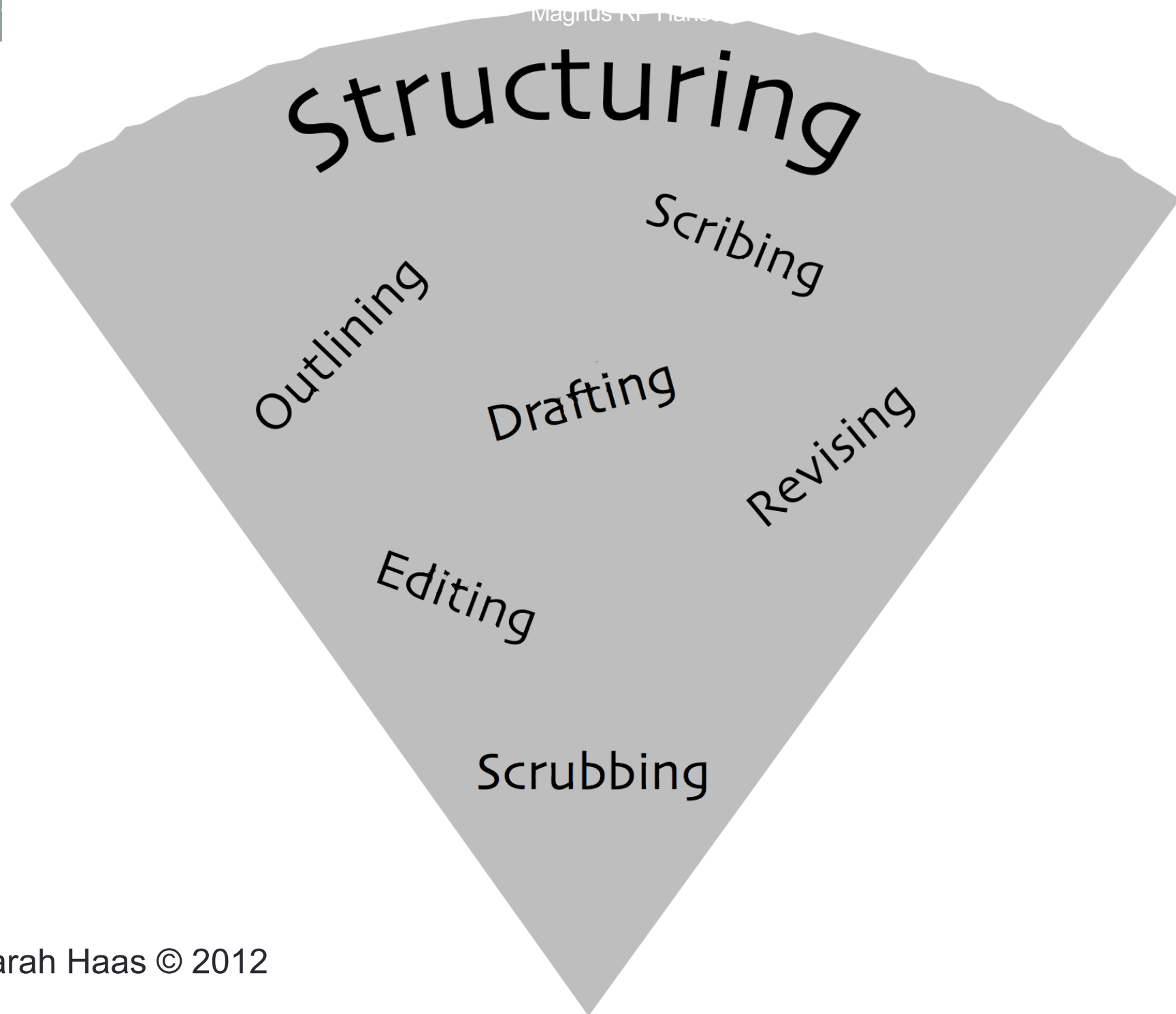
Scribbling
(un-monitored writing)



Incubating

Ruminating
(conscious)

Steeping
(subconscious)



Polishing & Publishing

Waiting for evaluation

Printing out

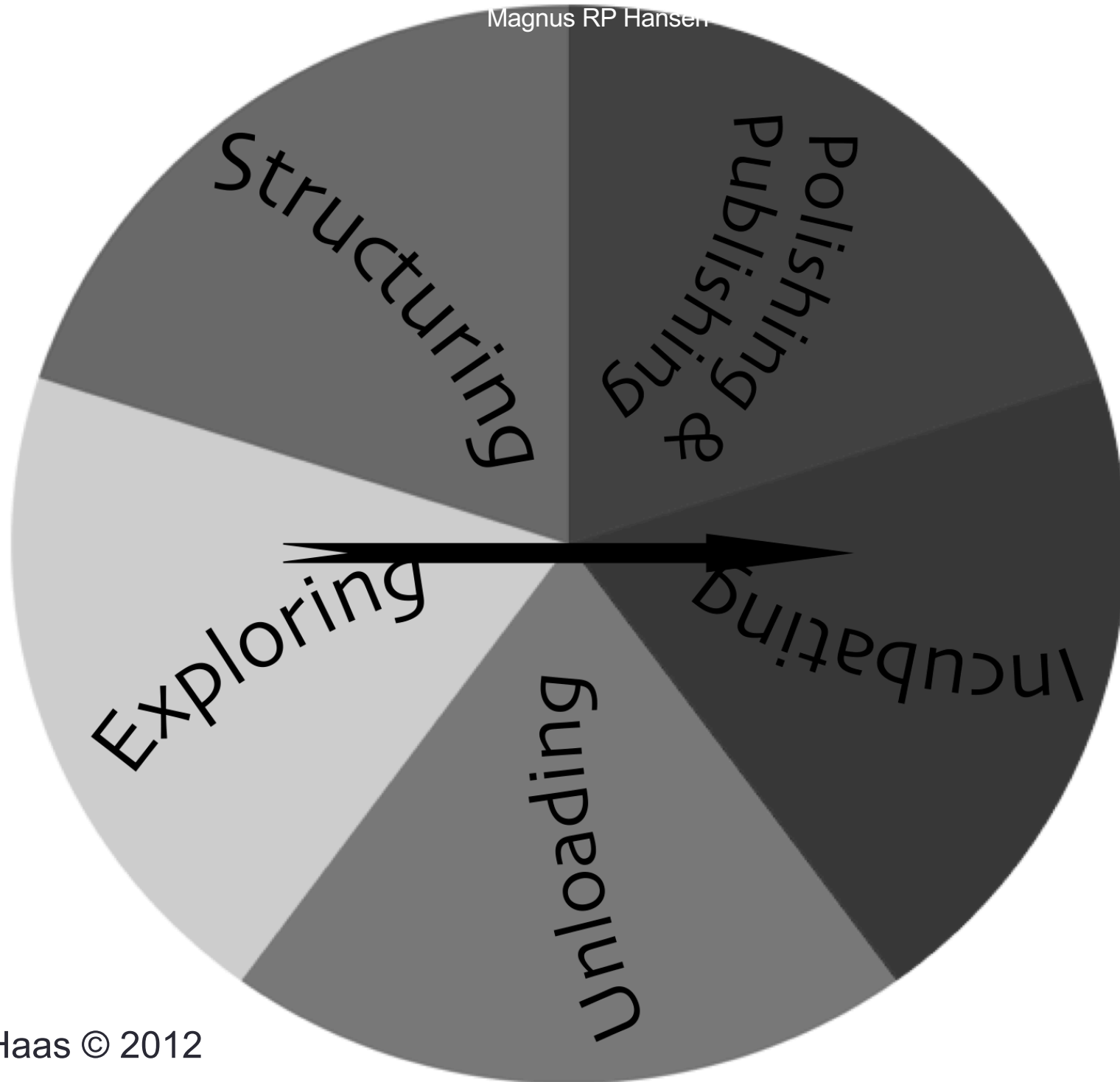
Making graphs & charts

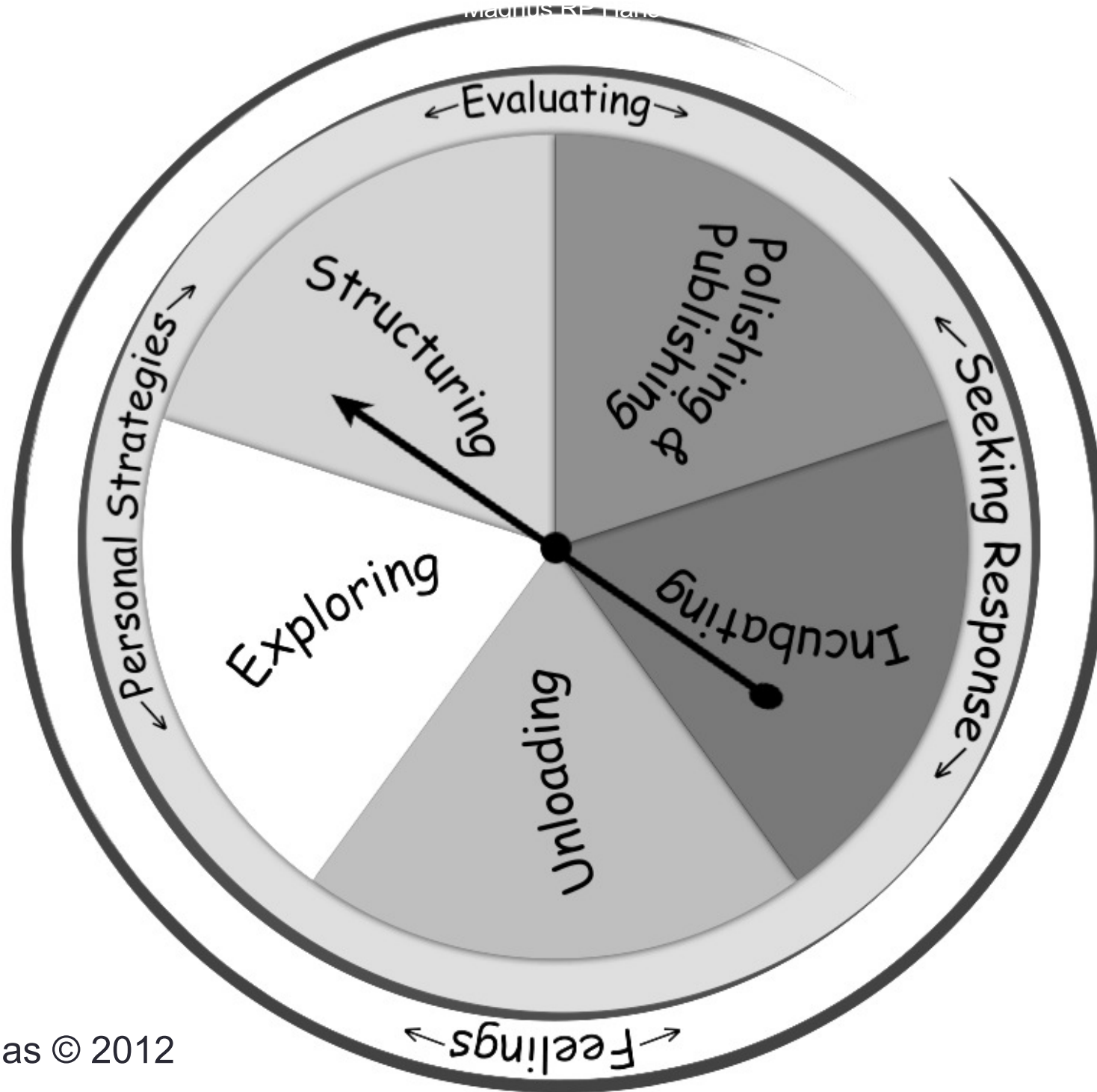
Making it look pretty

Being evaluated

Submitting

Copy editing





What the Model is Not

- A prescriptive model of what should happen
- An as-is exportable model to impose
- An excuse for procrastinating
- An excuse for submitting rubbish



TECHNIQUES FOR GOOD HABITS

Don't break the chain

Nov - Dec

S	M	T	W	Th	F	Sa
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6
7	8	9	10	11	12	13



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CAFE LIBRARY



Morning Murmur

A gentle hum gets the day started



Lunchtime Lounge

Bustling chatter of the lunchtime rush



University Undertones

The scholarly sounds of a campus cafe



Paris Paradise

Energizing ambience from the City of Light



Brazil Bistro

The musical chatter of a Brazilian coffeehouse



Texas Teahouse

Hefty sounds from a big state



Welcome to Coffitivity!

Coffitivity recreates the ambient sounds of a cafe to boost your creativity and help you work better.



Our coffee shop sounds are supported by science and backed by a community of creative people using the app every day. Coffitivity is the perfect addition to your workday arsenal!



Pomodoro



- For those nasty tasks that you just can't seem to get started on!
- Write down what you want to work on on a piece of paper
- Set an egg timer to 25 minutes
- Make sure that the timer makes a ticking sound
- After 25 minutes, take 5 minutes of break
- Rinse and repeat until you're done!

Evolving the Pomodoro for academics

- For academics, take a full 45 minutes
- Create a writing group (virtual or physical)
- Have “rolling” meet-ups where anyone can check in
- Make sure to WRITE down and explain your writing goal for the 45 minutes!
- Scribbling and babbling is a way to **unload!**

Scribbling

Use as finger muscle warm-up for 5 minutes

- Open a new, blank document
- Scribble away anything that takes up space and resources in your head
- Ideally you want to end up with an idea of what your goal is for the next hour
- Go!

Setting manageable goals



- (S)pecific
- (M)easurable
- (A)ttractive
- (R)ealistic
- (T)ime-boxed

So:

- Is the bike still on fire?

References

- Davis, M. S. (1971). That's Interesting!: Towards a Phenomenology of Sociology and a Sociology of Phenomenology. *Philosophy of the Social Sciences*, 1(2), 309–344.
- Kahneman, D. (2013). *Thinking, Fast and Slow*. Farrar. New York: Farrar, Straus and Giroux.
- Lamott, A. (1994). *Bird by Bird – Some Instructions on Writing and Life*.
- Root-Bernstein, R. (1989). *Discovering*.
- Snowden, D. (2000). Cynefin, a sense of time and place: an ecological approach to sense making and learning in formal and informal communities.

TIPS FROM THE TRENCHES

Shared knowledge

Productivity and ambience

- <http://www.rainymood.com>
- <https://coffitivity.com>

Links to tips and productivity:

- <http://lifehacker.com/write-morning-pages-by-hand-every-day-to-boost-productivity-1623157620>
- <http://lifehacker.com/david-foster-wallaces-best-productivity-tricks-1566248566>
- <http://lifehacker.com/5886128/how-seinfelds-productivity-secret-fixed-my-procrastination-problem>
- <http://lifehacker.com/productivity-101-a-primer-to-the-pomodoro-technique-1598992730>

Books:

- David Allen: “Getting things done”

Inspiring videos:

- David Wallace - this is water:
• <https://www.youtube.com/watch?v=8CrOL-ydFMI>
- Kathryn Schulz - being wrong:
• <http://ed.ted.com/lessons/on-being-wrong-kathryn-schulz>
- Paul Silvia - how to publish a lot and still have a life:
• <http://youtu.be/DeVjXINr5Wk>

Apps for productivity:

- Internet off (windows and mac):
- <https://macfreedom.com>
- <http://www.techhive.com/article/2045816/9-apps-to-shut-up-the-internet-and-get-back-to-work.html>
- <https://www.omnigroup.com/omnifocus>