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Why I can't get any academic writing done?

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My previous head of department, Professor Elizabeth Russell, used to say that we prioritise the urgent, but not necessarily the important issues in our everyday academic life. As a consequence of this we never had time to sit down and think before we started writing academic papers. One of the important parts of academic life (not just in the eyes of RAE assessors) thus always came last. I have tried to list all the urgent things that have stopped me over the years from writing in the table below.

	Days used	Days left
One year		365
Holidays	38	327
Weekend days	104	223
Attending conferences (plus travel)	6	217
Invigilating exams:	3	214
PhD / MSc examining	2	212
Face-to-face teaching	20	192
Supervision of students	20	172
External examining (plus travel)	11	161
Preparation for teaching	25	136
Marking (double marking)	10	126
Writing exam questions	3	123
Staff meetings	4	119
Advising meetings	1	118
Course meetings	5	113
Staff student liaison meetings	1	112
Postgraduate committee meetings	2	110
Other committees	7	103
Advising students	15	88
Admissions	10	78
Away Days	2	76
Writing research grant proposals	20	56
Review articles/ books/ proposals	5	51
References for students/staff	3	48
Update handbooks	2	46
Correspondence	10	36
Invited guest presentations	2	34
Emails	10	24
Library orders	2	22
Write course evaluation reports	4	18
Student support (non-acad.)	5	13
Courses professional development	4	9
Other academic committees	3	6
BSA Medical Sociology Group	4	2
Work with outside agencies	2	0
Attend seminars	5	-5
Interviewing/ new staff	4	-9
Supervision/support staff	5	-14
Travel between university sites	2	-16
Searching library	1	-17
Graduation ceremonies	2	-19
Trade Union meetings	1	-20
Common cold etc.	2	-22
Any other unpredicted events	?	?
Days left for writing papers????	?	?