



## University of Vermont Graduate Writing Center Progress and Pace Check-In

How do you know if you are making progress toward your writing goals and at the appropriate pace?  
Use this self-assessment to check in with yourself:

Am I moving forward or am I stuck on the same chapter/section? Why?

What keeps me going? What slows me down?

Am I writing as much or more than I am deleting or editing?

Have I checked in with my advisor about my progress?

Have I mapped out a timetable or schedule? If yes, does it need adjustment?

Use your responses to assess your progress and pace and to make any needed adjustments.

Another technique to identify and overcome obstacles to progress is to write down every excuse you could make for not writing, then write a rebuttal for each excuse.

Example:

- **Excuse:** I have too much lab work to get any writing done today.
- **Rebuttal:** I will have at least three twenty-minute breaks while gels are running and can use those times to sketch my methods section.

Adapted from  
*The Dissertation Journey* by Carol M. Roberts  
*Writing Your Dissertation in Fifteen Minutes a Day* by Joan Bolker