**Academic Isolation vs. Integration  
How to become an active member of your research field**ACTION PLAN TO FOSTER INTEGRATION

**1. Individual Integration Strategies**

*Specify in the table below how you can work individual to gradually become better integrated in your research community*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Type of individual strategy** | **What strategies I have usedWhat strategies I have used** | **What strategies I want to try** | **Actions in 3 weeks time** | **Actions in 6 weeks time** |
| **Intellectual** |  |  |  |  |
| **Network** |  |  |  |  |
| **Communication** |  |  |  |  |
| **Technological** (enabling tools) |  |  |  |  |

**2. Collective Integration Strategies**

*Research collectives help develop academic integration in many ways: accessing learning resources and creating learning experiences, developing fruitful collaboration networks, demonstrating productivity, creating a support network. They are also opportunities to make friends and help keep balance in difficult times.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Type of academic groups** | **Group description** | **Recruitment** | **Group rules** | **Actions in 3 weeks** | **Actions in 6 weeks** |
| **Reading group**: collective meeting regularly to discuss academic articles from your research community | *Describe for example*  *- activities*  *- group size*  *- frequency of meeting*  *- outputs*  *- meeting space (online and or offline)* | *Which profile of participants is relevant to the group: level of experience, discipline, expertise, ...*  *Where will you recruit participants from: your university, your research community, or other research communities?*  *How will you contact them: facebook group message, email to your contact, informal conversation with friends...*  *Who will you recruit:write names of the specific people you already have in mind as relevant.* | *Which rules will the group follow - e.g. induction, attendance, taking breaks from the group*  *More on this here: xxxxxx* |  |  |
| **Feedback group** (add description from stanford group) |  |  |  |  |  |
| **Shut up and write groups**: collective meeting to write their own research at the same time. They can also be places to share writing tips |  |  |  |  |  |
| **Academic publishing group:** a network of academic commit to working on publishing together a number of projects. Members rotate in the leading role. |  |  |  |  |  |
| **Writing retreat**: a group of researcher meet up in the same place to live together for several days. The time spent working is focused on writing a paper. The time off work is mixture of free time on your own and moments to share and connect. |  |  |  |  |  |
| (...) |  |  |  |  |  |

**Further resources**

Other academics have discussed how to overcome academic isolation and become integrated.   
**You can learn more about it here:**

Arbor A (n.d.). "[Making a Thesis or Dissertation Support Group Work for You](https://unmgrc.unm.edu/writing-groups/documents/making-writing-groups-workforyou.pdf)". Rackham School of Graduate Studies University of Michigan.

Belkhir, M., Brouard, M., Brunk, K. H., Dalmoro, M., Ferreira, M. C., Figueiredo, B., Huff A., Scaraboto D., Sibai O., & Smith A. N. (2019), Isolation in Globalizing Academic Fields: A Collaborative Autoethnography of Early Career Researchers. Academy of Management Learning and Education, Volume 18, No 2, pp. 261-285. <https://doi.org/10.5465/amle.2017.0329>

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Lee and Golde “[Starting an Effective Dissertation Writing Group” Hume Writing Center Graduate Student Workshop](https://unmgrc.unm.edu/writing-groups/documents/starting-an-effective-group.pdf)". Stanford University.

Siders et al. (2021) “[How to beat isolation? Academic feedback groups fit the bill, and promote growth as scholars and humans](https://www.nature.com/articles/d41586-020-01432-3)” Nature

Stanford’s Hume Center Academic (2016) "[Writing Group Dissertation writing groups - feedback and motivation](http://gradlogic.org/dwg/)". http://gradlogic.org/

Stanford’s Hume Center Academic (2016) "[Dissertation accelerators - Writing groups for productivity and support](http://gradlogic.org/diss-accel/)". http://gradlogic.org/