

## The Bamboo Growth Model

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Here's how it works:

Bamboo is an incredible plant. It's grass and grows like other grasses. It takes bamboo takes several years before it's ready for harvest. But once it's done establishing its roots, it grows exponentially in just 2-3 months.

For years, bamboo has worked quietly on establishing its roots underground.

There's no visible growth — for years.

But just because the growth is not visible doesn't mean there's no growth.

The process of learning academic writing works much the same way as bamboo.

You will have to spend years learning to read and write — laying down your roots, as it were.

You won't be able to "see" your growth because it will be invisible.

Just like bamboo grows its roots a little daily, you will have to work a little on your reading and writing daily.

While establishing its roots, bamboo does not seek any external validation.

It doesn't ask people to praise how efficiently it's working on its roots. You will have to build this mindset too.

You will have to work quietly every day and forget about external validation.

This will require you to have faith:

- in yourself and
- in the process

The good news is you don't have to do much on any given day.

You only have to do a little, but regularly.

So, how do you put the bamboo growth model into practice?

Start by building a simple reading/writing routine.

Pick a time you feel at your productive best: early morning, afternoon, evening, late night — doesn't matter.

Choose what works for YOU.

Remove distractions.

- Put your phone in another room
- Disconnect the internet

- Communicate with your family and tell them you need this time to work

Set a timer to 25min.

Take an academic text (journal article, book, etc.) and start reading it when the timer goes off.

Don't rush. Read slowly. Very slowly.

Take a notebook and write:

- What the author is saying
- What are you thinking

Stop reading when the timer stops.

Get up and reward yourself.

Go for a short walk, eat something you like, watch a short YouTube video of your favourite comedian, etc.

Set the timer to 25min once more.

This time around, leave the text alone.

You don't have to read it anymore.

Take a notebook and start writing whatever comes to your mind when the timer goes off.

Don't worry about spelling or grammar.

Stop when the timer stops.

Repeat the same process the next day.

And the next.

And the next...

Don't beat yourself up if you miss a day.

Shit happens.

But try not to miss two days in a row.

Do it day after day,

week after week,

month after month.

Just like bamboo.

Once you've established your roots, you will see yourself grow exponentially.

Do you know most bamboo species are evergreen?

If you work a little every day on academic writing, you will acquire an evergreen skill too.