



Bloggging 101

Maria Tadic and Nikki Bolduc, UMD-CP Dietetic Interns

What is a Blog?

- A personal online diary or journal that you can share with friends, family or the general public.
- Blogs are updated on a daily or weekly basis.
- They use software that allows people with little or no technical background to update and maintain.

How-To: Set up a Blog

- Come up with a theme or subject for your blog.
- Find a hosting site.
 - Most are free and easy to use.
 - Examples include: Blogger, Wordpress, LiveJournal, Blogster.
- Create a schedule of posts.
 - Number of posts per week.
 - Daily/weekly topics.
- Start writing!

How-to: Maintain a Blog

- Blogs need to be updated regularly.
- Having a stock of ready-to-go blog posts is a must and helps the blog stay live and updated.

How-to: Write your First Post

- Blog posts should be short and to the point.
 - Typically most posts are about 500 words.
 - If it's going to be longer, consider doing a series.
- Create a catchy title.
- Pictures and images add personality.
- Be yourself - personal, witty, funny and share yourself with the audience.