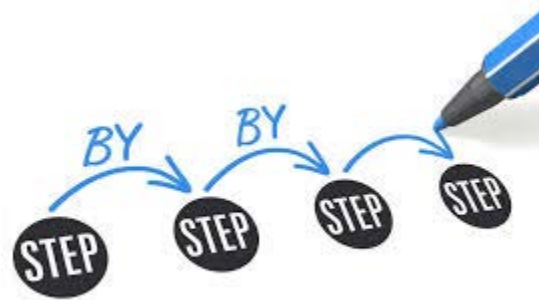


The Writing Process

5-Minute Free-Write

What keeps you from writing?
What helps you write?

How I Imagine the Writing Process...



What the Writing Process Is Actually Like...



Metacognition Cycle



The Writing Process

- A piece of writing is almost never “done,” but it is “due.”
- A piece of writing can feel like a reflection who we are or our worth as students.
- Writing and thinking go hand-in-hand. We write to discover.
- Often, others only see the end product.

- Invisible:
 - The time
 - The tricks
 - The struggles
 - The commonalities
 - The help/resources

Prewriting

□ Brainstorm:

- Set a timer for 10 min. Write without stopping for all 10 min.
- Try writing with a pencil or pen as opposed to typing.
- Talk with a friend about the assignment and then take notes.

□ Plan and Organize:

- Try putting your examples, points, or paragraphs on note cards for easy organizing.
- Rewatch, reread, review before you try to write.
- Break a long assignment into more manageable parts.

Prewriting

- Other writers say that annotating the texts on which the essay is based helps them prepare to write the essay.
- Participating/Listening actively to in-class discussions also helps students formulate their ideas for the essay.
- Schedule your writing time:
 - Don't just trust that it will "get done."
 - Figure out what days and times you can/will write
 - Be realistic.

During the Early Stages of Writing

- Engineer your environment as much as you can.
 - Music, no music, a busy café, a quiet corner of the library, with a friend, solo, in the morning, at night. You decide.

- Others put something on the television to create background noise.
 - This can also help “quite” nagging thoughts.
 - It can also help relieve the pressure of filling up a blank page.
 - This method has lots of drawbacks

- For other writers, absolute quite is more helpful.
 - This can help if you have trouble tapping into your ideas.
 - Invest in ear plugs.

During the Early Stages of Writing

- Before sitting down to write, I clean my workspace. Others make a pot of coffee; some put on comfortable clothes or go to a specific place to write.
 - Pre-writing routines/rituals help you transition from daily tasks to writing.
 - Try to make writing a pattern that you can quickly tap into.

- Some people find it helpful to list the tasks they have to do later or their worries, so these concerns can be put aside until later.
 - They can also help those of us who are busy/overwhelmed better focus on writing.

During the Early Stages of Writing

- Creating an outline can help to organize ideas and create a plan for the rough draft.
 - Some writers say that this helps them keep from getting overwhelmed.
 - Others say that using a pattern (CD, CM, CM or P.I.E) helped them argue their points
- For some, it is more helpful to take regular breaks while you are writing.
- However, others prefer to sit down and write as much as possible.
 - Writing is never one-size-fits-all.
- Either way, plan realistic rewards.

During the Early Stages of Writing

- “Blah, Blah, Blah” your way into the essay:
 - Not sure what your enthymeme will be. That’s ok. Put something in the spot where it will go, and move on.
 - Instead of stopping because you don’t know what comes next, “Blah, blah, blah” and keep going.
 - I strongly suggest highlighting your “blahs” for easier editing later.
- Start in the Middle:
 - Who says you have to start with the intro? Start with a body paragraph and come back to the intro later.
- Pebble, rock, stone:
 - Absolutely can’t start writing? Force yourself to do just five minutes.
 - If that helped, do 10 minutes. If you still feel stuck, switch tasks and write another day.
 - If you successfully did 10 minutes, write for 20 minutes. If you still feel stuck, switch tasks and write another day.

Polishing Your Writing

- Find someone you trust to read your work
- Do a focused edit for your most common mistakes:
 - CtrlF – Find search
- Many people also give their essays one last read for mistakes before submitting their final drafts.
 - It can be very helpful to read your essay out-loud to yourself.

Writing Resistance

- Resistance:
procrastination,
avoidance, denial,
anger, limiting beliefs
 - Procrastination:
replaces a high priority
task with a low priority
task “work-
crastination”
 - Avoidance: lost time,
just not working,
Netflix, social media.
Etc.



Writing Resistance

- Denial: denial of the importance of the work. “I’m just going to get rejected,” “I can do this in a few hours,” “I’ll write the paper the night before.”
 - Denial of your current ability to do the task/denial of your ability to improve by doing the task. “I’m not qualified to do this” “I’m just going to fail”
- Anger: anger will often find an object, often justified and real. Anger absorbs energy that you need to do the task
- Limiting beliefs: When you sit down to write, you create a story about why you can’t write: “I need to be inspired to write,” “I need a two hour block to write,” etc.
 - Change the story, sometimes just starting the activity can help you rewrite the story

Writing Resistance

- Think about resistance as something that is seeking to protect you from negative experiences.
- But it is too blunt an instrument; it tries to protect you at all costs, even when you want to do the task.
- Schedule breaks
- Schedule rewards
- Ask for feedback from a trusted source
- Remember that your work is not a reflection of your value as a person
- Define yourself as more than a student