



Seven Strategies to Beat Writer's Block

1. Freewrite your anxieties: Naming and writing about anxieties or fears reduces negative feelings.
2. Low-pressure writing: Set a timer for 15 minutes & just write. Don't worry about grammar, sentence structure, or organization!
3. Microtask: Break up a big task into smaller, more manageable tasks.
 - *For writing:* Break down the paper into these smaller tasks: thesis, paragraphs, outline, finding quotes, etc.
 - *For revising:* Look for one main issue (transitions, commas, tense agreement) instead of trying to "fix everything."
4. Dictation: Record yourself answering the assignment prompt using your phone or computer.
5. Focus on Thesis: Spend focused time developing and revising your thesis. A strong thesis focuses you and gives you a reason to write, which makes the entire writing process much less frustrating. Also, since a thesis acts like a road map to your paper, a strong thesis is a mini-outline, helping you organize your paper.
6. Start in the middle: There's no rule that says we have to start writing at the beginning of the paper! We often need to write to figure out what we are writing about. This strategy can help generate and develop ideas, which will then help you refine your thesis.
7. Get support: All writers benefit from help. Since writing involves entering into a conversation, talking through your writing or ideas with a friend or the writing center is a natural way to develop your writing or revising skills. Consider creating a writing group of classmates to share work & reinforce each other's good habits.



Additional Online Resources:

From Purdue's Online Writing Lab (OWL):

https://owl.purdue.edu/owl/general_writing/the_writing_process/writers_block/index.html

From Evergreen State University: How to Write a Paper Under a Time Crunch

<https://www.evergreen.edu/sites/default/files/trio/docs/writepapertimecrunch.pdf>

From University of Richmond Writing Center:

<http://writing2.richmond.edu/writing/wweb/writinganxiety.html>