

# ENGL 109

## Overcoming Writer's Block

- Break the project into parts
  - \* “timer” technique of concentrated portions
- Set manageable goals
  - \* be realistic and disciplined about how much time you need for writing projects
- Create a calendar
  - \* recognize that some phases of writing process will take you more time than others, depending on how well you know your strengths and/or habits
- Limit distractions
  - \* a quick “prep” to unplug from all other distractions can be invaluable

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- Do the parts you like first
  - \* there's no sense diving into what's hardest or least pleasant if it means having to arbitrarily motivate yourself to get started
- Write a zero draft
  - \* if you're completely stuck regarding how to get started:
    - a zero draft = a full, uninterrupted writing marathon until you end up with a makeshift version of a paper (similar process to a timed exam)
- Reward yourself
  - \* as we know, the semester can be both long and incredibly short
    - What simple, non-time-consuming ways can you give yourself a pat on the back for completing a writing activity that initially seemed daunting?