

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?