**Overcoming writer’s block**

Tick the boxes below to mark what activities you find useful.

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|  | 1. **Scribble it down**   Scribble or type ideas down fast, in any order, whatever comes to mind.  Rearrange; rephrase; rewrite. |
|  | 1. **‘It’s only a draft’**   Consider each piece of writing as one you will develop and improve over several drafts.  You don’t need to get it right first time. |
|  | 1. **Write in pencil or type in colour**   This will remind you that your draft is a rough one – mistakes are allowed! |
|  | 1. **Ignore mistakes in early drafts**   Don’t worry about minor corrections, such as spellings – you can sort those out in the final draft. |
|  | 1. **‘For your eyes only’**   Remind yourself that nobody but you needs to see early drafts.  Handwriting, bad typing, untidiness and mistakes don’t matter at this stage. |
|  | 1. **Start anywhere**   Write things in any order that suits you – you can rearrange them later.  For example, it may be easier to write the introduction last. |
|  | 1. **Mark the paper / type your favourite word**   If blank paper or screens put you off, make a mark, doodle or type so they are not blank.  The surface is just your tool – it can’t judge you! |
|  | 1. **Write by talking**   If you find it hard to express yourself in writing, speak your ideas aloud. Record yourself. Type or convert speech to text using software such as Texthelp or ChatGPT.  Redraft it, again using your own words. |
|  | 1. **Take one step at a time**   Break the task into manageable steps. Use C·R·E·A·M strategies, such as setting mini-goals. |
|  | 1. **Quick-fire headings and bullet points**   Brainstorm a series of possible headings. For each, jot down a few potential ideas to follow up. Rearrange on the screen in the best order, editing or adding further points.  Alternatively, jot ideas down fast onto sticky notes and rearrange these on a large board or piece of paper under headings. Rewrite the bullet points as continuous text. |
|  | 1. **Use apps and specialist software**   Try out apps to see which make writing easier or more interesting for you. Software such as GoConqr, Canva, Google Workspace or Microsoft’s FreeMind lets you brainstorm and organise ideas both as pattern and linear notes and to colour-code ideas on screen and print them out. |
|  | 1. **Rest and relax**   If your mind goes blank, you might be tired or stressed. |
|  | 1. **Find the best combination**   Try out different combinations of methods, to see which mixture works best for getting you started on your assignment and keeps you going with writing. |

See also: The Study Skills Handbook, page 286.