

WRITER'S BLOCK

Writer's block can happen at any point during the writing process.

Here are some tips to overcome this challenge and get the ball rolling.



- observe and investigate your topic- inspiration comes from research
- talk with peers or professors to gain different perspectives

- music/sound
- switch up workspace- either physically or with scenery websites!
- brain breaks such as yoga
- make a comfort snack/drink to refuel
- anti-distraction sites/measures

- break up work sessions into small sittings
- set S.M.A.R.T goals
- try the Pomodoro method

RESEARCH

ENVIRONMENT

GOALS

RELEVANT INTERESTS

R.E.G.R.O.W: OVERCOMING THE BLOCK

OUTLINE

WRITE

- Think: what concepts interest you?
- connect these to your assignment

- use a map like the one on this page to organize thoughts and ideas
- bullet points and other formats work just as well depending on your learning style- try different types of outlining to see which helps you most.
- outlines don't have to be thorough

- brain storm
- mind map
- free write