

Overcoming Writing Anxiety

with Dr. Ashton Foley-Schramm, URI GWC Coordinator

June 4, 2020 9am-10am via Webex

Overview: Who am I?

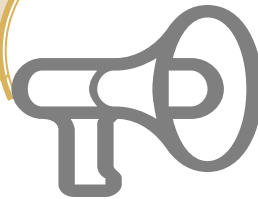
Ashton Foley-Schramm, PhD (she/hers/her)

- Recent PhD graduate, English, URI
- Former coordinator, Graduate Writing Center
- Teacher
- Tutor
- Mentor
- Anxious perfectionist

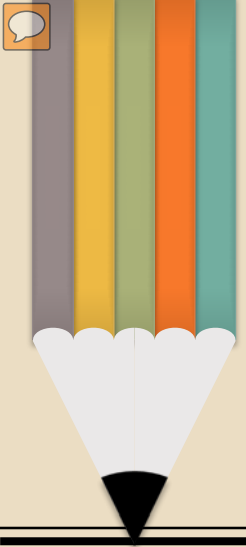


Overview: Today's Topics

- Writing and anxiety
- Tools for accomplishing your writing goals



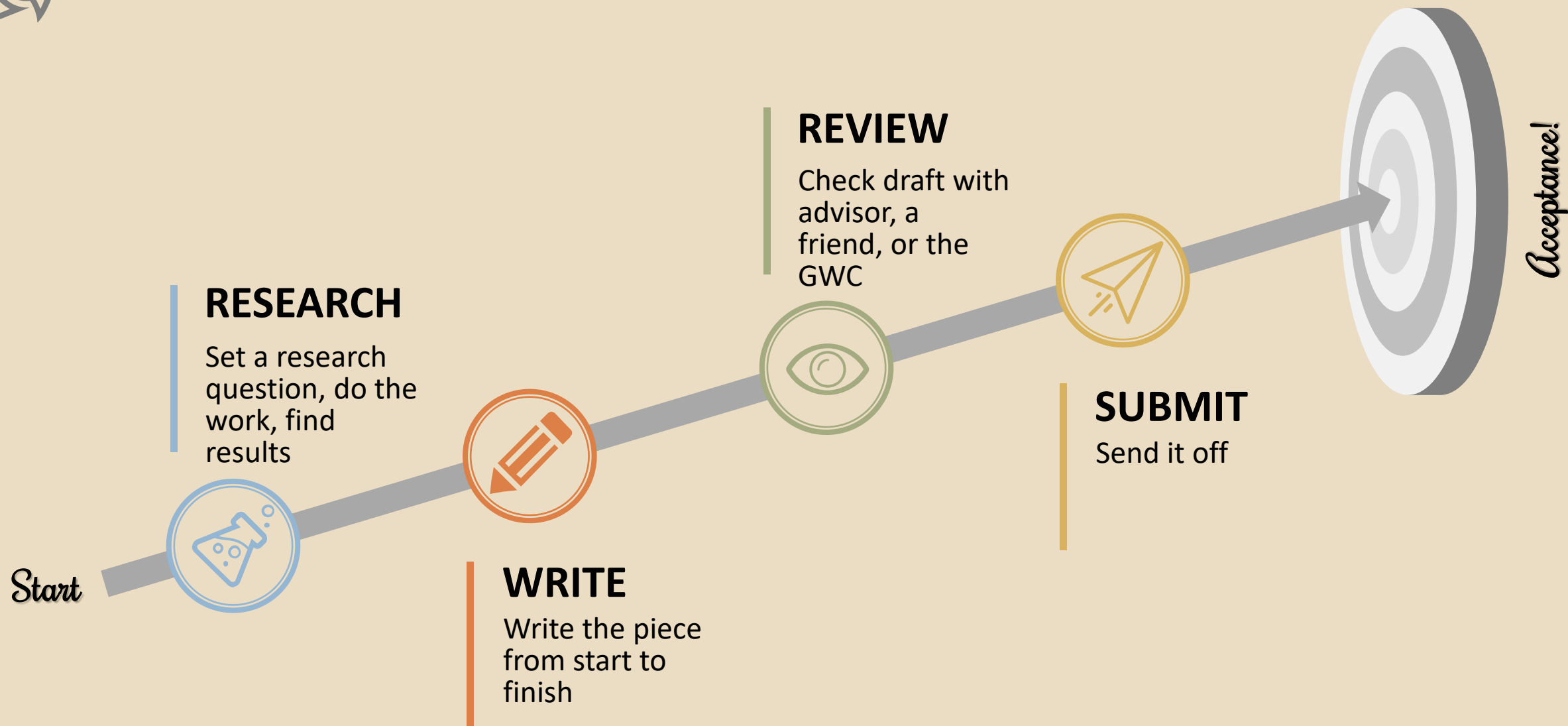
Please note: All discussions, disclosures, and suggestions are based in personal experience. I am not a licensed mental health professional. URI resources are provided at the end of this presentation.



THE WRITING PROCESS



The Writing Process: Expectations





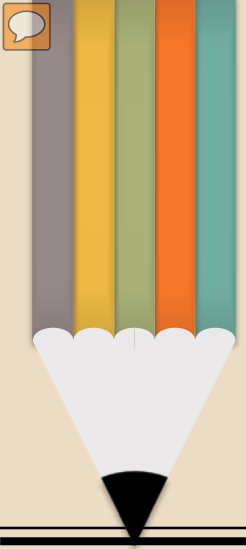
The Writing Process: Reality





What can we do about it?

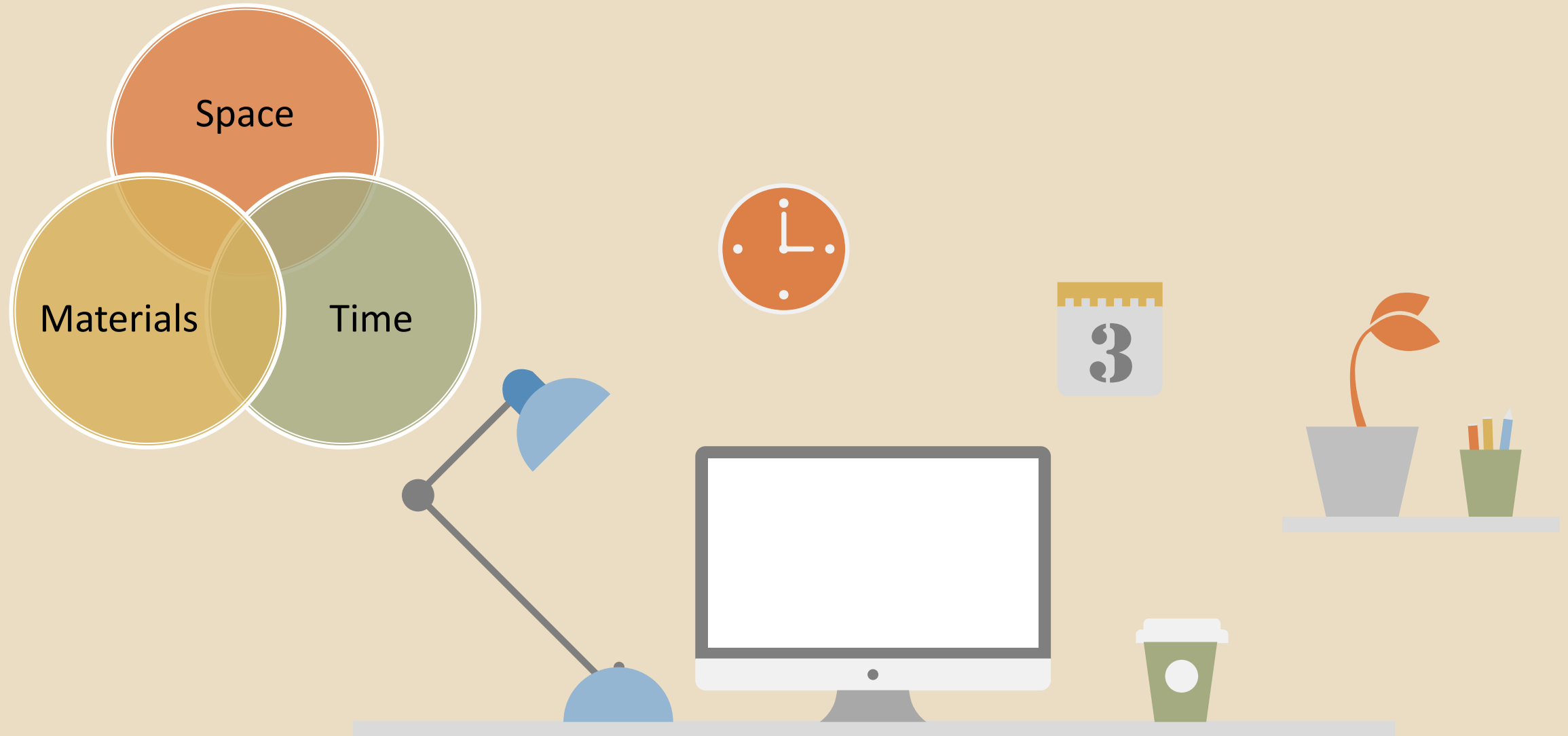




TEN TIPS TO COMBAT WRITING ANXIETY



1. Treat Writing Like a Job



2. Create SMART Goals

SMART

SPECIFIC.

What do you want to do?

MEASURABLE.

How will you track progress?

ACHIEVABLE.

Can you do it and how?

RELEVANT.

Is it relevant to the current project?

TIME-BOUND.

What is the deadline?





3. Find Your Writing Rhythm

.....

Who



What



When



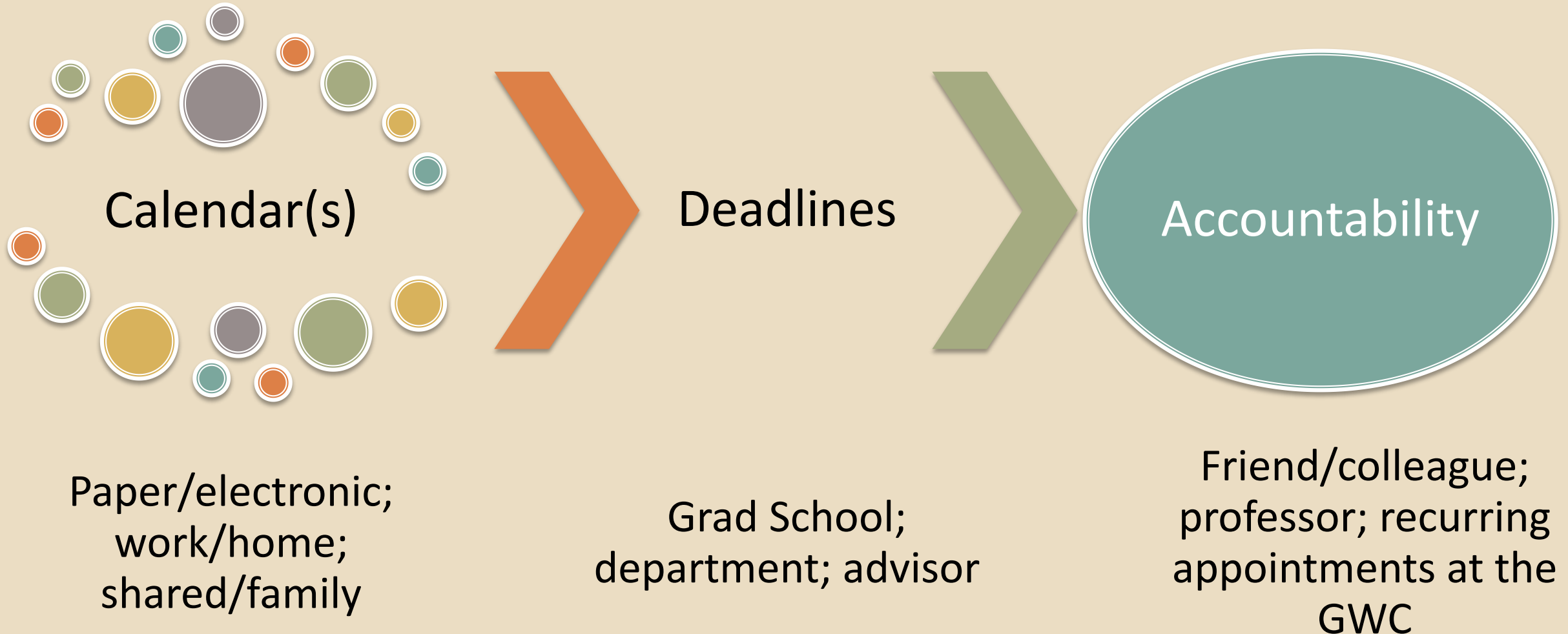
Where



TIP:

Maybe it could be useful to revisit the 5th W, “Why,” if you need to remember and re-center your motivation for this particular project.

4. Organize Yourself



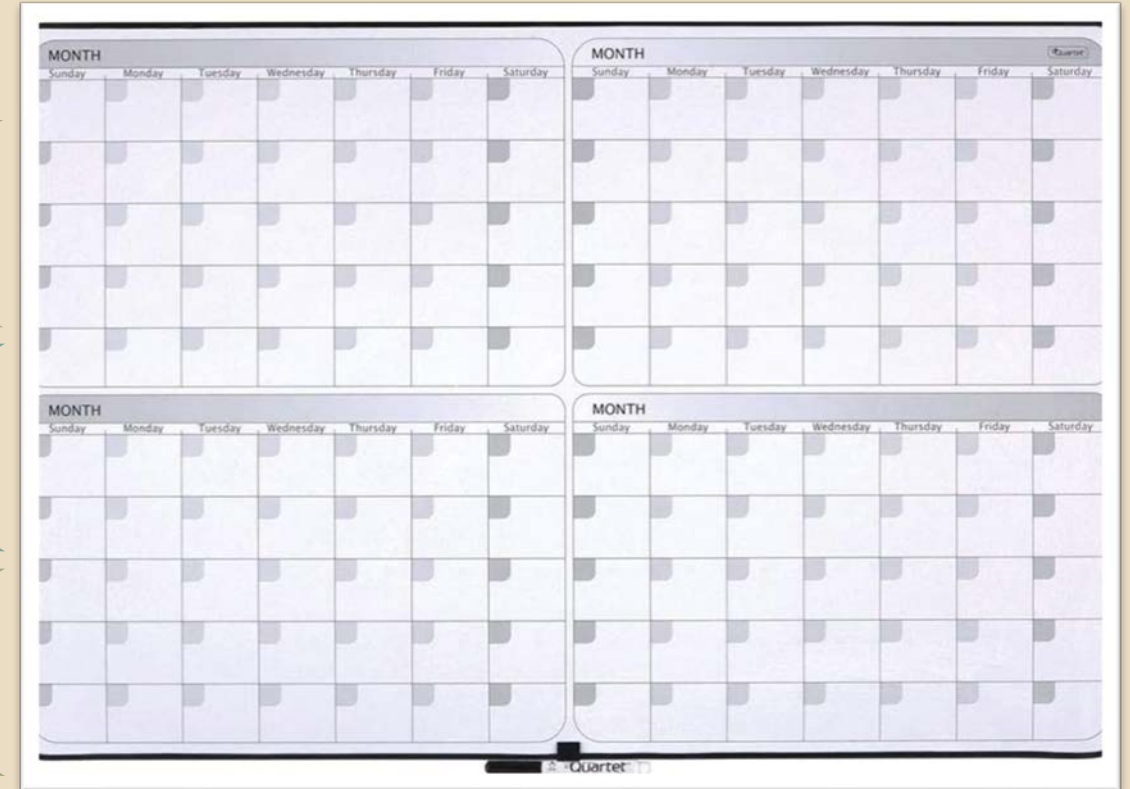


Calendar Examples

.....



Paper
Calendar



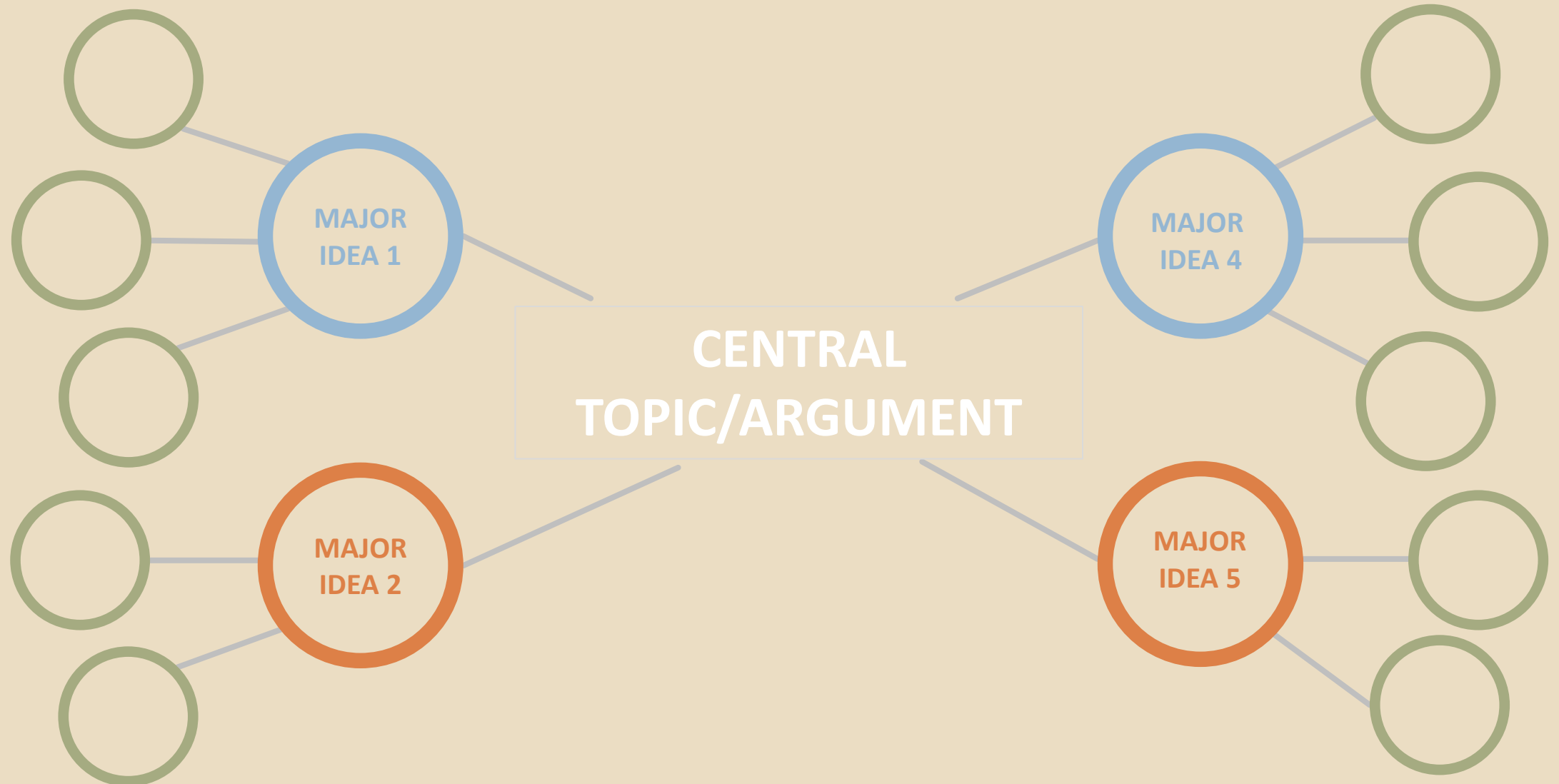
Dry Erase
Calendar



5. Just Keep Writing



Mind Map Example

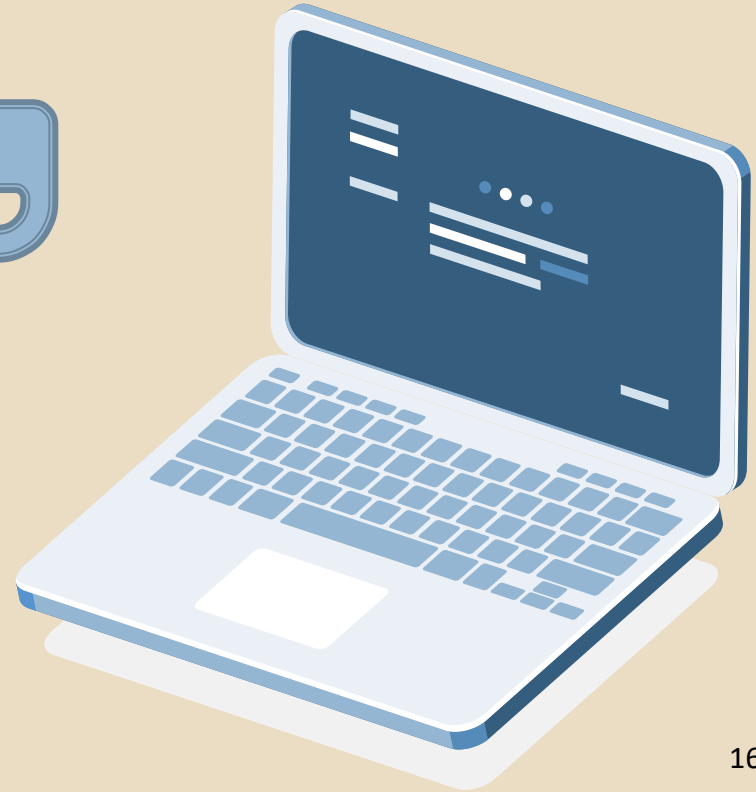
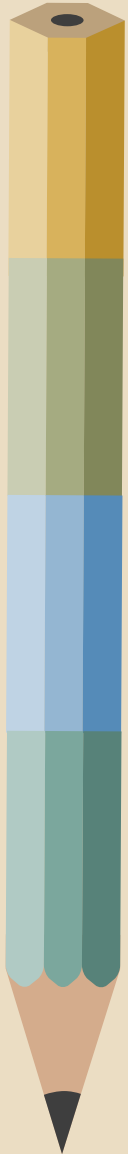




6. Revise, Revise, Revise

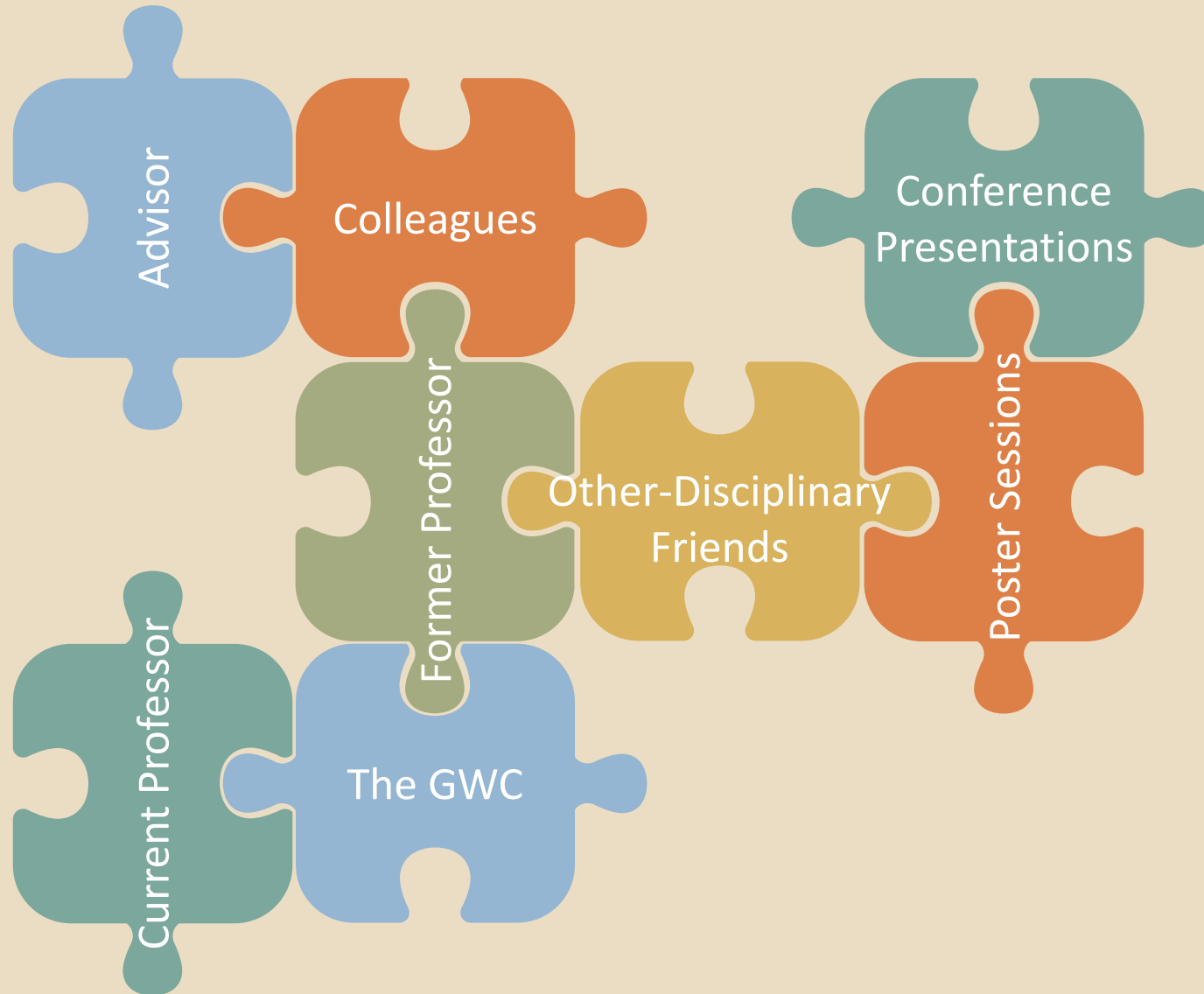
If I waited for perfection,
I would never write a word.

Margaret Atwood



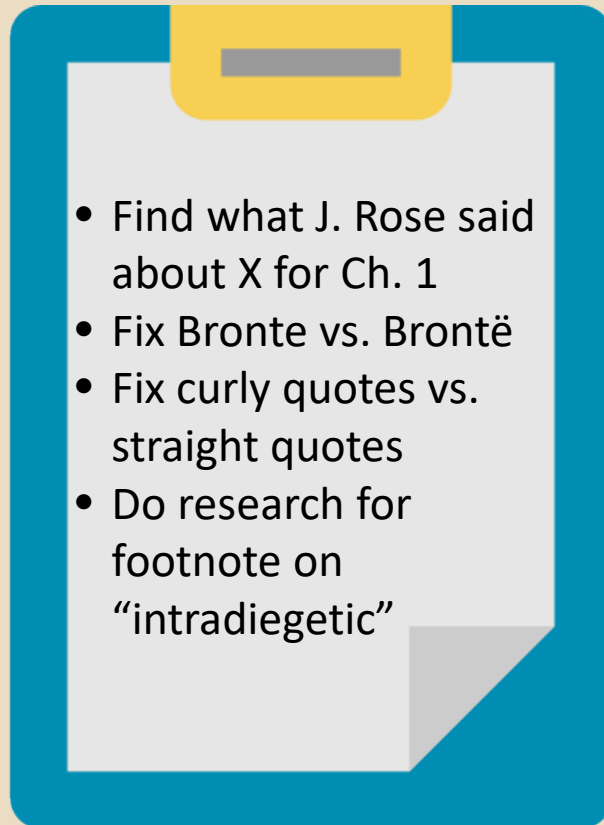


7. Build in Time for Feedback





8. Punch List



A punch list...

is a list of incomplete work that needs to be accomplished by a deadline

Is useful for:

Staying focused

Noting items for editing

Documenting areas for further research

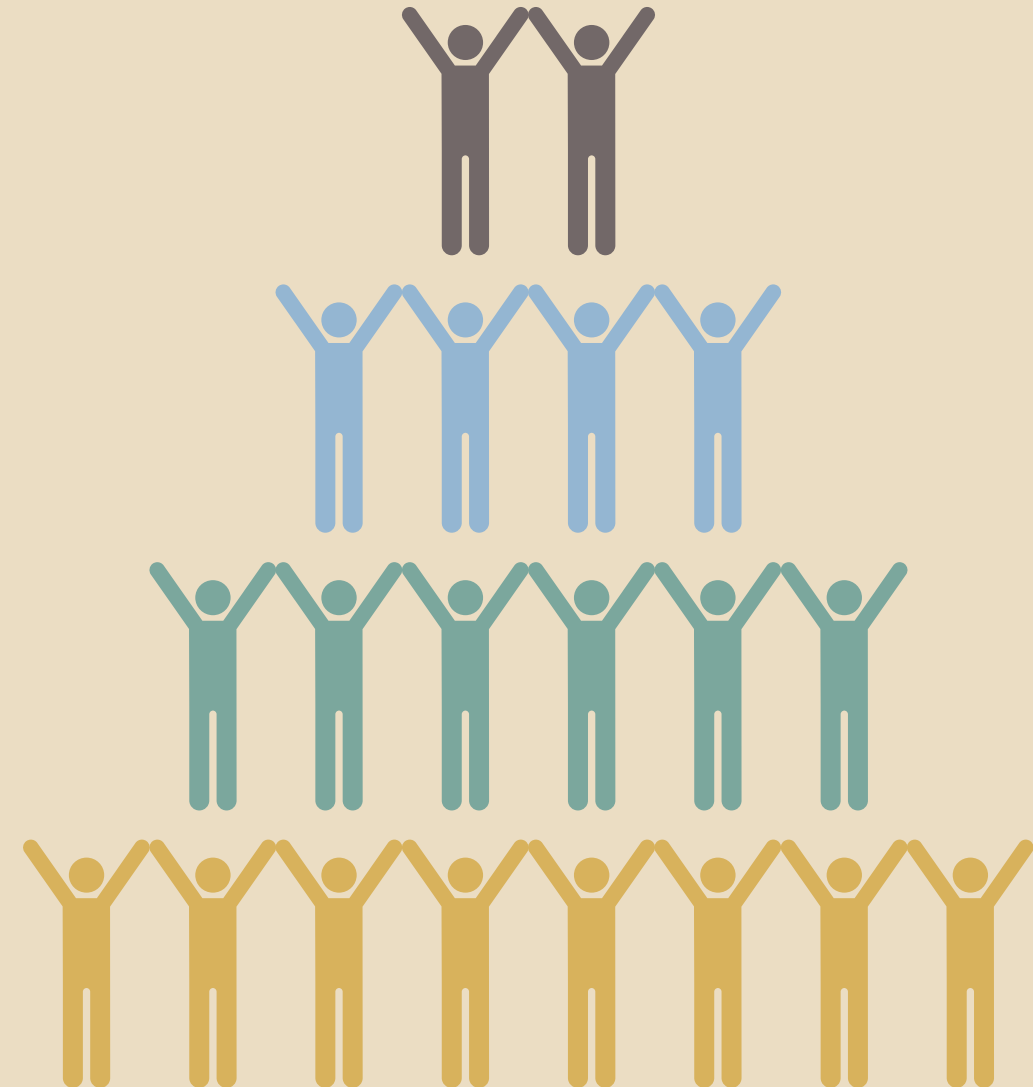
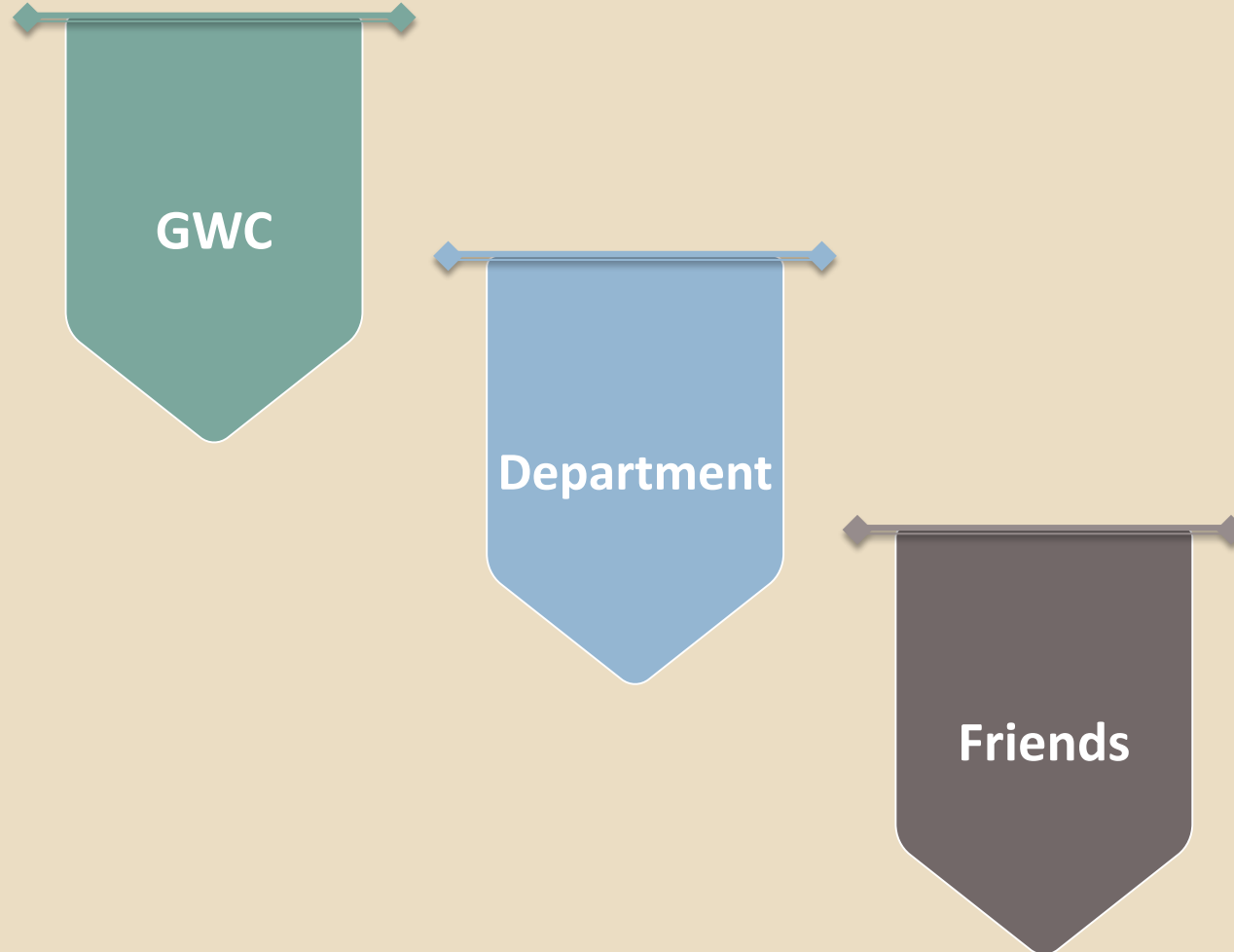
Can be:

Electronic – a Word doc, virtual Post It, Google Doc, list on a phone

Paper and pen – a specific notebook, a certain color sticky note



9. Create/Join Writing Groups





10. Ask for Help

.....





Recap: Ten Tips

01

Treat Writing Like a Job

02

Create SMART Goals

03

Find Your Writing Rhythm

04

Organize Yourself

05

Just Keep Writing

06

Revise, Revise, Revise

07

Build in Time for Feedback

08

Punch List

09

Create/Join Writing Groups

10

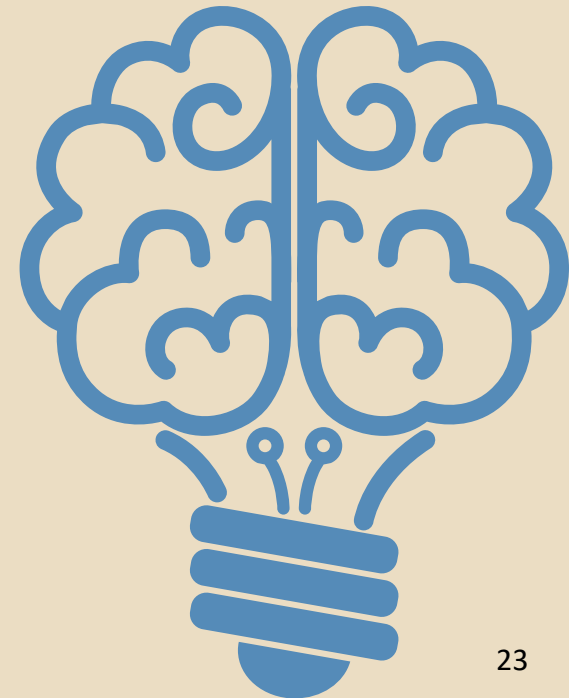
Ask for Help



RESOURCES

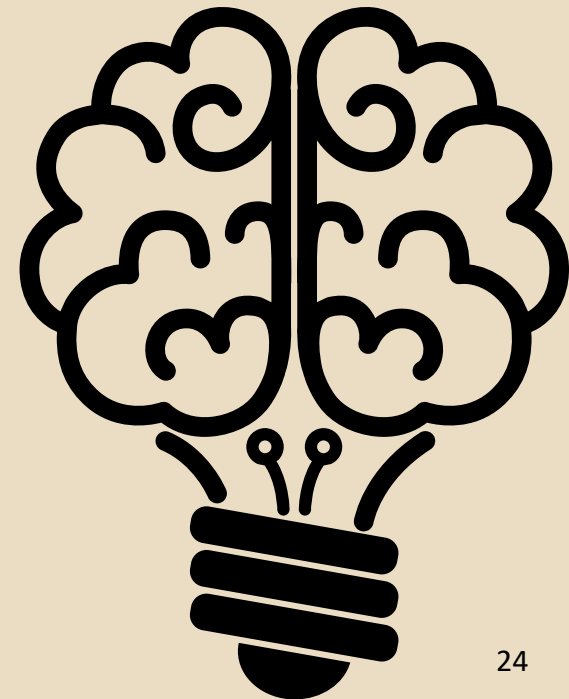
URI Resources

- The Graduate Writing Center
- URI Graduate School Calendar
- Disability Services
- Counseling Center
- Couple and Family Therapy Clinic
- Health Services
- Campus Recreation
- Graduate School's Professional Development



External Resources

- [UNC Handout on Revision](#)
- “[Shitty First Drafts](#)” by Anne Lamott
- Paper Calendar from the [The Container Store](#)
- Dry Erase Calendar from [Amazon](#)





THANK YOU!

Ashton Foley-Schramm, PhD
ashton_foley@uri.edu
she/her/hers

