

APSU Writing Center

Writing Anxiety

What is Writing Anxiety?

- “Writing anxiety” is an informal term often used to describe feelings of nervousness, tension, and hopelessness that people experience when presented with a writing task.

How to Cope with Writing Anxiety:

- Before Writing
 - Do something calming such as drinking tea, listening to relaxing music, walking outside, and taking deep breaths before writing to relax.
- Understand that writing is a process
 - Writing consists of prewriting, drafting, revising, editing, and publishing. Start by writing down topics that are interesting to you and that can be expanded upon. Consider your own insight into a topic and plan or outline your paper by going into detail.
- Brainstorm Ideas
 - Try different prewriting strategies such as freewriting, listing, mapping, webbing, and outlining. Read articles discussing your topic to gain ideas. Consider who you are writing to and why they need to learn more about your topic.
- Get support
 - Now that you have brainstormed ideas, where do you start? First, consider what area you would like to focus your paper on and three main areas you will expand on. Second, consider the parts of an essay consisting of the introduction, supporting body paragraphs, and conclusion. Third, consider seeking support from your peers, family, academic advisors, tutors, and more. You can schedule an appointment with a writing center consultant at any stage of the writing process. Student Counseling Services also offers short term confidential counseling for individuals and couples at APSU.
- Identify Personal Strengths
 - Often writers worst critic can be themselves. Remember that you are capable by making a list of things you are good at doing.
 - Consider your strengths:
 - I explain things well to people.
 - I get people’s interest.
 - I have strong opinions.
 - I listen well.
 - I am critical of what I read.
 - I see connections.
- New Writing Styles?
 - Learn as much as you can about a new writing format before you begin by analyzing writing style handouts and learning from others. Don’t expect yourself to master every writing style your first time, rather recognize that every time you write is an opportunity to learn something new.
- Distracted?
 - Find a quiet place such as a library or office to begin writing. Listen to instrumental music and turn off social media to concentrate on tasks.

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References

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