

¹ Adapted from *How to Write A Lot: A Practical Guide to Productive Academic Writing* by Paul J. Silvia (Washington, DC: APA, 2007).

you will never be in the right mood: academic writing is so unpleasant that no normal person will ever feel like doing it

don't confuse yourself with a poet: a muse is not required for academic writing

choose to work on a task that does suit your "mood" or energy level that day: start with the section that you're most interested in or that you feel most confident about.

Remember: you don't need to write your thesis sequentially!

writing is a form of thinking: articulating one thought leads to another, so the best way to start writing is to start writing

writer's block is not a state of being: it's a behavior that can change
your problem probably isn't with the activity of writing: it's likely a
problem with one aspect of what you're writing (e.g. order of info,
transitions, maintaining your argument)
specific writing problems can be solved—but only by writing
(and by getting advice from your supervisor or the Writing Centre)