

ISOS Course

Psychological Aspects of Writing

How to get into the writing flow

Barbara Stieghan, Psychologie + Wirtschaft, Hamburg

12 June 2014 | 12:00 - 17:00 hrs

In scientific writing most people have one or several of these problems:

- | They think that they cannot clearly express themselves
- | They believe that everything they want to write has been said before – and better
- | They are afraid to write something that is wrong
- | They are asking themselves what people will think of them when reading their paper
- | They don't know where to get started – and loathe that empty sheet of paper

Mostly, those fears are unjustified. In fact writer's block is a psychological problem. What is needed is some background information and the right methods to get into the writing flow.

Contents:

- | Writer's block - Causes and practical steps
 - | Causes for writer's anxiety — Knowing the enemy and knowing yourself
 - | Practical steps for overcoming writer's block
- | Get into the writing flow – Storytelling and methods of creative writing
 - | The two sides of the brain
 - | Storytelling
 - | Selected methods of creative writing
- | Procrastination - Fears, Perfectionism and Strategies
 - | Fears and perfectionism
 - | Strategies against procrastination
- | Revision – The process of editing

What participants will gain from the course

- | the opportunity to question the reasons for their writer's block
- | the knowledge about methods to get into the writing flow
- | the strategies against procrastination

Venue: Leibnizstraße 1, room 208 b

ISOS PhDs have priority in our courses.

Child care can be provided if we have two weeks notice in advance.

Please register online at

www.futureocean.org/isos

