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Welcome Spartan Students to NSU Writing Center

Norfolk State University Writing Center

Blocking Anxiety and Building Confidence in Writing



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What we will cover

- Identifying Writing Anxiety
- Addressing its source
- Strategies to overcome it at each stage of writing



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Identifying Writing Anxiety



What does it look and feel like?



What are strategies you've used to overcome it?



Were they successful? Why/why not?

Ways to Overcome Writing Anxiety

*Before you begin
writing*



READ

Read as much as you can about the topic you are writing about

EXAMPLES

Seek out example papers (either from your teacher or from academic journals)

WRITE

Free write and brainstorm

While you are drafting



Don't feel like you have to write "in order"

Focus on developing good ideas, not having perfect grammar

Break up writing into sections

Don't try to "sound" like anyone else

DON'T PROCRASTINATE!

After your draft is complete



There is no such thing as a final draft



Recognize your strengths and focus on them



We all ALWAYS have areas of improvement



There is no “end goal;” writing can always improve no matter your skill level

Workshop Activities



Spend 10-15 minutes completing the following activities. We will discuss your responses after you are done.



Identify your
strengths



Find books or
articles to help
you



Identify which
“rules” are
holding you back

Reflection



Please take a few minutes to complete the workshop evaluation form.

Workshop Evaluation for students



Workshop Evaluation for faculty

