

FREEWRTING

What is freewriting?
Why freewrite?
How does it work?

What is freewriting?

- A kind of 'automatic' writing.
- Non-stop writing without editing.
- An exercise or strategy to help you write.

Why freewrite?

- It makes you more comfortable with the act of writing.
- It helps you bypass the "inner critic" who tells you you can't write.
- It can help you discover things to write about.
- It can indirectly improve your formal writing.
- It gets you started & builds your writing muscles.

How does it work?

- Write nonstop for a set period of time (5–20 minutes).
- Do not make corrections as you write.
- Keep writing, even if you have to write, "I don't know what to write."
- Write whatever comes into your mind.
- Do not judge or censor what you are writing.

Freewriting task

- Medical & scientific knowledge is recorded & partially constructed through writing; to an extent, so too is the discipline.
- Freewrite for 5-10 mins on the following question:
- *'Is most medical research, & therefore writing, about confirming & enlarging existing beliefs, or about developing new ones?'*