

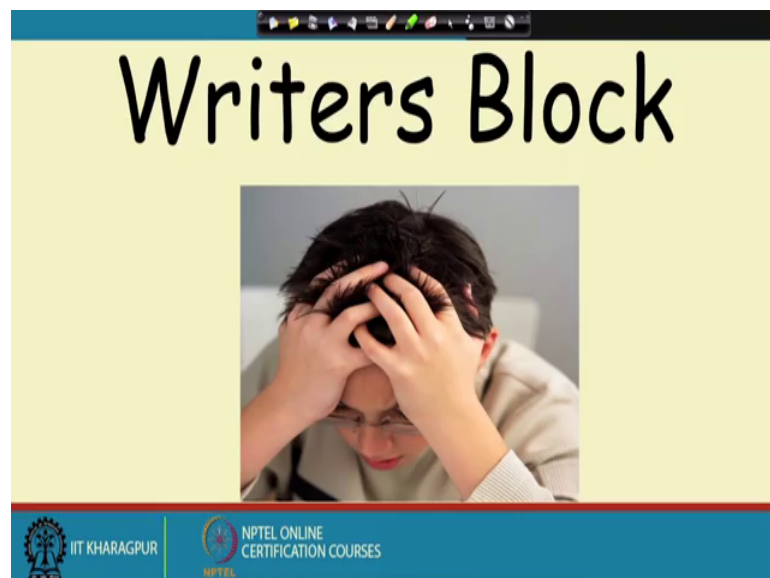
Research Writing
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Indian Institute of Technology, Kharagpur

Lecture – 25
Writers Block

Welcome back to the MOOC course on research writing my name is Aradhna Malik and I am helping you with this course. And we have finished the discussion on how you write and what sections to put in and everything. In this class we are going to discuss something very interesting and you know you have got your research under control, you have submitted various sections, you have come up with your results in all probability you will have written bits and pieces of your dissertation and kept them rub ready to be strung together.

Now writing a dissertation or a research a research paper is not as painful, but a dissertation is quite difficult, when you write a research document many times after doing all that work and analysis you suddenly are at a loss for words. You do not know what is going on with you, you do not know you just do not want to look at another text anymore, you do not want to look at any document anymore and that is called a writer's block. Now in this lecture we are going to talk about or discuss what writer's blocks are and how do you deal with them.

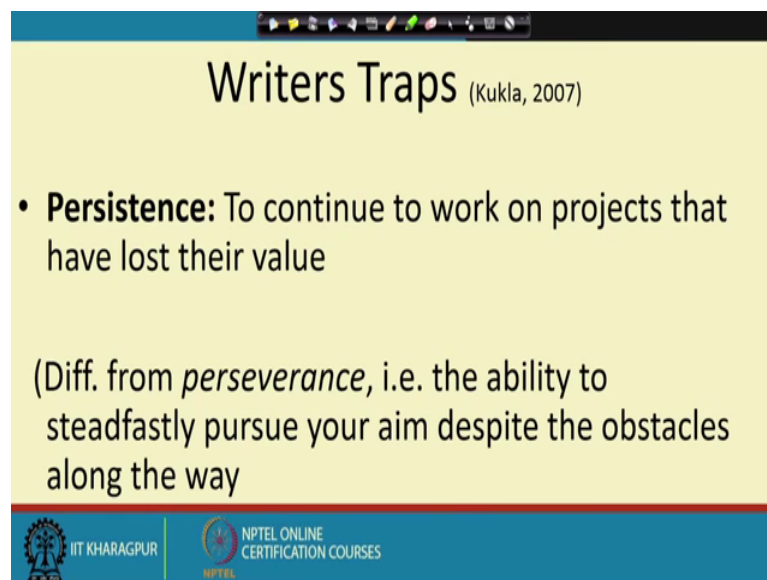
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So, let us see what we have for you here. Writers block this is exactly how you feel you hold your hand head in your hands like that and you say, where am I going, what I have done, how will I compress all of this work into 8000 words 10000 words the approximate limit for an article in the social sciences or in management sciences prescribed by various journals is between 7 to 10000 words including your references and tables. Now how do you compress several months or a year or to work into 10 thousand words and they count everything ok.

So, it becomes very difficult and you just hold your head in your hand like this and you say, how am I going to do it, what is going on and we all feel frustrated, how do you deal with this and that is what we will talk about in this class ok.

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The slide is titled "Writers Traps" with a subtitle "(Kukla, 2007)". It features a yellow background with a blue header and footer. The main content is a bullet point: "• **Persistence:** To continue to work on projects that have lost their value". Below this, in parentheses, is a definition: "(Diff. from *perseverance*, i.e. the ability to steadfastly pursue your aim despite the obstacles along the way)". The footer contains the IIT Kharagpur logo and the text "NPTEL ONLINE CERTIFICATION COURSES".

Writers Traps (Kukla, 2007)

- **Persistence:** To continue to work on projects that have lost their value

(Diff. from *perseverance*, i.e. the ability to steadfastly pursue your aim despite the obstacles along the way)

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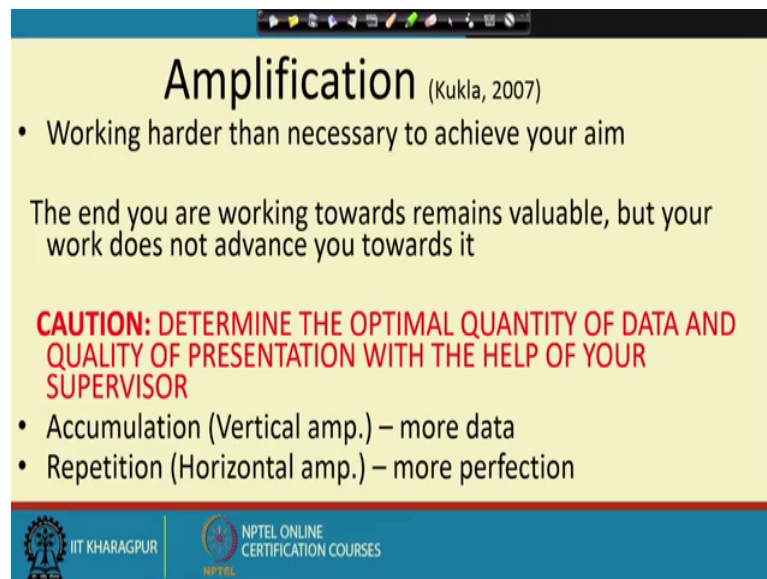
Now, before we move on to writers blocks we will discuss some writers traps this is from a book by a gentleman called Andre Kukla the book is called mental traps. I do not have it here with me, but you can find it I am sure you can find it in reputed book stores. So, I thought the same thing applied to our lives as writers. Now some writers traps that you might face are number one is persistence, many of us are perfectionist we want everything we do to be crisp and clear and perfect and absolutely right.

So, we end up working on projects that have lost their value in an effort to keep improving things we, we keep on working on projects that are no longer significant. You applied for a project you got the project you worked on it you have submitted your report

you are writing a publication. So, the value that is going to come or you are writing a summary of or you are compressing your report into publishable article. The the value of whatever you have or whatever you want to present is no longer there. So, that becomes a problem, we say no it is still not perfect it is still not perfect may be you publish 2 papers 3 papers out of a project that you have done.

And after that the incremental value any additional value whatever you do becomes. So, low that you know yes you have published it the word knows that you did this. So, you just adding very, very little bit of information every time you work very, very hard. So, the value is lost it is there, but it is it has come down significantly and that becomes a problem for you say how do I make it as perfect as the first publication or the first article that I wrote based on this work, how do you deal with that? This is different from perseverance, which is the ability to steadfastly pursue your aim despite the obstacles along the way ok.

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Amplification (Kukla, 2007)

- Working harder than necessary to achieve your aim

The end you are working towards remains valuable, but your work does not advance you towards it

CAUTION: DETERMINE THE OPTIMAL QUANTITY OF DATA AND QUALITY OF PRESENTATION WITH THE HELP OF YOUR SUPERVISOR

- Accumulation (Vertical amp.) – more data
- Repetition (Horizontal amp.) – more perfection

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The other road block or the trap that we come across is amplification. What is amplification? Again, a big major problem with perfectionist and you know this, this is really related to this is something that you will find when you are in a place like IIT, everybody is an expert at their jobs and because we are working so hard we tend to work harder than necessary to achieve our aim.

We think everything the heaven is going to come crashing down if something of course, you must make it as perfect as possible, but you have to keep other limitations in mind also there is a time limit within which you have to submit your work.

There is a financial limit there is a limit on your energy, you may have the time you may have the money to do your research to get material, but your body may not be strong enough to take on that extra load you may need to sit in one place for may be 10 12 hours a day or may be 20 hours a day and you are not able to do that you are not able to handle that pressure physically, should you do it should you not? So, you work much harder than necessary to achieve your aim now in this studio you cannot see it, but I have a brilliant student from IIT sitting here as my TA and I am sure he can relate to what I am saying.

We bang our heads against the wall the team here the NPTEL team works so hard the the video recording team work. So, hard they try and remove every tiny flaw in whatever that has whatever they do. So, in the end the the value is of course, the value is significant that is why we are IIT; however, when we write papers you know when we are sending papers occasionally I am not saying compromise on the quality that is not what I am saying please do not misinterpret as that.

However, we tend to work much harder than is necessary, if we just planned out work well and we removed the kings from our work may be the output would be just the same, but we want to go into detail we want to do everything I will just give you an example from my own work. When I was making the examination for your the your final examination, what I did was I went through the slides meticulously; I have already made it I went through the slides meticulously, I made a question bank, I made sure that the questions were comparable to each other in you know your exam is going to be held on 2 dates.

So, the the there has to be equal weight age. So, the questions need to be you know of similar difficulty level so I did that. Then I colour coded the questions then I split them into 2 parts, then I cross checked to make sure that everything was really what I had discussed and then I formatted it according to the formatting prescribed by the NPTEL authorities and then I put it into 2 separate documents and then I sent an email. So, on my at my work station you know if anyone were to come and see there would be 5 or 6

versions of each question paper, was that required may be may be not, but I want to make sure that you are no student here is disadvantaged; and that is why I did it and then I also needed to make sure that you know the relationship was there with your assignment so I made several things all together.

So, there is a whole bunch of documents it is not random questions. So, that is what we mean by amplification. The end you are working towards remain valuable, but your work does not advance you towards it that is, the impact of amplification if you work slightly less hard may be you would reach the same goal, but you want to satisfy yourself that is what we hear a lot of IIT students say a lot of IIT faculty also say, I am not doing anything to please anyone other than myself I need to be able to live with myself.

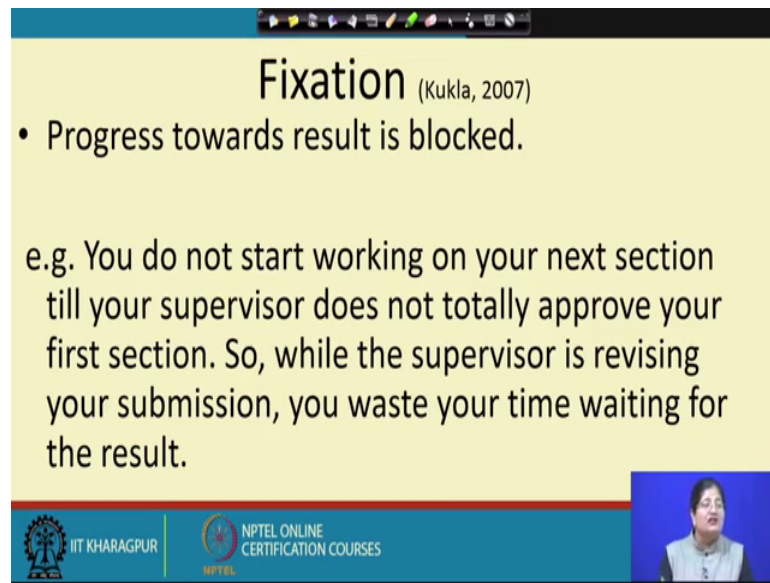
So, I am a perfectionist for myself not for anyone else. Caution, determine the optimal quality of data and quality of presentation with the help of your supervisor you may want to include everything possible, but your supervisor would have a practical knowledge of how much to put in and how to put in and how to deal with it ok.

And vertical amplification is termed as accumulation which means or accumulation of data is termed as vertical amplification; which means you want you keep want to keep adding more data. Now the incremental value of adding more data to what you already done is very, very miniscule, but you say may be if I had you know I have already have 500 responses may be if I had a 1000 it would make a difference, but you got significant results as it is with 500.

Taking the number up to a thousand response is not going to make much of a difference to your results your supervisor would be able to tell you that. So, that is what is meant by this , repetition is horizontal amplification you keep revising your document for more perfection, I know in a previous lecture I have mentioned that your document must go through at least 40 to 50 revisions. Now that is the average and if you ask others there may be many others who may say the documents do not need to be revised so much I am kind of a perfectionist. So, I do not want to submit a shortly piece of work ok.

But then again that really I am as guilty of this as any of you may be we want to keep working hard. And we want to keep revising and revising things till they are perfect. So, that is another form of amplification ok.

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Fixation (Kukla, 2007)

- Progress towards result is blocked.

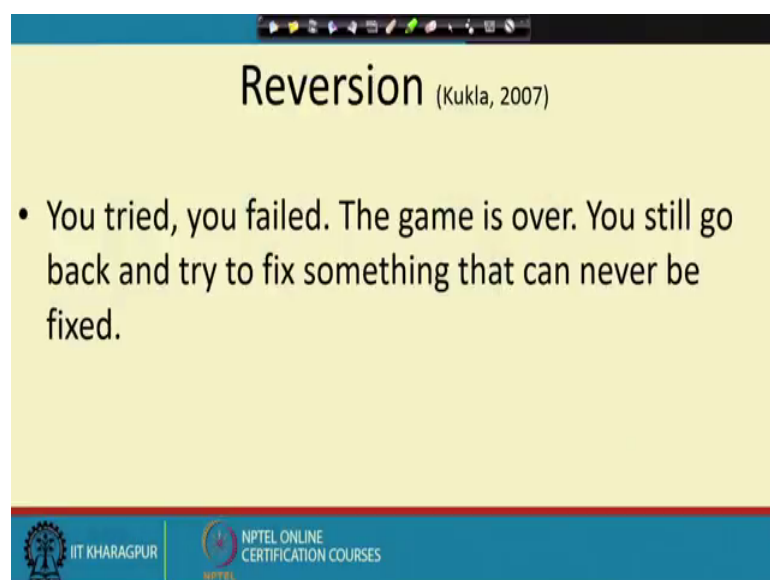
e.g. You do not start working on your next section till your supervisor does not totally approve your first section. So, while the supervisor is revising your submission, you waste your time waiting for the result.

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The slide is a screenshot from a video lecture. It has a yellow background with a blue header and footer. The header contains the title 'Fixation' and '(Kukla, 2007)'. The main content area has a bullet point and an example. The footer contains the logos of IIT Kharagpur and NPTEL. A small video inset of the lecturer is visible in the bottom right corner.

Fixation your progress towards your result is blocked. You get fixated you do not start working on your next section till your supervisor does not totally approve your first section. So, while your supervisor is revising your submission you waste your time waiting for the result, I will not do the second part or I will not proceed with whatever I have done till you give me your feedback and once the supervisor gives you feedback you say what nonsense I knew this already, but you do not want to move ahead no I will not move till I have your approval. So, you get fixated on getting a section of your paper approved before you take it forward.

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Reversion (Kukla, 2007)

- You tried, you failed. The game is over. You still go back and try to fix something that can never be fixed.

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The slide is a screenshot from a video lecture. It has a yellow background with a blue header and footer. The header contains the title 'Reversion' and '(Kukla, 2007)'. The main content area has a bullet point. The footer contains the logos of IIT Kharagpur and NPTEL. A small video inset of the lecturer is visible in the bottom right corner.

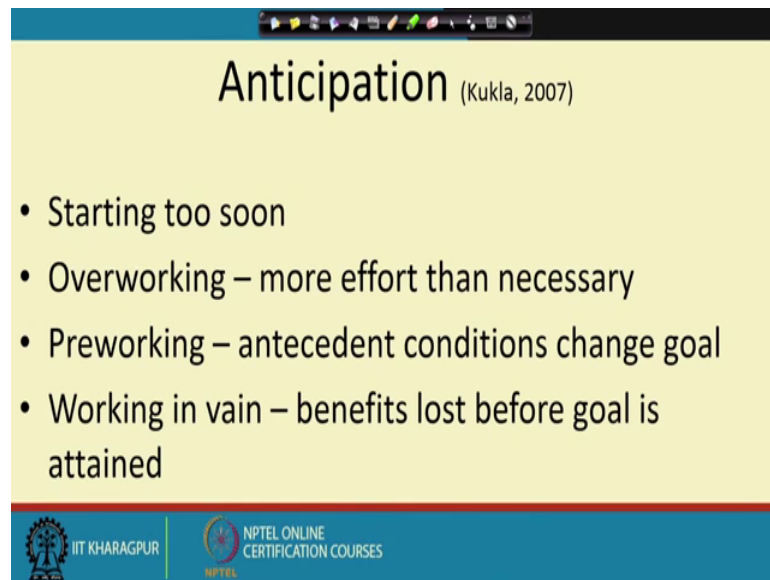
Reversion you tried you failed the game is over. You still go back and try to fix something that can never be fixed. So, you tried you wrote a paper you submitted it to 10 journals 15 journals and everybody said that your contribution is not that significant your data is obsolete. You do not get more data, but you keep revising it, and you say may be you know they give you whole bunch of other suggestions also refer to this paper refer to that paper, but all of them say that we are not able to see what contribution you are making to the knowledge base.

So, you are you get stuck and you keep going back and you say what can I do to make this better. You will never get that paper published unless you change the outcome of that paper you will not be able to get it published, but you keep going back and trying to fix it that is called reversion. And that paper is no longer valid may be you are talking about a technology that nobody else nobody wants to know more about why because more advance technologies have come in.

You want to talk about how to improve the old you know physical type writer on which you had to bang your fingers, you have studied historically yes, it is important what type writers were how they came to be how to how the keys were made what kind of ink was made how were those ribbons made. So, you keep trying to work on that the technology has changed you still trying to figure out nobody is going to use that technology, but you still keep trying to figure out how to improve the quality of that in the hope that the same material will be used while some other technology sometime in the future ok.

People say this is no longer valid whatever you are talking about is obsolete stop, but you keep going back.

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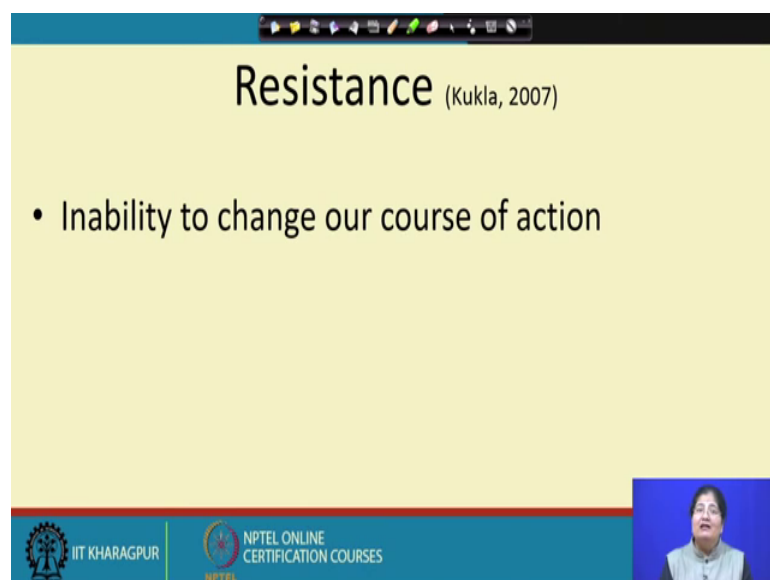
Anticipation (Kukla, 2007)

- Starting too soon
- Overworking – more effort than necessary
- Preworking – antecedent conditions change goal
- Working in vain – benefits lost before goal is attained

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Anticipation you start too soon you overwork you put in more effort than necessary, the antecedent conditions then you pre work you think that something you need to do something, you work more than necessary write in the beginning even before the project has began, you get everything in here and by the time the project starts you are already out of energy ok. You might work in vain benefits are lost before the goal is attained.

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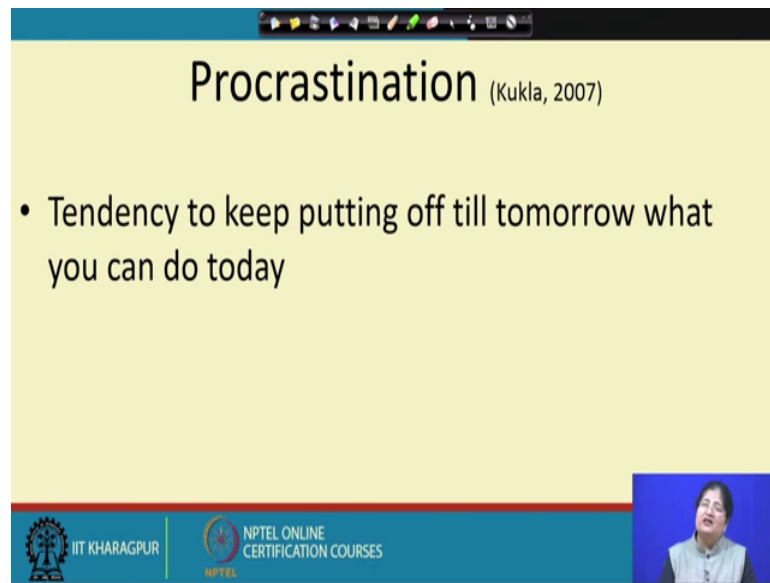
Resistance (Kukla, 2007)

- Inability to change our course of action

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Resistance your inability to change our course of action that is called resistance.

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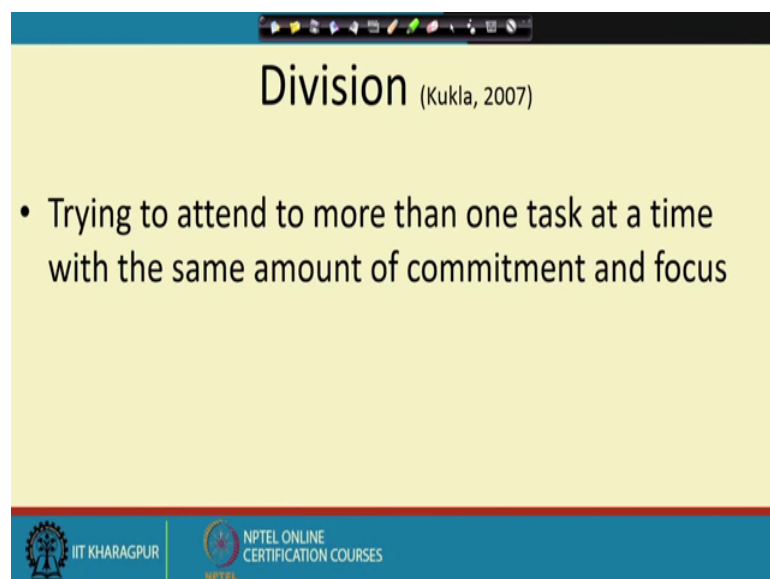
Procrastination (Kukla, 2007)

- Tendency to keep putting off till tomorrow what you can do today

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Procrastination you have a tendency to keep putting off till tomorrow what you can do today ok. The paper is due next we can may be I will start working on it tomorrow, no no no today I am not able to do it may be I will start working on it they after tomorrow, no no no I am not able to do it today may be I will start working on it next Monday. And in doing so you keep letting other things take precedents and you keep pushing it and at the last minute you sit like this and you say what do I do now.

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Division (Kukla, 2007)

- Trying to attend to more than one task at a time with the same amount of commitment and focus

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Division you try to attend to more than one task at a time with the same amount of commitment and focus so multitasking.

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Acceleration (Kukla, 2007)

- Working at a pace faster than optimal

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Acceleration you work at a pace faster than normal; I want results I want results today I want results now type a personalities um. So, I will start I will keep you know I have to submit this document by tonight yes, having deadlines is good, but is rushing through deadlines good I do not know occasionally the deadlines may be flexible also.

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WHY? (www.sff.net)

- Excessive self criticism and perfectionism
- Writing what you should instead of what you enjoy
- Obsessing on one piece/ story too hard
- Expectations: Fantasy and reality
- Losing faith in the process
- Inability to find any information on the topic
- Stress and panic: A vicious cycle

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Why do you come across these road blocks? Or why do you have these mental traps? This is again this is from a website called s s f dot net. excessive self-criticism and perfectionism I told you perfectionist have this habit writing what you should instead of what you enjoy. So, we are under pressure, I have to do it I have to submit a paper my student is nodding his head because occasionally he has to do things in class. So, you know writing what you should I have to write this paper. And then in having to write it you either rush through it or you put in more effort and you say even though I am not interested in it because I have to submit it and I am a perfectionist and I am an a grader and I am an a 8-point or 9-point c g p a holder.

So, I have to maintain that standard so I will just start doing it and we get into these traps and then they lead to a road block and at the end of which we sit like this and we say I cannot do it anymore enough done on seeing on one piece or story too hard. I have to make this the most perfect piece ever that is what I am trying to do in this lecture today, since this is one of the last lectures I am trying to make it as interesting and as appealing to you the audience as possible. So, I work really hard at this, some of it is material I have used before some of it is new. Expectations fantasy and reality, you feel that you know by working.

So, hard you will produce the best paper of your life the best project of your life. Reality is it is the start of many such projects somewhere along the line you will be able to do the best work of your life, but I know so many people who have been gold medallist who have been toppers who have started their lives and who at a very late stage may be 25 30 years of publishing and sending papers and you know may be after 200 250 papers they finally, come out with something that changes the course of their lives, but by then they are old and greying like me. And finally, then they feel that yes, all these years of work have paid off and everything that they have published is a master piece, but somewhere along the lines somewhere you know towards the middle of their careers they write something that really hits the nail on it is head.

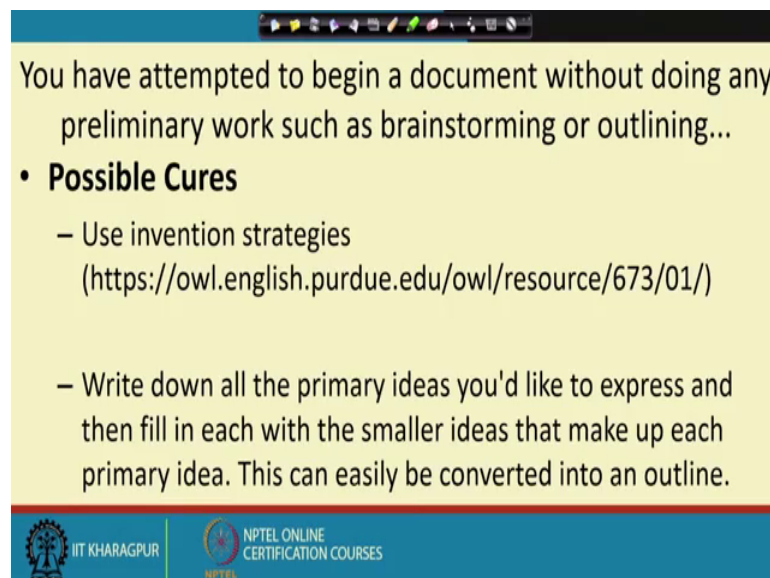
So, it is the right piece of information right piece of knowledge that is generated at the right time. And has and is communicated to the right genre of journals and the journal accept it says aha this is what we were really we were looking for ages. So, they change the occasionally very rarely you will find that journals change the cover page of their issue because of a specific research paper that has been written. So, your expectations

you say you want every paper of yours to be at that level and in having those expectations from yourself you get into these traps and eventually hit a writers block oh ho.

Losing faith in the process, you revise your guide says what is new you revise your guide says this is wrong fix it you revise you send it to a guide says something is not right. You both come to a common mutual understanding after 10 12 15 20 revisions and then you send it to a journal and outright rejection, send it again outright rejection, send it again outright rejection, what do you do? I am not going to do it inability to find any information on the topic, may be you are looking in the wrong place may be you are looking you know at the wrong time may be you are using key words that you should not be using.

So, inability to find information on the topic also leads to a block at which point you say you try very hard and you are not able to find the information. Stress and panic a vicious cycle, so you get stressed out and you panic and you get stressed out and you panic. And so, you are worried and then you panic and you do things that you should not be doing, and that becomes a vicious cycle.

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You have attempted to begin a document without doing any preliminary work such as brainstorming or outlining...

- **Possible Cures**
 - Use invention strategies
(<https://owl.english.purdue.edu/owl/resource/673/01/>)
 - Write down all the primary ideas you'd like to express and then fill in each with the smaller ideas that make up each primary idea. This can easily be converted into an outline.

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You have attempted to begin a document without doing any preliminary work such as brain storming or outlining ok. So, this is one of the blocks that you face what should you do, you attempt to begin a document without doing your homework, how should you

address this road block some possible cures for this block are use invention strategies. You will find these on the, you big become creative we have discussed creativity in writing in the earlier parts of this course. Write down all the primary ideas you would like to express and then fill in each with the smaller ideas that make up each primary idea this can easily be converted into an outline later, but just generate ideas put them on a piece of paper write you know express yourself and then go back and see you know go through it again. So, and then organize your thoughts.

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You have chosen or been assigned a topic which bores you....

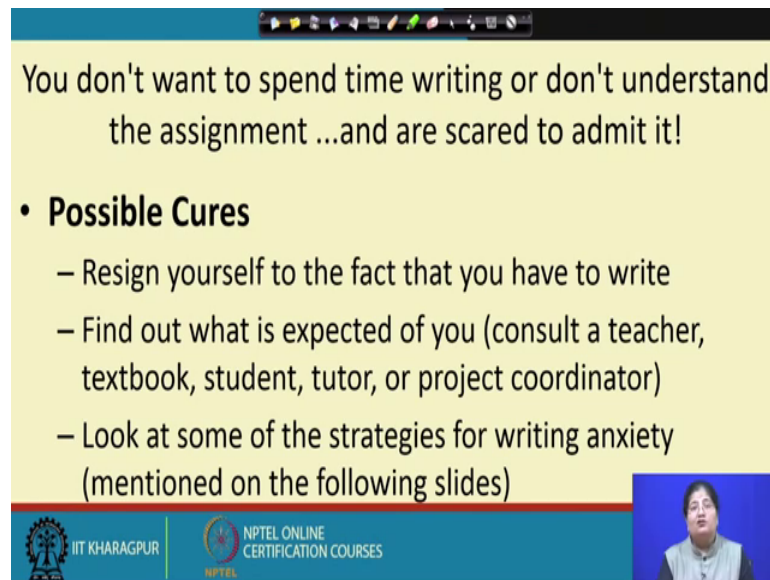
- **Possible Cures**
 - Choose a particular aspect of the topic you are interested in (if the writing situation will allow it...i.e. if the goal of your writing can be adjusted and is not given to you specifically, or if the teacher or project coordinator will allow it)
 - Talk to your supervisor about how you can personalize a topic to make it more interesting

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Another road block that you could hit or write as block that you could hit could be you have chosen or been assigned a topic which bores you. Part of a class you have to write a paper you have been assigned a topic teachers split up the topic into say 20 different topics you have got a topic that you are not interested in and you say, what do I write, how do I write, oh my god; some possible cures choose a particular aspect of the topic you are interested in if the writing situation will allow it that is, if the goal of your writing can be adjusted and is not given to you specifically or if the teacher or project coordinator will allow it you start from the middle somewhere.

Talk to your supervisor about how you can personalize a topic to make it more interesting, find out more avenues look for something interesting look for something new look for something creative try and get creative with whatever you are doing.

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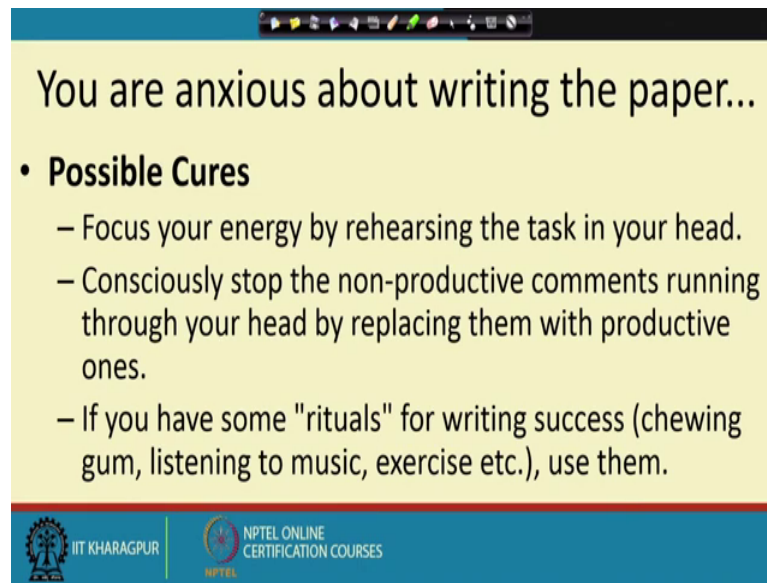
You don't want to spend time writing or don't understand the assignment ...and are scared to admit it!

- **Possible Cures**
 - Resign yourself to the fact that you have to write
 - Find out what is expected of you (consult a teacher, textbook, student, tutor, or project coordinator)
 - Look at some of the strategies for writing anxiety (mentioned on the following slides)

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You do not want to spend time writing or you do not understand the assignment and are scared to admit it this is too difficult for me, but I am a perfectionist I am an IIT student, I will take up the challenge, I will do it I am an a IIT faculty I have taken on this very difficult course I am going to do it ok. So, that then becomes a problem for you. Ok then you are like it is too difficult I want to find information, but then you hit a road block. You take on the assignment and then you do not know what to do it; possible cures resign yourself to the fact that you have to write you have taken it on you have to do it there is no way around it. Find out what is expected of you consult a teacher textbook student tutor project coordinator etcetera. Look at some of the strategies for writing anxiety mentioned on the following slides again I will share this with you. These are all from the purdue online writing lab.

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The slide has a yellow background and a blue header bar. The title 'You are anxious about writing the paper...' is in black text. Below it, a bulleted list titled 'Possible Cures' contains three items. The footer is blue and contains the IIT Kharagpur and NPTEL logos.

You are anxious about writing the paper...

- **Possible Cures**
 - Focus your energy by rehearsing the task in your head.
 - Consciously stop the non-productive comments running through your head by replacing them with productive ones.
 - If you have some "rituals" for writing success (chewing gum, listening to music, exercise etc.), use them.

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You are anxious about writing the paper some possible cures for this are; you focus your energy by rehearsing the task in your head. Consciously stop the non-productive comments running through your head by replacing them with productive ones, if you have some rituals for writing success chewing gum listening to music exercise etcetera use them now I will share something very personal with you what happened was, when I was doing my comprehensive examinations for my p h d program.



I took one particular song and I listened to that song nonstop that was always playing in the background. Whenever I am doing something very serious I have a tendency to get stuck on a particular form of music ok. So, this is a ritual I like to keep having lots of water I tend to eat a lot when I am stressed out and writing in. So, we all have a rituals I know some people who prefer to chew gum when they are writing unfortunately, some of you may also be burning your lungs my advice is please do not do it, it is bad for you, but when you are really stressed in the middle of something you tend to ingest tobacco fumes which are very, very bad for you.

So, please do not do it, some people like to exercise after every section they go for a run ok. So, that if you have these rituals that helps stimulate your grey cells then by all means use them.

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You are so stressed out you can't seem to put a word on the page...

- **Possible Cures**
 - Stretch! If you can't stand up, stretch as many muscle groups as possible while staying seated.
 - Try tensing and releasing various muscle groups. Starting from your toes, tense up for perhaps five to ten seconds and then let go. Relax and then go on to another muscle group.
 - Breathe deeply. Close your eyes; then, fill your chest cavity slowly by taking four of five short deep breaths. Hold each breath until it hurts, and then let it out slowly.
 - Use a calming word or mental image to focus on while relaxing. If you choose a word, be careful not to use an imperative. Don't command yourself to "Calm down!" or "Relax!"

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You are. So, stressed out you cannot seem to put a word on the page, what do you do? stretch again please focus this is what you do. Stretch out your arms squash your fingers into your palm release them open out your arms stretch stand up I cannot show that you there will probably have trouble focusing here. So, just stretch yourself stretch your body move your limbs, move your neck like this I have spondylitisso it is little difficult for me, but then move your neck again please consult your doctor before you do any of these, otherwise I am not responsible for you I am not a doctor I just saying do whatever it takes to relax different muscles in your body ok.

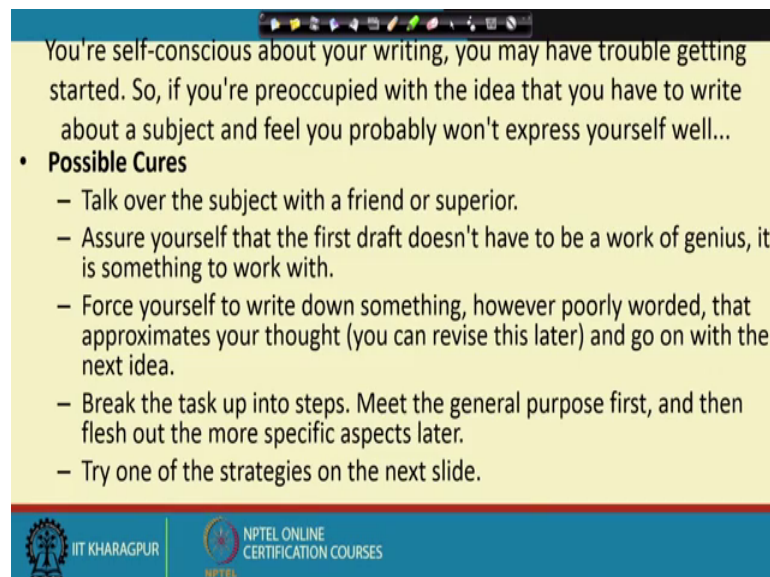
But with your neck please check with your doctor before you do what I just did. So, stretch as many muscle groups as possible while staying seated if you have trouble getting up. If you are in the middle of an examination you are writing an essay even then I do not think anyone would mind you putting down your pen and doing this really tight and opening out your hands like this; again, depending on your medical condition please check with your doctor before you take any of my suggestions. Try tensing and releasing various muscle groups starting from your toes tense up for perhaps 5 to 10 seconds and then let go, relax and then go on to another muscle group now this is an exercise that I can show you in person, but it is out of this scope of this class.

So, I cannot really show this to you very helpful, breathe deeply close your eyes this is what you do; close your eyes hold your breath for 3 seconds 1 2 3 4 5.

Relax as you and then let it out slowly ok. So, various methods again I am not a yoga teacher I am just telling you some strategies to relax yourself to ease the stress that prevents you from writing. Use a calming word or mental image to focus on while relaxing I will tell you what I do I like to watch videos of baby animals to relax I have mentioned this in class with you all also. So, I am talking to my student here which is sort of it gives you an idea of what a classroom situation looks like. That is my relaxation technique when I am really stressed out and worried I like to go to YouTube and you will find a lot of you know videos of baby animals baby, mammals specifically because they are so expressive and affectionate and they are attached to their family.

So, I like to watch those videos to relax. So, that is something that works for me um, but you cannot tell yourself oh you released your stress, you cannot just tell your brain hey brain calm down hey brain relax you cannot do that you have to do something that relaxes you, some activity that relaxes you. Call up friends call up people who are not expecting anything from you; who love you just the way you are maybe that is the strategy that works that will work for you, but find a way to relax and then get back to your work and your work will be easier.

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You're self-conscious about your writing, you may have trouble getting started. So, if you're preoccupied with the idea that you have to write about a subject and feel you probably won't express yourself well...

- **Possible Cures**
 - Talk over the subject with a friend or superior.
 - Assure yourself that the first draft doesn't have to be a work of genius, it is something to work with.
 - Force yourself to write down something, however poorly worded, that approximates your thought (you can revise this later) and go on with the next idea.
 - Break the task up into steps. Meet the general purpose first, and then flesh out the more specific aspects later.
 - Try one of the strategies on the next slide.

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Yourself conscious about your writing you may have trouble getting started. So, if you are preoccupied with the idea that you have to write about a subject and feel you probably would not express yourself well; that may be a block. Some cures talk over the

subject with a friend or superior I will tell you what I use to do or what I still do; I just call up my family member use to be my mother I just call up somebody and I will discuss and they will ask what are you doing how is it going. And I would just I just talk to them I will call up some friends sitting in some corner of the world who has no idea about my research who does not who just wants to have a conversation. And I will tell them you know what this is what I discovered as a result to my study. So, I will start talking in a language that they understand.

Now, I am not saying that you know it is it is not about what kind of work they do or whether they are professors or not, it is about trying to explain whatever you have done or whatever you are trying to do or whatever you are trying to write to a person, who may not have the necessary training and background in the subject that you are talking about. So, you need to simplify things in your mind and you need to explain them in as comprehensible a manner as possible may be in your mother tongue.

And that in turn clarifies a lot of doubts in your mind when you speak something that clarifies a lot of doubts in your mind; that is what I did during my p h d days my mother would ask me and you know I tried to explain things to her she had she was not trained in the area that I was doing my research in. So, I would just call up and I would say this is what I am doing and I would explain everything to her in terms that she could relate to and that while talking to her I was able to clarify a lot of doubts in my mind.

So, that helps or may be if you want to get more ideas in insides may be you can talk to somebody who does understand, but who is not actively involved in your work. So, they will be able to see things from a different angle. Assure yourself that the first draft does not have to be a work of genius it is something to work with; first draft is just a document on which you pore your heart out. The first draft is not the most perfect draft it is not the final draft it is not the draft that will become your final paper the first draft is just an avenue for you to pore your heart out read it find out a few mist anything do not count the number of words do not look at the language.

Let it be a mixture of your mother tongue and English or whatever combination of languages you want to use just pore your heart out on the first draft on paper make sure you have covered all ground second draft go through it and write it in a language that is acceptable for publication. And slowly after you know say may be on the tenth draft you

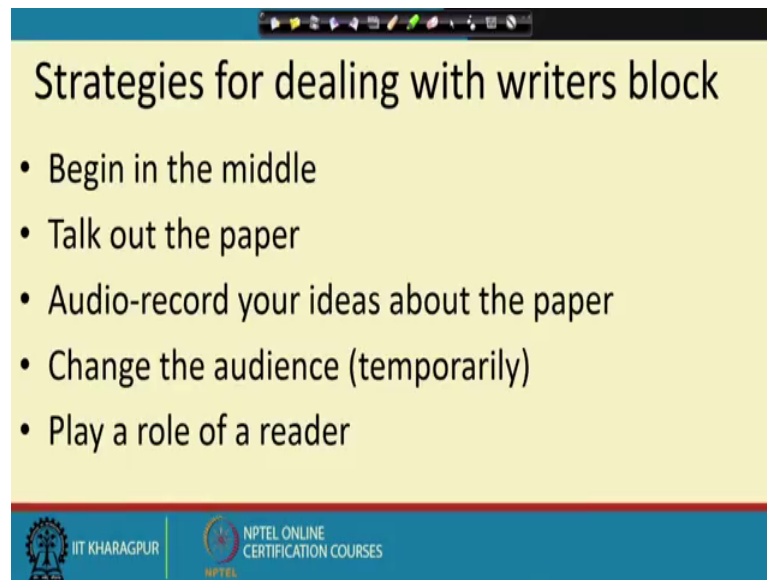
can start looking at some grammatical mistakes you may have made, but till that point do not bother just make sure you put in everything the different sections of your paper are tying in well with each other. Make sure you have covered everything make sure you have highlighted the significant points and removed the points that are not so significant etcetera.

So, you start working with finest only around say may be the 15th or the twentieth draft, but till then do not worry about it and then of course, in the last 10 12 drafts you have to cut down on the number of words or you may have to add words if you are not very verbose ok, but till that point just pore your heart out. Force yourself to write down something; however, poorly worded that approximates your thought and go on with the next idea; this is what you should do.

Break the task up into steps meet the general purpose first and then flesh out more specific aspects later since good journals asks you what your contribution is, what should you do? You should first clarify that. Write down your contribution as a result of your study to begin with. And when you write that down and when that is clear then you tie you already done the work and whatever you have come out with is very beautiful and you have to really situate it in the context.

So, you can start connecting it to pass literature you can start working backwards if that works for you do not start with literature review start with the outcome, start with the contribution you already have your notes, but when you start writing may be you can write up that part well my contribution is this may be it is the conclusion section. So, what and try one of the strategies on the next slide.

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Strategies for dealing with writers block

- Begin in the middle
- Talk out the paper
- Audio-record your ideas about the paper
- Change the audience (temporarily)
- Play a role of a reader

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Now, we come to the nuts and bolts strategies for dealing with writers block; begin in the middle do not start at the beginning do not start at the end begin somewhere in the middle. Procedures are method section is very easy to write I did this I did that this is the sample. So, that is very definite that will not change be clear crisp so you have that section done, you have got your notes on methodology so write the methods section and then may be move on to how you selected the particular method. You have we all have computers you are watching this on a computer.

So, you can always do it. So, begin in the middle talk out the paper after you write a section may be talk about it to yourself video recorded or audio recorded listen to it here yourself speaking try and make a presentation on it listen to yourself speak that helps. Audio record your ideas about the paper, change the audience temporarily like I told you talk to somebody who has no training in or interest in whatever you are doing.

Play the role of a reader try and read your paper from as critical is stand point as possible. Try and read your paper from the point of view of a person who is out to throw you out. Try and read the paper from the point of view of a person who is hell bent on finding mistakes, who is bent upon finding mistakes in your paper and who is out to get you and make down all kinds of notes. If you were the editor of a journal who was definite about not accepting a paper from this person what kinds of comments would you make, but you could not take out you know you could not take out your (Refer Time:

34:30) personally what could you write down ok. And that is all we have time for in this lecture and that really winds up. You know how you write we will continue with a little bit more discussion on research writing in the next class and then we will wrap up the course thank you very for listening.