FREEWRITING

Freewriting is a method of getting started to write. The method enables you to transfer your thoughts into written text.

When freewriting, you write non-stop for exactly ten minutes. You must not stop for a break. If you do not know what to write, you can write "now I'm stuck" or something similar. The important thing is not to take a break for you should write EVERY thought that comes into your head.

Do not read the text you just wrote. It does not matter if sentences are linked, and commas, spelling etc. are not important in freewriting either. No one else will use the text you have written.

The result of freewriting is a very unfinished text, which you will continue working on by inserting, removing, replacing or moving paragraphs, sentences and words.

Freewriting is particularly useful when you need to get an overview of a topic, your thoughts, your assignment etc.

Resistance against freewriting is very common because it may seem that you are in control of your assignment while it is still inside your head. However, as soon you have written down your thoughts it becomes apparent that you are not quite in control of the assignment.

Have a go at freewriting anyway before you decide if it is useful for you or not. Write down the questions you wish to write about before starting the actual freewriting. For instance:

What do I want to study?

Why do I want to study this? How

can I study this?
- What tools (theories, concepts and methods) can I use?
- What object(s) (empirical data) can I subject to my studies?

How can I plan my study?