

Underwater Mindframes: Ideas and Language to Share With Students



Underwater Mindframe	What You Might Say to Writers
<p>Hard work: Putting in effort to make writing the best it can be. This often includes pushing yourself to do more than what is comfortable, spending more time to smooth out the writing, revising again and again, especially when you don't feel like it.</p>	<p>"Remember that hard work is not easy work. That is why it is called hard. Expect hard. Perhaps if it all feels too easy, you can push yourself to work harder."</p> <p>"Remember that hard work always, always pays off for you in the long run."</p> <p>"Set goals and work to meet them. Even if you don't feel like it. You will surprise yourself."</p>
<p>Good habits: These are the "healthy" choices we make as writers like writing every day, making the most of our time, setting goals, taking risks, and reading like a writer.</p> <p>Often, when a habit is a habit, it no longer feels like hard work; it just is something you do every time you write.</p>	<p>"Pick one habit you know will benefit you the most. Vow to do it every day."</p> <p>"Good habits are often planned, so you don't have to think about them too hard. Examples of good habits: Every day, have your materials ready before sitting down. Every day, pause periodically to revise a section of your writing."</p> <p>"Write every day. Talk to another writer every day about writing."</p>

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<p>Disappointment: In writing, sometimes things don't work out as planned. Disappointment may come from a small mistake or something big. Both are treasures for a learner and writer!</p>	<p>"Sit with disappointment. Don't try to pretend it is not a feeling." "Disappointment sometimes feels terrible, but is like eating a really healthy, not very tasty vegetable. It helps us grow. Name the changes you plan on making because of this disappointment." "Think, 'This is disappointing now, but not forever.'" "Talk to others who have experienced disappointment and ask what they did with it. Try out their advice."</p>
<p>Sacrifice: Writers often give up some things that they may want really badly in order to make the time and give the effort for strong writing.</p>	<p>"We all give up something to get something. Think of sacrifice as an investment." "Imagine all you will gain. Know that what we do now, while challenging, disappointing, or hard, will be worth the work and feeling for much, much longer."</p>
<p>Persistence: This is a mental commitment to stay the course and stick with writing even when things get tough.</p>	<p>"Make a commitment to yourself before you begin that you will stick with it, no matter what comes. When you don't feel like doing something, get up, grab all of your materials, and find a different spot to work. Often, a change of location is motivating." "Make a commitment to yourself, or a friend, that you are going to do something. Follow up with yourself or your friend to celebrate what you have done." "Ignore the voices (inside your head and out) that encourage you to give up. Talk back to them and say, 'I'm not listening!'"</p>