1. RESIGN YOURSELF TO YOUR FATE.
   - turn off your phone, log out of tumblr, and find a place with limited distractions.

2. REVISIT THE PROMPT.
   - what is the professor really looking for? look for the exact requirements.

3. WRITE SOMETHING. ANYTHING. A TITLE.
   - “The journey of a thousand miles..” etc. the blinking cursor is the enemy. just get something down.

4. GO TO YOUR SOURCES.
   - research common positions and arguments on your topic.
   - pull out the quotes you want to use; it’s easier to start a paragraph by explaining a quote.

5. OUTLINE.
   - nothing fancy, no one’s going to see. freewrite your ideas. don’t focus on vocab or grammar yet.
   - rearrange this into blocks, picking out similar ideas.

6. REWARD YOURSELF.
   - college is hard. drink some water, weep into a friend’s shoulder. don’t go sneaking off to netflix. keep it short.

7. REVISE.
   - flesh out your arguments and support. then go back to your intro and thesis, then finish your conclusion.

### SCHEDULE CHECKLIST

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### TIPS FOR THE FUTURE
- admit you have a problem.
- plan out & write down dates you will have a draft by.
- concentrate on one task at a time.
- work with others. snapchat wordcounts, complain, revise each other’s drafts.
- do something every day, even if it is just writing a paragraph or looking for potential sources.