

Wandering Writing

Think of a problem that affects you, a problem for which you believe there is a solution. What are its consequences? Who are the key players contributing to the problem? Is there anything being done to address the problem now? Can you imagine a world in which the problem no longer exists? What would it look like?

Go for a walk. Do not listen to music. Try not to talk to anyone for any length of time. Do not text or check your email. Regard your phone as a timepiece. Along with your timepiece, bring only a pen, your handout, and a notebook or book to use as a writing surface. Walk around for about 15 minutes. It doesn't matter where you go. You don't need to think about anything in particular. Allow the seemingly unrelated act of walking to work on your thought process. It will be most effective if you can relax.

After 15 minutes, sit down somewhere and return to writing.

Write down any thoughts you have right now.

Returning to the topic you wrote about earlier—what is the center of this problem?
Why does it endure?

Is the problem complicated in any way? Is it connected to other problems?

If you were to have a conversation about the problem with someone informed and possibly influential, who would it be?

What kinds of questions would you ask to help you understand the problem?

Return to the classroom now.