

Mental Jogging

Mental jogging is an idea which was used for a book in the 1970s is to warm up your mind before you write using mental jogging. The book, by Reid Daitzman suggests doing one mental jogging exercise a day to stimulate creative thoughts and problem solving. Like free writing championed by Peter Elbow it makes a good warm up before getting down to some focussed writing. Complete the table below identify issues you might face in learning , suggest possible solutions:

Issues you might face	Suggest possible solutions
Time organisation	
Tiredness	
Boredom	
Language barrier	
Stress	
Lack of motivation	
Anxiety	
Fear of failure	
Intimidation	
Financial personal	
Over committed	
Health	
Sleep	
Getting behind	
Hunger/ distractions	
Distractions	
Life work balance	
Conflicting priorities	
Poor study environment	