



## Course details

### Course title

Creative Writing: Journaling for Writers: Taster Workshop

### Course code

Q00019612

### Course date

Start: 05/02/25

End: 05/02/25

### Number of classes

1 sessions

### Timetable

Wed 5th Feb, 14:00 to 17:00

### Tutor

Nicola Torode

### Fee range

Free to £11.10

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

### Venue

Online

## **Level of study**

Beginners

## **Course overview**

This course will introduce the learner to accessible and generative journaling exercises to explore their writer's mindset and process and help them plan and think more deeply through expressive writing about their work in progress. Journaling can help with developing a positive mindset: to keep motivated after rejection; It can also help develop confidence as you free-write and keep up momentum rather than ponder and choose the right word. Journaling can also be used for planning and going deeper into your thoughts and ideas about your current piece of writing.

## **Course description**

Journaling for Writers is a writing workshop. You'll learn about a range of journaling techniques that will help you bring out your creativity. It will be used to help you write expressively, with speed and to listen to your creative voice rather than critical one. You'll learn tips how to make it part of your creative practice and build it into a helpful habit. You'll have many timed exercises to practice. Journaling not only boosts your positive mindset but also confidence in your writing as you'll be writing fast and free to spark ideas and new thoughts about your writing project. Writing with the brake off!

The class will be a mixture of writing exercises, discussion in the full group and sharing some of your work and reflections in small break out rooms. You'll be invited to submit one piece of writing, something creative concocted from your journaling that reflects/builds on how you see journaling as a tool to aid your writing progress. The tutor will provide written feedback on each piece and it will be shared with the group for appreciative and developmental feedback.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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