

NOT FOR SHARING

Guided (topic-based) freewriting (to clear mental space so that thoughts about an issue in question can emerge that had been below the surface of our attention)

In a freewriting exercise, you should not take your pen off the paper. Keep writing even if you find yourself stating over and over again, "I don't know what to say." What you write won't be seen by anyone else, so don't go back to tidy up sentences, grammar, spelling. You will probably diverge from the topic, at least for a time while you acknowledge other preoccupations. That's OK—it's one of the purposes of the exercise. However, if you keep writing for seven-ten minutes, you should expose some thoughts about the topic that had been below the surface of your attention—that's another of the aims of the exercise. Reference: Elbow, P. 1981. Writing with Power. New York: Oxford U. P.

Continue for 7 minutes where this sentence leads off:

"When I look ahead to the course emphasizing epidemiological literacy, inequality, pathways of development, social determinants of health, and policy, the different ways I hope to develop include... given my background in..."

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INITIAL LEARNING PROFILE, name =

Relevant background

(which might include training, work experience, current research, activism,...)

Directions in which I want to develop

(which might include overcoming weakness in xx, skills I want to develop, interests in peer support around yy, knowledge to gain, ability to converse with data analysis specialists,...)