

Chapter 1: Cures for Paper Paralysis

A Free Excerpt From
EMERGENCY HOMEWORK KIT*
Quick Life-Saving Help for School Assignments

By Themba Tutors, LLC



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*The complete publication with all 6 chapters is available from Amazon.com
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INTRODUCTION

People say that doing homework can't hurt you. Correction: Homework can't visibly hurt you, but it can tear apart your insides. Just because you're not bleeding, it doesn't mean that the injuries aren't serious. From lengthy papers to tricky exam preparations, homework can cause serious invisible harm. For each type of ailment, there are emergency techniques that can help. These types of cures aren't bitter pills; instead, they are strategies that you can turn to again and again if you are suffering from homework ills. Rather than calling 911, consult this book for time-tested remedies. Many students before you have faced the same ailments, and found that the strategies listed in each chapter under "Fast Help" made them feel better. There are also cures that may seem helpful but that you want to avoid, and then you can find sources of additional help.

QUICK GUIDE TO GETTING HELP

- If you have a paper that is causing tears and tantrums, use **Chapter 1**.
- For tests that make you shake and shiver, turn to **Chapter 2**.
- Math problems making you mad? **Chapter 3** might help.
- Hating history? **Chapter 4** is for you.
- Does reading throw you into a rage? Try **Chapter 5**.
- If your teacher is getting you down, go to **Chapter 6**.
- For preventive medicine and the way to avoid these ailments in the future, turn to **Chapter 6**.

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Chapter 1: Cures for Paper Paralysis

How do you know if you are suffering from Paper Paralysis? Read the symptoms below.

Symptoms:

- You have to write a paper, but don't know where to start.
- Your argument is going nowhere fast.
- You are staring at a blank computer screen and have been for hours.
- You have no fingernails left because you've chewed them.
- You have spent hours researching Taylor Swift's love life and have friended everyone in the neighborhood on Facebook, but you've only written two sentences.
- You simply have nothing to say.
- It sounded good when you talked about the paper with your teacher or in class, but now you have no idea what to write.
- It's midnight and the paper is due the next day, but you have no idea of what to write.

Fast Cures for Paper Paralysis:

1. If you are stuck while writing a paper about a book, go back to the book and find two or three relevant passages--parts of the book that relates to what you're writing about. Read each passage with a highlighter in hand, and highlight important words that tell you what this passage is about. Then, think about what these passages and words mean. That might give you an idea for a thesis or main idea.

2. Start by writing a rough outline, not a complete outline. Write down your main idea in a few words, and then outline the main idea of each paragraph. Again, don't worry about the wording or about numbering your ideas. Just jot them down on paper as quickly as possible, and see if you can expand on this outline.

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3. If you are a visual person, map out your ideas. Use arrows to show connections from one idea to the next.

4. Take a break and go back to the screen after taking a brief walk or exercising. Your brain might need a rest and will function better after resting.

5. Speak with someone, such as a parent, friend, or teacher, about your ideas. Discussing your ideas might help you clarify them, and then you'll be ready to write.

6. If you have trouble speaking and writing at the same time, use dictation software (which is built-in on a Mac). Don't worry about your grammar and word choice at first. Just get your ideas down first, and then you can go back and revise.

7. Ask a librarian for a book that explains what you are writing about or that adds to your subject. This may generate some new thinking on your part. If you are at home, you can look at Amazon and read selections from relevant books (or use Google Books to do so).

8. Stop the internal critic that tells you all your ideas aren't good. Get them down on paper and then go back and look at them to see if any of them are worthwhile.

9. Save time for revision. Put your paper down, even if for just half an hour, and then go back and read it out loud to make sure you catch errors.

10. Ask your teacher for help, even if it means handing in the paper late.

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Cures to Avoid:

1. While it may seem tempting, don't copy ideas you find on the internet or in books. That is called plagiarism, and your teacher will likely quickly discover that. Plagiarism results in punishments. It's better to ask your teacher for help or hand in the paper late than to copy someone's ideas.

2. Don't buy papers online. These are likely recycled, and someone has used them before. Your teacher is likely to find this out too, and it's far worse than handing in an incomplete paper or a late paper.

Additional Help:

1. If you are writing about a novel, use a site such as **Spark Notes** or **Shmoop** to review the plot and themes of the book. Don't copy directly from these sites, but use them to understand the book you are writing about.

2. If you are writing a history paper, turn to Chapter 4 for specific help.

3. Contact Themba for more recommendations. <https://thembatutors.com/contact-us/>

Things that Can't Hurt and Might Help:

- Puppies and kittens sitting on your lap as you write.
- Occasional music breaks.
- Healthy snack.
- A good night's sleep when you finish writing.