

## Defining the Technological World

The ubiquity of computer-mediated communication (CMC) in recent years has resulted in a unique type of exhaustion – “Zoom fatigue” – arising from common virtual engagements such as Zoom sessions or shared Google docs (Nadler, 2020). Research has shown how technological interface and infrastructure cannot be ignored during human-computer interactions (Monea, 2020). Whether writing consultants interact with their clients asynchronously, synchronously, or in-person across a table, the near-unavoidable presence of a screen in any situation introduces the risk that writers are equated with their blinking cursor. **In the face of these circumstances, writing consultants can employ grounding exercises that engage the five senses to facilitate reconnection with their world and their writers.**

**SENSORY AWARENESS** allows for a heightened understanding of and appreciation for social interactions and the physical spaces we inhabit. Whether noticing particular scents, textures, pressures, etc., increased sensory awareness can:

- “(i) encode spaces with meaning, (ii) identify bodies with spaces and (iii) punctuate the experience and transformation of space” (Canniford et al., 2017).

### Takeaways:

- Ground yourself in your physical space in order to foster a clear mindset
- Recognize and catalogue environmental stimulants
- Use your groundedness to develop a deeper, more tangible awareness of your writer

**COLOR ASSOCIATION** is an alternative writing strategy that can foster comprehension and improve content when writers struggle with highly abstract learning environments (Otto 2013).

- “The emphasis on sensory experience, perceptual thinking, and visualization is a deliberate attempt to challenge reason, critical thinking, and linearity of thought that have come to dominate the teaching of writing” (Otto 2013).

### Takeaways:

- Be familiar with alternative strategies to aid all types of writers
- Utilize physical mediums alongside technology (e.g. highlighters vs. highlighting tool)
- Encourage more connectivity between senses and ideas

**THE BREATH** is the foundation of the voice; when we focus on the breath and understand how it produces sound, we can ground ourselves physically and mentally, and leverage our voices appropriately in writing center interactions.

- “The power of the imagination, properly used, can stimulate breathing on a profound level and enhance the function of the voice to maximum effect” (Linklater, 2006).

### Takeaways:

- Use your comprehension of breath and the vocal process to regulate your voice
- Understand how your voice can and will affect the voices of others
- Practice intentional listening by identifying unique voices in noise-dense spaces

**Writers are real people, and you're a real person too!**

**We can experience abstract ideas in new ways!**

**Find your voice in order to help your writer find theirs!**

Notes

# References and Further Reading

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