

# The Mental and Physical Benefits of Handwriting

Extra Credit Opportunity

Brain Studies

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## Introduction

The article *Why writing by hand beats typing for thinking and learning* by Jonathon Lambert discussed many of the benefits of writing by hand as opposed to typing on a computer. In class we summarized five key benefits to writing by hand. For this assignment, you will explore these benefits in more detail and reflect on how they personally impact your learning and thinking processes. You can earn a maximum of five points of extra credit for completing this assignment.

## The Task

1. First, choose any assignment that you would normally complete using a computer.
2. Next, write out the assignment by hand either in a notebook, on a sheet of paper, or even on a whiteboard.
3. Now, complete the assignment using the computer as directed.
4. Finally, reflect on how initially working through the assignment on paper impacted the process in terms of the five key points made in class.

## Formatting

Follow the following formatting guidelines before turning in this extra credit assignment.

- You will format the assignment to fit on one sheet of copy paper, printed double-sided.
- On the front page in the upper right corner type your name, Class Block, and date.
- Center justify the title **The Benefits of Handwriting**
- The rest of the front page will contain a picture of your handwriting for the assignment.
- On the back side type a brief narrative including the following points:
  1. A description of the assignment.
  2. A personal reflection on 3 of the 5 benefits of handwriting as discussed in class.