

Writing can change lives

By Anya Kamenetz, NPR

Why do you do what you do? What is the engine that keeps you up late at night or gets you going in the morning? Where is your happy place? What stands between you and your ultimate dream?

Heavy questions. One researcher believes that writing down the answers can be decisive for students.

He co-authored a paper that demonstrates a startling effect: nearly erasing the gender and ethnic minority achievement gap for 700 students over the course of two years with a short written exercise in setting goals.

Jordan Peterson teaches in the department of psychology at the University of Toronto. For decades, he has been fascinated by the effects of writing on organizing thoughts and emotions.

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