

Why is cursive (joined-up) handwriting important?

The brain thinks more rapidly and fluently in **whole words** than in single letters where the pen is lifted off the page much more frequently. Cursive handwriting therefore **encourages fluidity** of thought processes when writing and is also **much quicker**. This will be useful for you in exams where time is limited. Cursive handwriting also develops hand/eye co-ordination and fine motor skills which can help you in other areas of life and work.

What should I do now?

Start small - 2 / 3 letter words. Join up the letters in words like 'in', 'off', 'and' and then progress to longer words which you know well and use frequently, like 'then', 'where' and 'went'.

After you have got used to these, try to extend cursive writing to most or all of your writing.

It will be slow at first, especially if your primary school didn't enforce this once you had learnt it. However, it is worth working on it now to *allow your writing to keep up with your thought processes* and improve your fluency in sentence style.



Good luck and keep trying!

