*The **mechanics** of effective scientific writing*

Do

Sign posting	Parallel structure
Easy word choice, good (simple) grammer	Information flows smoothlyLogical structure, flow of arguments
Write the way you speak, for flesh-and-blood humans who do not know your work	Flow
Clear flow/logical links from information in one paragraph to the next	Story
[type here]	A coherent story with a clear flow.
Short, declarative sentences	Focus on why you did something rather than details of what you did

Don't

Sentences that are too long	jargon
Unnecessary repetition	Lack of 'story'-->logical flow of ideas with clear connections
Long, multi-part sentences	Complicated sentence structure
Fit multiple ideas into one sentence	Unnecessarily long words
Too much passive voice	Put every detail
Long sentences	Abrupt information without any precursor

The *mentality* of effective scientific writing

Do

Stop while you're ahead	Open to ideas changing as you go
Small step but regular	
Write often, even if it seems unrelated to a publication	Outline ideas beforehand (if it helps you personally)
Be willing to delete	Ask for feedback frequently
Set small goals (e.g. write one paragraph, not whole section)	Discuss your writing with others. Often verbal explanation is what you should have written in first place
"Just" write, you need something to work with (even if it's trash, you can improve trash)	Know your readers

Don't

Get bogged down by getting it perfect on first try	Expect perfection
Keep rewriting same section again and again	[type here]
Worry about deleting text	Get too attached to your words
Set too high expectations for yourself	Don't try to get all of your thoughts Into the MS, keep it relevant
Keep writing when you're not in the writing 'mood'	
Edit as you write	[type here]

What are effective mindsets, approaches, and/or workflows for scientific writing tasks?

Gets something on the page even if its shite

Don't worry about perfection cause a peer reviewer will irrationally hate something

Write frequently in small chunkz

Learn and cultivate your flow state

Make sure you do proper breaks in between, will help to be more effective/efficient

Write methods section around the time data is collected, not with the rest of the MS

Use color coordination or mindwebs/maps and/or bullet points to construct the rough structure and bones before writing in detail

Work with version controlled software or make new versions when you make big changes or after getting feedback so you can easily go back to previous version

Preregistrations/theory informed hypotheses minimize urges to weave fabric out of shit

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