



SCIENTIFIC WRITING INTERNSHIP *Activity Book*

Unlocking Writing Secrets: Your Guide to Effective
Publication

ScienceBy - CHR



Welcome to the ScienceBy Medical
Writing Internship - where ideas
become papers, and students
become authors.

This activity book is your companion. It will challenge you, excite
you, frustrate you, and most importantly - TRANSFORMS YOU.

1
PHASE 1 → IDEATION

2
PHASE 2 → EXPLORATION

3
PHASE 3 → CREATION

4
PHASE 4 → TRANSFORMATION

Every week is a milestone.

Every activity is a step forward.

Every page you fill brings you closer to your published article.



PHASE 1 → IDEATION

Curiosity is the engine.

PROJECT KICKOFF & BLUEPRINT CREATION

Project Goal: Finalize topic + search plan + structured blueprint

Goals

- 2 to 3 topic proposals
- Topic justification sheet
- Initial search strings
- Research question/theme list

DAY 1 - 2 | Orientation & Project Foundations

- What is medical writing?
- Understanding scientific article types
- Why narrative reviews matter for clinical and academic publishing
- Ethics for the project: plagiarism, citations, paraphrasing, transparency

DAY 3 - 5 | Topic Development & Search Strategy Design

- Choosing a focused, relevant, publishable review topic
- Building research questions/themes guiding the article
- How to search literature effectively (PubMed, Scopus, Google Scholar)
- Drafting search strings and setting filters
- Project Task: Submit 2-3 proposed review topics + rationale

Plan

Day	Task	Duration
1	Orientation + Understanding narrative reviews	1 - 1.5 hrs
2	Ethics + Examples of good reviews	1 hr
3	Topic brainstorming + scanning literature	1.5 hrs
4	Refining research questions + novelty check	1 hr
5	Final topic selection + mentor discussion	1 - 1.5 hrs

Assignment

- Submit 2 - 3 potential review topics with short rationales.
- Write 3 to 5 guiding questions/themes.
- Prepare initial search strategy (databases + keywords + Boolean operators).
- Submit a 150 - 200 word justification explaining why your chosen topic works as a narrative review.

Productivity Tips & Tricks

1. Don't choose a topic because it "sounds cool."

Choose one where enough literature exists and recent updates are available.

2. Use the 5-20 Rule for Topic Size

- Too broad? > 20 papers in 10 minutes.
- Too narrow? < 5 papers in 10 minutes.
- Perfect? 8 - 15 good papers appear in the first search.

3. Make a Mini-PubMed Habit

For the next 4 weeks, open PubMed first, not Google. It trains your research brain.

4. Screenshot Everything

Document every search - keywords, filters, results. This becomes your search strategy (journal requirement).

5. Create a "Topic Parking Lot"

Every time you think of a new angle, jot it down in a list. Don't let random ideas distract your main goal.

6. Ask This One Golden Question

"What is the single biggest message my review will deliver?" If you can answer this, your topic is solid.



PHASE 2 → EXPLORATION

Your review might inspire someone else's research.

RESEARCH DEEP DIVE & ARTICLE ARCHITECTURE

Project Goal: Build your literature system + outline

Goals

Literature summary table (matrix)

H i d d e n i n P r e v i e w

Assignment



H i d d e n i n P r e v i e w



PHASE 3 → CREATION

You're not just writing - you're contributing.

PHASE 3 → CREATION

FULL MANUSCRIPT WRITING

Project Goal: Produce the first full draft

Goals

H i d d e n i n P r e v i e w

Assignment

- Write the Introduction (300 - 500 words).
- Write all body sections with synthesis (not just summary).
- Insert proper in-text citations.
- Perform a plagiarism check (<15%).

H i d d e n i n P r e v i e w



PHASE 4 → TRANSFORMATION

*A good review doesn't tell what you read. It tells what
you understood*

PHASE 4 → TRANSFORMATION

EDITING, PACKAGING & JOURNAL SUBMISSION PREP

Project Goal: Produce a polished, submission-ready article

Goals

Final manuscript

H i d d e n i n P r e v i e w

Assignment

- Revise your draft using feedback.

H i d d e n i n P r e v i e w

Trust the process - even
when the process feels like
chaos.



Checklist

O r i e n t a t i o n

- ☐ Understand the purpose of scientific writing
- ☐ Differentiate narrative vs. systematic reviews
- ☐ Note the role of narrative reviews in publishing
- ☐ Review ethics: plagiarism, citation norms, paraphrasing
- ☐ Learn basic journal requirements & indexing

T o p i c S e l e c t i o n

- ☐ My topic is relevant to current scientific needs
- ☐ Topic is neither too broad nor too narrow
- ☐ There is sufficient literature available

H i d d e n i n P r e v i e w

Checklist

Outline Checklist

- ☐ Drafted full outline including headings/subheadings
- ☐ Wrote intro summary points

H i d d e n i n P r e v i e w

Checklist

Editing Checklist

Structural Editing

H i d d e n i n P r e v i e w



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END OF INTERNSHIP