Abstract: This paper aims to guide people to study how both writing methods, handwriting and typewriting, assist our learning in academic writing by affecting our memory systems. Also, it can guide people to find out if there is a writing method that can override the other. This paper will introduce us to academic writing, handwriting, word processing, cognition, memory systems and the relations between them. After that, this paper will compare both writing methods, handwriting and typewriting, to give evidence by two hypotheses to prove that these two methods function the same in the brain, but the priming effect and number of rehearsals cause differences. The hypotheses are: (1) The first learned method of writing is the most useful mode for the author; (2) The more time involved in an automated movement, the more repeated rehearsal process will occur. After that, this paper can then prove that word processing can assist student learning.