



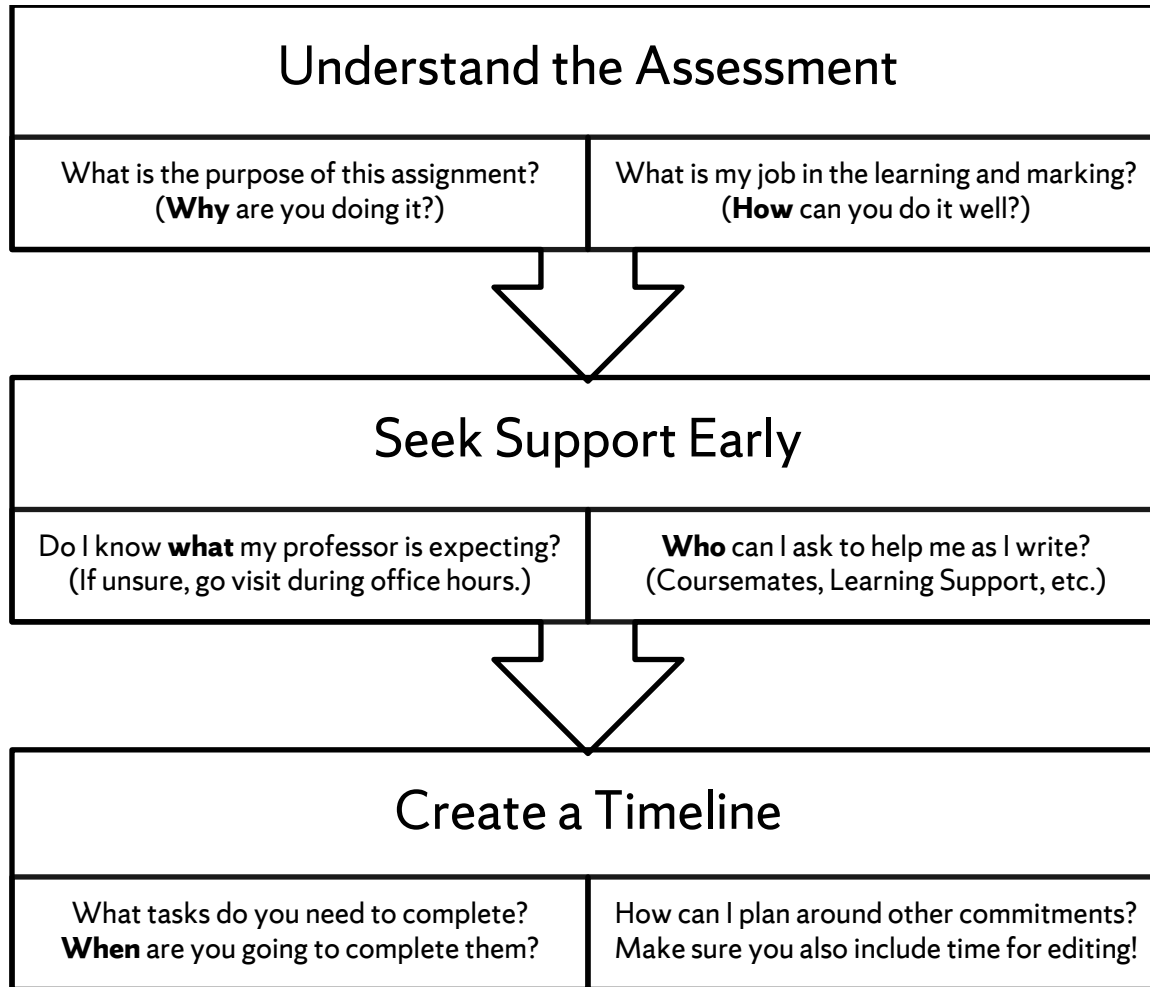
## Handling Essay Stress

<b>Talk it out</b>	<ul style="list-style-type: none"><li>• Have a <b>conversation</b> about your courseload with someone</li><li>• <b>Share</b> with someone what you need to accomplish and any worries you have about completing your assignments</li><li>• Create an <b>anti-stress plan</b> together as part of the discussion</li></ul>
<b>Schedule breaks</b>	<ul style="list-style-type: none"><li>• Create a <b>writing timeline</b> and build in time for study breaks</li><li>• <b>Start earlier</b> so you can have time off writing</li><li>• Plan <b>fun physical activities</b> to keep your body engaged as well as your mind</li></ul>
<b>Have a designated study space</b>	<ul style="list-style-type: none"><li>• <b>Don't</b> actually do 'homework' at home</li><li>• Study in <b>Faraday House or at a library or cafe</b></li><li>• Keep home somewhere for <b>relaxing</b> and non-work activities</li></ul>
<b>Have a writing buddy</b>	<ul style="list-style-type: none"><li>• Share your writing timelines and <b>keep track</b> of each other's progress</li><li>• Make sure you are both taking your breaks by scheduling trips to the gym and other <b>activities together</b></li><li>• <b>Swap</b> assignments to help with proofreading and ideas</li></ul>
<b>Maintain healthful habits</b>	<ul style="list-style-type: none"><li>• Get enough <b>rest</b>: make sure your schedule includes time for sleeping!</li><li>• Eat well and keep fruits and veggies with you for <b>snacking</b></li><li>• <b>Exercise</b> regularly, just like always</li></ul>
<b>Ask for help</b>	<ul style="list-style-type: none"><li>• Make an appointment with our Health and Wellness Advisor, <b>Lisa Watkins</b> (<a href="mailto:lwatkins@syr.edu">lwatkins@syr.edu</a>)</li><li>• Schedule a meeting with Learning Support to review your essay and talk about study tips (<b>Becca Farnum</b>, <a href="mailto:rfarnum@syr.edu">rfarnum@syr.edu</a>)</li><li>• Go see your <b>instructor</b> during office hours to talk about your essay plan and answer any questions about the assessment</li></ul>



*Approaching an Assignment*

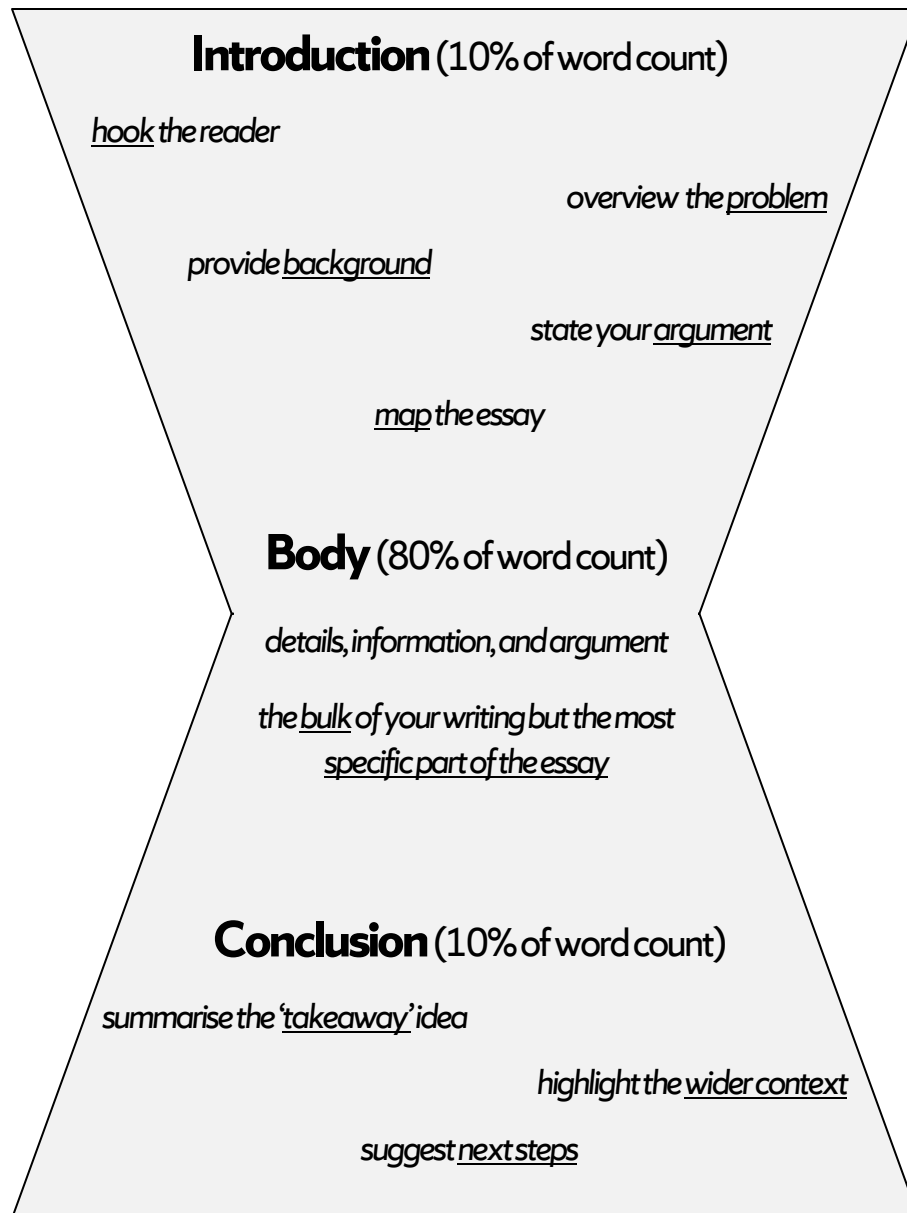
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Structuring an Essay

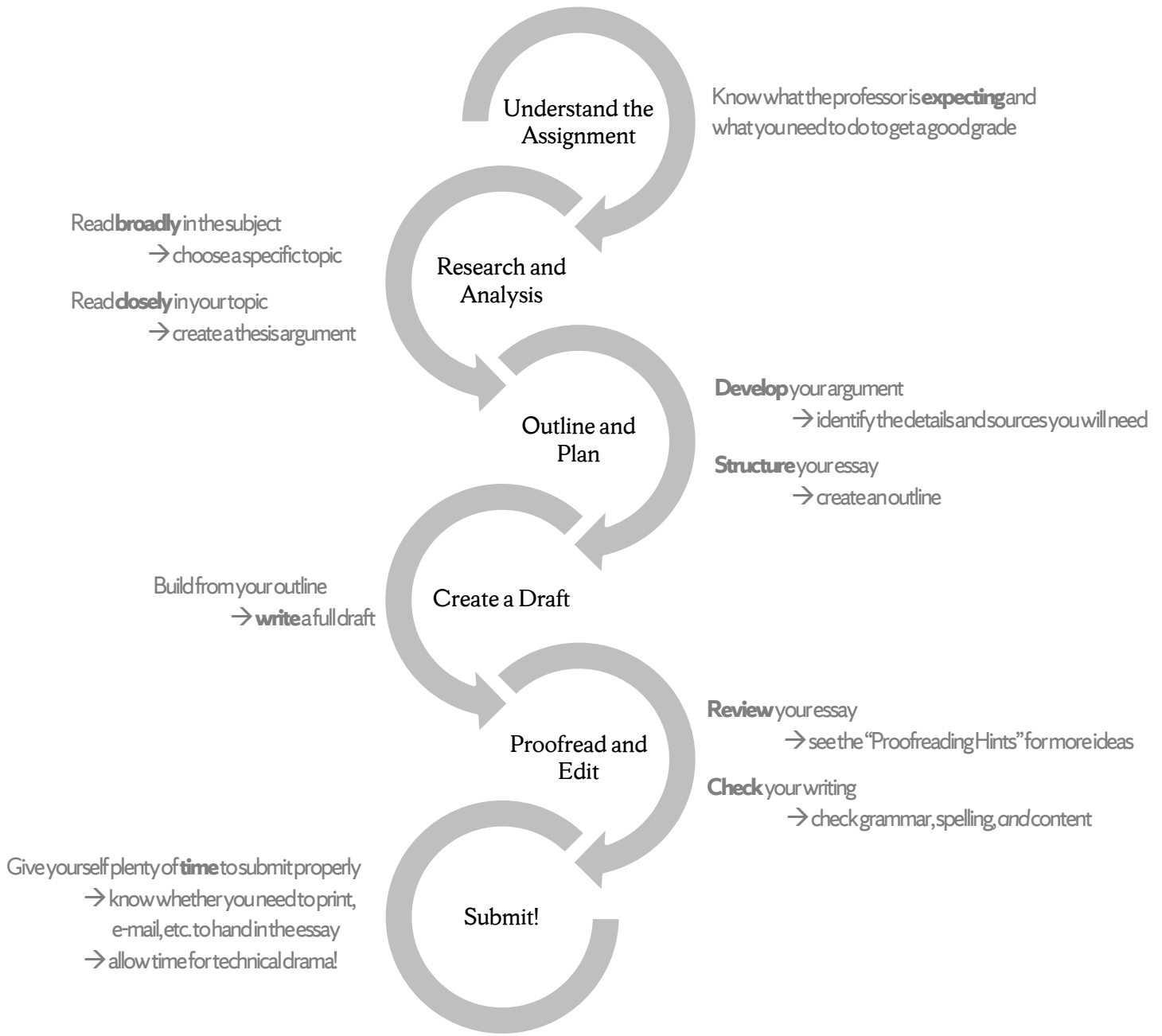
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# Academic Writing Advice



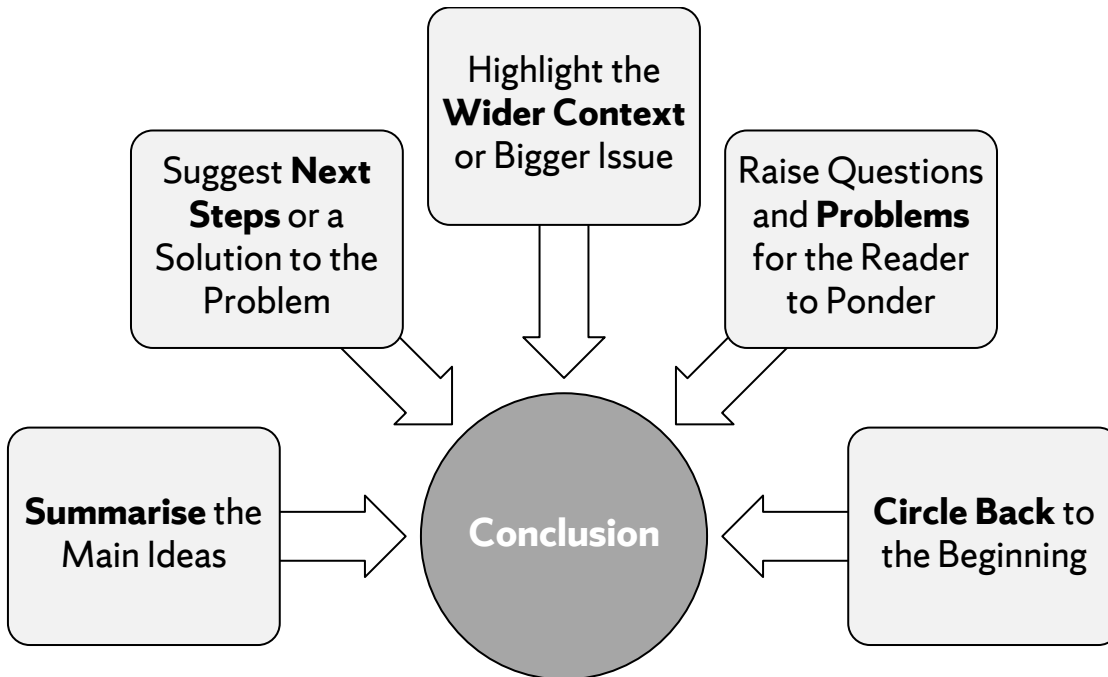
## The Writing Process





### Creating a Strong Conclusion

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The **Conclusion** of an essay should:

- be about the same length as the **Introduction**;
- give readers a 'takeaway' idea, action, or question;
- *not* give new details or information; and
- connect to the rest of the essay. Consider linking to the 'hook' you used in the **Introduction** in some way.



## Proofreading Hints

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### Don't edit immediately

- After writing your first draft, go for some exercise, work on another assignment, or take a break
- Give your brain some time 'off' that specific essay

### Read out loud

- Slowly read the essay aloud: does it still make sense?

### Review backward

- When reading for grammar and spelling errors, take one sentence at a time - starting with the end
- This will help you being 'swept away' with the ideas and allow you to focus specifically on the language

### Focus on one thing at a time

- Circle the verbs: check that for tense and agreement
- Circle punctuation: review commas, semi-colons, and period
- Circle capital letters and proper nouns
- Circle words you know often trip you

### Make an appointment

- Becca is happy to review your assessments, talk about content and ideas, and check your grammar
- Email [rlfarnum@syr.edu](mailto:rlfarnum@syr.edu) to schedule a meeting



Top Tips

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## 1 Be Focused

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- **Concentrate** your writing on the question
- **Avoid** lengthy description
- Be clear and **specific**

## 2 Reference and Cite

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- **Acknowledge** your sources
- Include a **Bibliography**
- Use online resources: check out **[owl.english.purdue.edu](http://owl.english.purdue.edu)**

## 3 Proofread

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- Review for **spelling** and **grammar** errors
- Read your essay **aloud** to check that it flows well
- Swap essays with a **coursemate** to check each other's work



*Nailing the Introduction*

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## Hook

Grab readers with a fact, question, definition, or quote (1-2 sentences)

## Overview

Give a **broad** overview of the topic and problem of your essay (restate the assignment question) (2-3 sentences)

## Background

Now get more **specific** with information about the particular subject or issue on which you are focusing (3-4 sentences)

## Thesis

Building from your background, share your main **argument** (1-2 sentences)

## Road Map

Signpost to readers what to expect in the rest of the essay (2-4 sentences)





## Ideas from your SU London Team

