

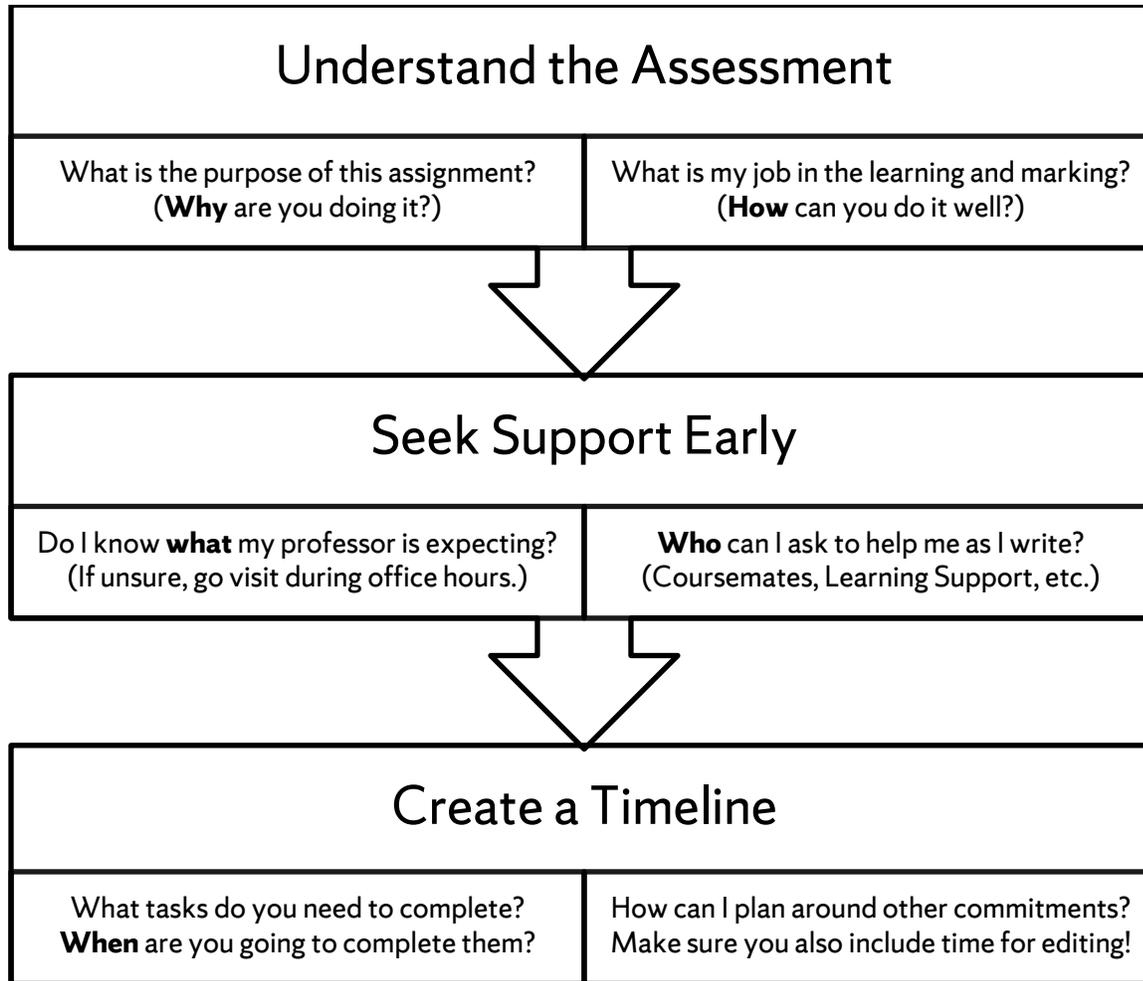


Handling Essay Stress

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

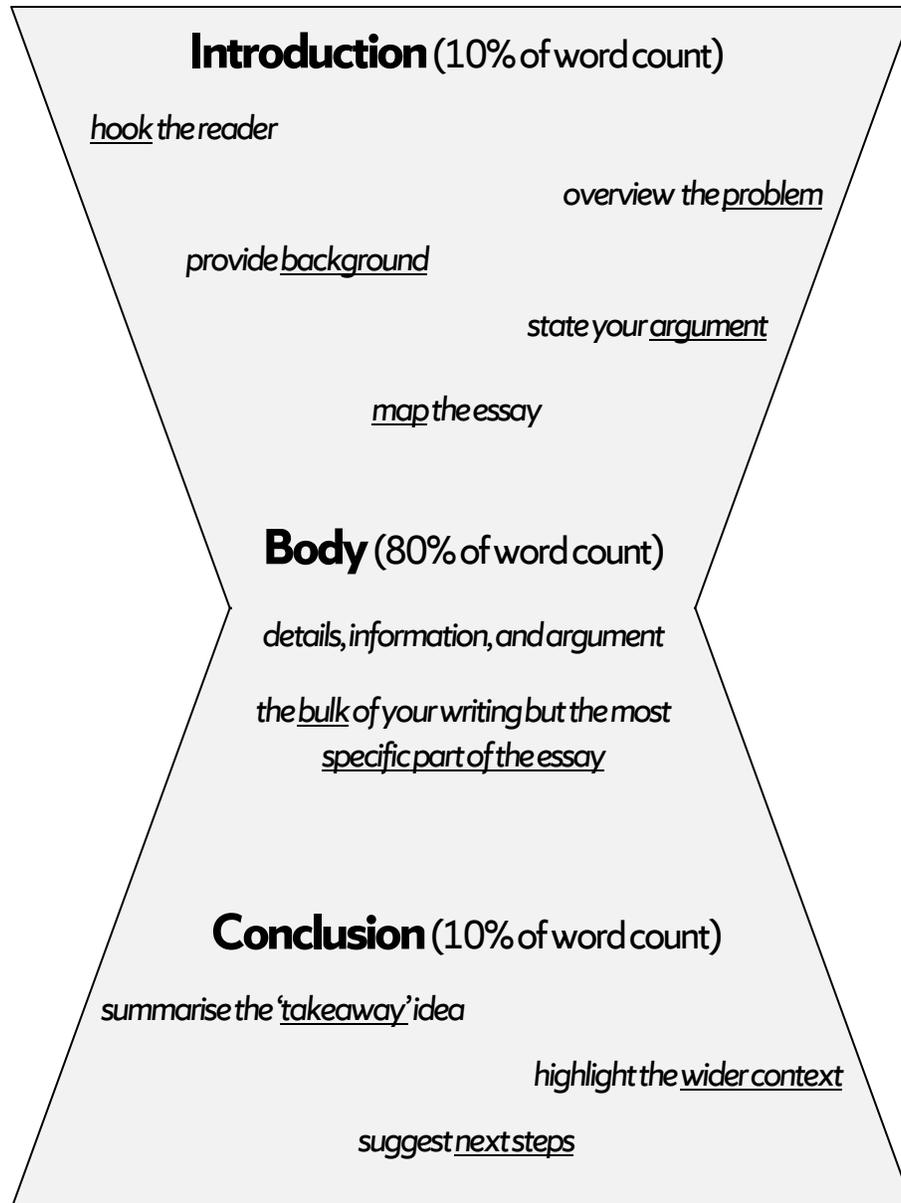


Approaching an Assignment





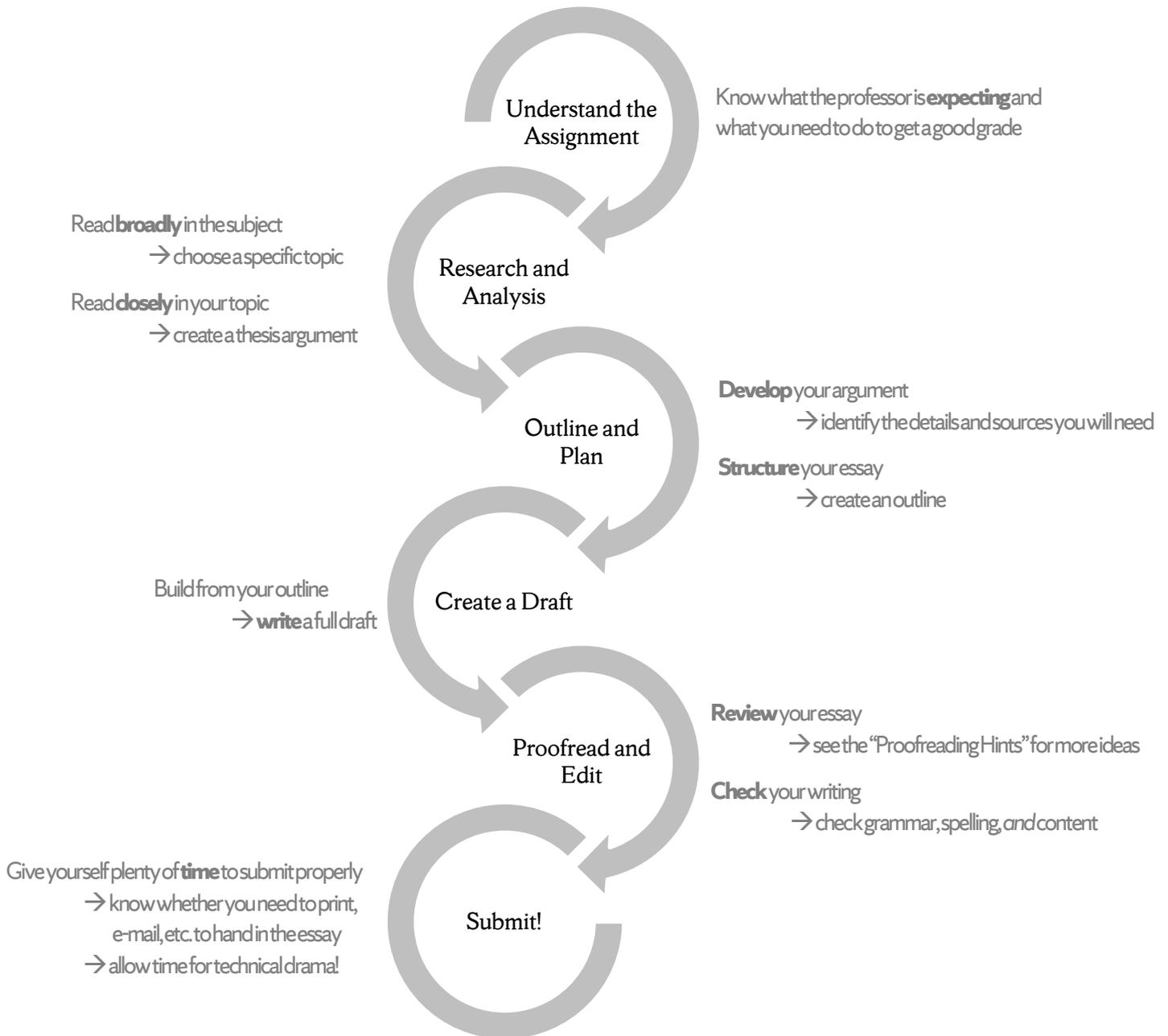
Structuring an Essay



Academic Writing Advice

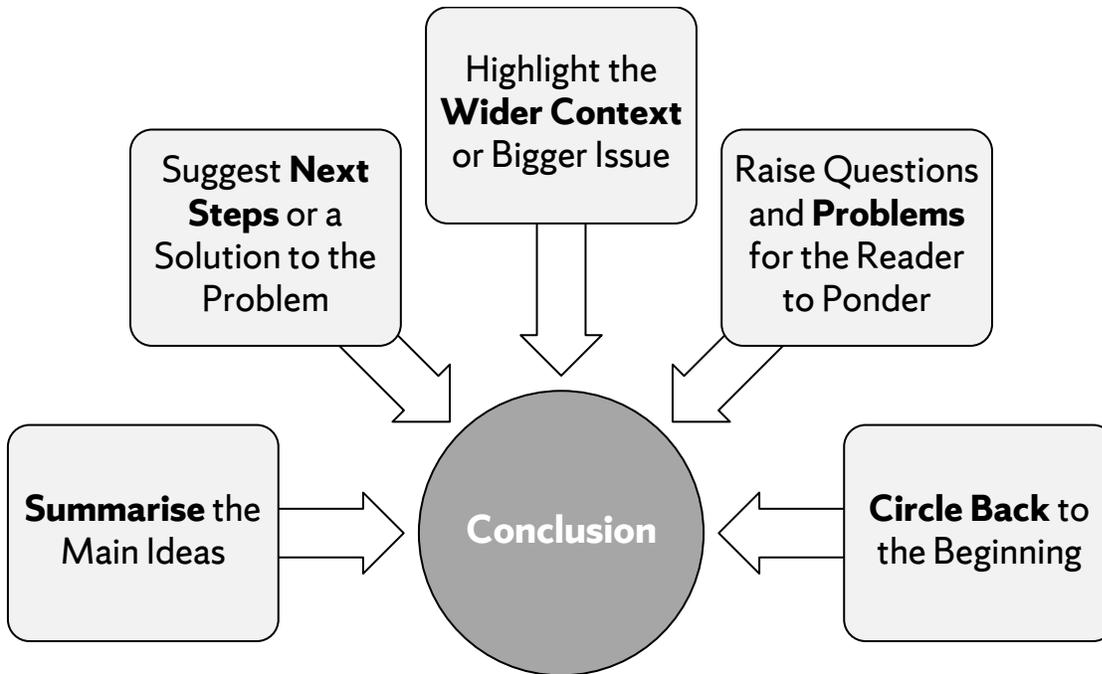


The Writing Process





Creating a Strong Conclusion



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

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 to schedule a meeting



Top Tips

1 Be Focused

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

2 Reference and Cite

- **Acknowledge** your sources
- Include a **Bibliography**
- Use online resources: check out **owl.english.purdue.edu**

3 Proofread

- 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

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

