

Midterm Writing Exam: Self-reflection Essay (20%)

Presentation rules (-2/50 for each you forget)

- Write in your Cahier Canada
- Your text needs to be double-spaced (skip one line between every line)
- You need to count your words

How to use this document

The rest of this document is a copy-paste of what we saw in Week 05. There is no new information. But students often lose points because they do not read all the instructions or skip parts they think are less important, so I still recommend that you read everything, highlight points you are afraid of forgetting, and use checkmarks to track what you've done. You also have the grid on the back of your plan that you can use in the same way.

What is a self-reflection essay?

Some essays are called "personal essays." This is when the author tries to use their writing skills to analyze their own life. *Educated* is, in that sense, a good example of a very long personal essay. In this course, we will write a type of personal essay that we will call a "self-reflection" essay where you will use the essay format to engage in a reflection on a possible life improvement plan.

Task:

Answer this question: How do you want to improve your life? As you answer this question, your essay will explore two specific ways in which you want to do that. (450 words minimum).

Structure: Because this is a college-level course, you will need to follow a specific text format which we see here.

Content: Part of writing for college is the exploration of college-level ideas. Every week in our personal discussions, we read college-level texts and watch college-level videos. You need to make meaningful use of some concepts you have learned, naming the source (the article or video, or the author) and using its content in a substantive, college-level way.

Structure:

1. Introduction:

Start your essay with an intriguing anecdote about yourself that is linked in some way with what your essay will be about. Then, briefly reflect on who you are as a person (your values, goals, qualities, something like that). This should lead us to understand why you want to improve your current life. Finish your introduction with a **thesis statement**. The thesis statement states your main reason for change (the value, goal, or personal quality) and then the two aspects of your life that you will improve (one for the first paragraph and one for the second paragraph).

**Thesis
statement**

Last sentence of introduction

To become the father that I want to be, I will
improve my work-life balance and become a better saver.

2. Body paragraph 1:

Write about a life improvement change that you want to make. The first sentence must be a **topic sentence** mentions how a specific plan will help you improve the first aspect of your life.

**Topic
sentence 1**

Topic for THIS paragraph

First, reducing my work hours will help me attain better work-life balance.

How do develop a body paragraph

Your development paragraph needs three elements for content (in no particular order):

- An explanation of how specific concepts from the readings and videos led you to want to do this change, with a source. Do not write full summaries of the source or its concepts. *Use* the concepts to analyze your situation.
- Specific anecdotes or events from your life that illustrate your ideas, like past mistakes, current problems, or partial successes.
- Some sort of plan of how you will make the change.

Again, these are in no particular order. You organize your paragraph however you want to!

Finish the paragraph with a concluding sentence that summarizes its overall idea.

3. Body paragraph 2:

The second paragraph is structured the same way, but it is about a second plan for a second aspect of your life.

**Topic
sentence 1**

Topic for THIS paragraph

Next, controlling my expenses through budgeting will help me build a better financial future.

4. Conclusion

In your conclusion, summarize the ideas you expressed in the first paragraph in about 2-3 sentences. Then, summarize the ideas you expressed in the second paragraph in about 2-3 sentences. Then there should be a final section where you reflect on this overall life improvement plan, its significance, or the role you hope it will play in your life. If you can think of a short, final thought as a concluding sentence, that would be great. The “hope” part often works very well for this final thought, though there are other fine options.