

than an average American to be successful. I believe the few immigrants that try to live off the government and do nothing else, should pay. Also, there are too many Americans that just want to live off the government, instead of working or bettering themselves.

7. What lessons did she learn from the pilgrims? How did this knowledge transform her idea of what it takes to succeed in America? Do you agree with her assessment?

She learned many lessons from the pilgrims. She learned that the pilgrims expected to make, build, and create their own, in America. Pilgrims suffered a great deal coming to America but they weren't looking for sympathy. The pilgrims didn't place demands on no one. They demanded their own spirits of persistence. This knowledge transformed her idea of what it takes to succeed, in America by writing a book or article about "The Ghetto" she found in America. Also, she learned to always have faith in better days to come, even though she faced harsh realities in America.

8. How does the author utilize the concepts of "hunger" and "appetite" to bring out her thesis?

How the author utilize the concepts of "hunger" and "appetite" to bring out her thesis by explaining how hungry she was to work for love, in America. Also, to feel free and able to live. She explains "appetite" by digesting the harsh reality of living in America.

14

9/16/15

Christine Thomas

Elizabeth Gutherine

English Lecture

Assignment#3: 6 questions asked about a personal narrative.

1. What is insomnia?
2. When was I diagnosed with it?
3. How do I go through life everyday dealing with it?
4. What are the side effects?
5. Has it gotten better or worse?
6. What caused insomnia?

9/16/15

Christine Thomas

Elizabeth Gutherie

English Lecture

Eng 101-0376

Personal Narrative Essay Draft #1



(X) Is this your 1st Draft of your Personal Narrative Essay?  
 (X) I already graded another copy of your 1st Draft, but haven't received your revised 2nd Draft yet  
 (X) Please come & talk to me

(X) Double Space

Insomnia is a sleep disorder (which means there is an inability to fall asleep and to stay asleep). Insomnia can really drive a person crazy, if they don't know how to deal with it. I was a teenager, when I found out about having insomnia. I've learned what may have caused it, the side effects, and how to live my life everyday dealing with it. *(The causes)*

Methods of dealing with it

At the age of 14, I realized it was very difficult for me to fall asleep. Sometimes I would go three days straight without sleep. Depression, stress, and anxiety mainly caused insomnia. In high school, I had a lot of family, personal, self esteem issues. As a teenager, I was still finding myself. My uncle taught me everything to get me back on track. He even gave me lecture about life. But I was always felt depress.

One major side effect was having random mood swings. One minute I'm happy. The next minute I'm sad. Then I'm crying non stop. Also, my memory started to come and go. I'm starting to forget certain things that I normally wouldn't. Sometimes I would feel less motivated to do anything. Also, I would take naps in the day time but never could fall asleep, at night time. At times I would have panic attacks but I think that came from depression more than anything else. I even started losing my hair. My body temperature would change drastically. One minute I'm hot then cold.

At one point, I started taking sleeping pills to fall and stay asleep (which turned out to be a bad experience). I continued eating healthy food, doing yoga, going to the gym and keeping a routine to go to sleep. Now that I'm 22 years old, I've learned to cope with things differently. I stopped worrying about things that I couldn't control. I even started to look at life in a different perspective. No longer am I living in darkness. I found peace and happiness within myself. I know exactly who I am.

Insomnia is a serious sleep disorder. Insomnia can really drive a person crazy, if they don't know how to deal with it.

VA

Do over (a file)

9/16/15

Christine Thomas

Elizabeth Gutherine

English Lecture

Assignment: Personal Narrative Essay Outline

Intro:

A. Opener: Insomnia is a sleep disorder (which is when there is an inability to fall asleep and to stay asleep. Insomnia can really drive a person crazy, if they don't know how to deal with it.

B. Thesis Statement: There are many (1)causes (2)side effects (3)methods on how to deal with it.

Body:

Sub Topic: (1) Depression, stress, and anxiety mainly caused insomnia. I wasn't a happy teenager growing up. (2) There were so many side effects I was facing such as mood swings. One minute I'm happy and the next ten minutes I'm depressed, and then I'm crying. My memory was bad for a short period of time. I felt less motivated. I only took short naps, during the day time. I started having panic attacks. I even started losing my hair. My body temperatures started changing. Also, severe depression started kicking in. Dark circles started to appear under my eyes. (3) At one point, I was taking sleeping pills (which turned out to be a bad experience). I've learned to stop worrying about things I couldn't control. I changed my diet by eating healthy organic foods. I even started doing yoga, every morning. Also, started going to the gym twice out the week. Plus, I try to stick to a routine of getting in bed at a decent time.

Conclusion: Insomnia can drive a person crazy, if they don't know how to deal with it.

⊗ 12 pts Times New Roman font - Margins & Spacing must be normal & consistently (not too much space)

Great Job

⊗ All topic sentences for paragraphs should include subtopics  
⊗ Revise for Grammar & Conventions

9/21/15  
Christine Thomas  
Elizabeth Catherine  
English Lecture 1101-0376  
Personal Narrative Essay - Draft #1

B

Title

⊗ Start with a Quote

Insomnia is a sleep disorder ~~which~~ is when there is an inability to fall asleep and to stay asleep. Insomnia can really drive a person crazy, if they don't know how to deal with it. I was a teenager, when I found out about having insomnia. <sup>Relating to insomnia</sup> There are many causes,

<sup>(2)</sup> side effects, and methods <sup>(3)</sup> of living with it, <sup>(4)</sup> pertaining to insomnia.

<sup>Subtopic 1? Causes ~?</sup>  
At the age of fourteen, I realized that it was very difficult for me to fall asleep. I

would toss and turn through out the night. Sometimes I would even go without sleep for two days straight. When I went to my doctor, in Manhattan, he explained to me ~~about my eating habits, and how~~ <sup>that</sup> I should change <sup>my eating habits</sup> them. It was more than eating habits that <sup>was</sup> disturbing my sleep. Growing up, I wasn't a happy child. I <sup>was</sup> always ~~was~~ depressed and would isolate myself from everyone. Depression, stress, and anxiety <sup>were what my</sup> mainly caused <sup>my</sup> insomnia. I had family and self-esteem issues. I would cry everyday and night feeling lonely as if I was missing something or maybe someone. As a teenager, I was still finding myself <sup>as I</sup> guess everyone <sup>goes through</sup> ~~goes through it~~. I felt hopeless a lot of times. There were times when I would stay home from school three days straight, ~~Not~~ wanting to be bothered with anyone or anything. Honestly, I hated school for a lot of reasons.

<sup>Subtopic 2</sup>  
One major side effect was having random mood swings. One minute I'm happy, ~~the~~ next ten minutes I'm <sup>ed</sup> depressed, and then I'm crying continuously. Also, my memory started

⊗ Only double space between paragraphs

⊗ Good Thesis (3) subtopics

⊗ Include Subtopic in topic sentence

⊗ Very Nice Use of Topic Sentence w/ Subtopic