

THE FIX: Essay 1

ENG 1101 Fall 2017

Thesis and Topic Sentences

- **Thesis:** I argue that first year students must strengthen their self-management in order to maintain focus and not let anything get in the way of your goals.
- **#1:** To begin, self-management allows you to cope with any emotions that you deal with.
- **#2:** On the same token, having self-motivation is important because it allows you to achieve your goals, but this comes from self-management first.
- **#3:** My best friend attends college at John Jay.

The FIX: Changing “You” and Developing Topic #3

- **Thesis:** I argue that first year students must strengthen their self-management skills in order to maintain focus and not let anything get in the way of **their college** goals.
- **#1:** To begin, self-management skills allow **students** to cope with any emotions that **they** may encounter while in college.
- **#2:** On the same token, having self-motivation is important because it allows **college students** to achieve **their** goals, but this comes from self-management first.
- **#3:** Lastly, all students feel overwhelmed by their new college environment. Developing self-management skills are crucial and part of these skills includes a recognition that other students are going through the same **stress**. My best friend attends college at John Jay.

Section 1:

What is strong? What can improve?

To begin, self-management allows you to cope with any emotions that you deal with. Self management is the aptitude to remain peaceful when dealing with too much stress, another word for self-control. In the text, “Colleges Get Proactive in Addressing Depression on Campus,” Tugend states that there is a large amount of college students who deal with depression. This is where self-management comes in handy because all that depression just leads to failure. Therefore, self-management is valuable because it also leads to self motivation.

Let's break this down into parts:

To begin, self-management skills allow **students** to cope with any emotions that **they** may encounter while in college. **Self management is developing the aptitude to remain peaceful when dealing with too much stress, another word for self-control. On a college campus, a student who remains peaceful while under stress would be able to stay focused while studying for tests, would pay attention in class, and might even have an easier time making friends and talking about challenges he or she is experiencing as a new student. In the text, "Colleges Get Proactive in Addressing Depression on Campus," Tugend states that there is a large amount of college students who deal with depression. This is where self-management, or the developing the ability to remain calm under pressure, comes in handy because all that depression, which Tugend mentions, can lead to failure if self-management skills are not developed. With better self-management skills, a student dealing with depression might be able to have a better perspective on what he or she is actually experiencing as a stressor in the new college environment. A person with these skills would be able, as I mentioned above, to talk to another peer or a college professional about the challenges that inevitably arise for new students. Therefore, by coping with emotions more effectively students who have developed the skill of self-management will meet their college goals by maintaining a sense of calm during their school years.**

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