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**UNIT 3          Worksheet 2          brainstorming your Research Proposal**

Write a short draft (at barest *minimum*, 4 paragraphs) in which you present a proposal for research. In this proposal you will state your problem and tell the reader how your inquiry will potentially shed new light on this problem. Whom (what individuals or groups) will your inquiry benefit? How might your inquiry be of benefit to them (socially, economically, etc etc)? Show us how you are bringing some new perspective to an understudied area of this problem.

(To put this another way, this paper is where you tell us, enthusiastically, why you care about your issue, and why we should care as well.)

At the end of your Proposal. create a **List of Relevant Sources** in proper citation format and a *short* explanation of why each is helpful/relevant/has bearing on this topic.

Stuck? Here are some writing prompts if you need help getting started:

**“I / we feel that it is important to open up further discussion and analysis of ....**

**Such discussion would bring the following potential benefits.....**

**This discussion would foster awareness of.....**

**This awareness is important because.....**

I feel that it is important to open up further discussion and analysis of people’s attitude playing the guitar. It is human nature to feel like giving up, to get stressed and overwhelmed with life’s tasks and especially when trying to learn and master the guitar. There will be many obstacles and moments that feel like restrictions that will arise, but it is up to the one learning the guitar to ignore those things and focus on getting better. It is a difficult instrument to get down, however, playing the guitar can be one of the greatest stress relief tools and brings a lot of positive results.

Personally, playing the guitar has given me sanity. I usually have a lot on my plate, getting tired and stressed to the point of wanting to breakdown. I am sure everyone has these moments in life. On the contrary, when I pick up Fender Telecaster, also known as Tele, all my stress and negative thoughts wash away the moment I strum a chord. It is important to have some sort of stress relief, something that will be beneficial to one’s emotional, mental, and physical states. I highly recommend the guitar because you focus your mind on one thing, you get skillful, it fills up the void you have even if you don’t know it’s there, and you just become awesome because you play the guitar!

Tim Piazza, an online marketing pro, Apple geek, color, and Photoshop expert, is a living testimony of how the guitar freed him from an emotional and mental burden. On Quora, he states, “It fills an empty place in your life, even if you don’t know it’s there. For me, it started out as my best friend, then my calling card, and now it’s an instrument for sharing joy with others. For you, I can only say that it will open doors and light up rooms that would otherwise remain closed and darkened.” Prior to learning the guitar, at age 17, he went through serious leg injury and spent 12 weeks in the hospital. Crying from boredom and loneliness, he convinced his father to buy him a guitar from his friend for only \$35.

Learning and playing the guitar saved him from his emotional and mental distress. As side from being a form of therapy, playing the guitar can also be great in the physical aspects. Claire Davies states on Music Radar that in general health care in the Netherlands, “They studied three guitarists and found that each patient who practiced for over 100 minutes a day showed a significant drop in blood pressure and a lower heart rate compared to those who didn’t.” Playing the guitar is good for your heart and lowers the risk of getting high blood pressure. Despite the feeling of surrendering the practice of guitar and it’s struggles, it can be great to solve mental, emotional, and physical issues.

People underestimate the power of practicing the guitar. You won’t experience it first hand until you sit down, grab an axe, and start learning. Medication is good too but putting your mind to work and keeping it busy with something that you can most likely fall in love with is everlasting.