Online Comp I, Essay 3, **Topic** = one way to become healthier, due Monday, November 25, submitted online under “Assignments.”

Length: **700-800 words long** (word count is not including the Works Cited page).

**Tip:** pick a topic you are curious about, something you can try for the next month, like meditation, walking daily, keeping a gratitude journal, eating dinner with family, sleeping eight hours/night, playing soccer, etc. **Do not write about using technology to become healthier, since some students already wrote about that topic for their Essay 2. In fact, I encourage you to think more about spiritual or mental health, rather than on getting bigger biceps or a beach body.**

**Four required research sources—**you will be quoting/paraphrasing, and /or summarizing from two Valencia College library book sources (e-books or hard copies are both fine)and two database article sources.

Book source tip: (not a textbook, general dictionary or encyclopedia, children’s book, or the bible, although these can be used as additional sources)

Database source tip:Here are some databases you might find helpful: Academic OneFile, Academic Search Complete, Newsbank, Popular Magazines, Nursing and Allied Health Resources, Health Source: Nursing/Academic Edition, and Health Reference Center Academic.

***If you want to use any additional sources, you can, but don’t add more than one or two more. You will also need to add them onto your Works Cited page and include internal documentation for them in the text of your essay.***

Please use our writing center and ask me or our library staff questions if you have any trouble with the assignment.

**PROPER ESSAY FORMAT: Please use this as a model for the first page of all your essays.**

**OTHER FORMAT RULES:** double space,no title page,Times New Roman font (12 point), **last name(s)** and page # in upper right corner of each page, left justification only (don’t use full justification).

Suarez 1

Rose Suarez

Professor Nater

Comp II, T/R, 8:30- 9:45

16 April 2018

If We Could Get a Solid Eight

Indent the first line of each new paragraph five spaces.

**To Find a Database Article:**

1. Log in to Atlas.

2. Click on Search the Library.

3. Click on Databases A-Z.

4. Click on Academic Search Complete, or another database.

5. Under Limit Your Results, click on Full Text.

6. Enter the search terms for your topic.

**Here’s a model Works Cited. The first source is a simple physical book source, the second a database article, the third a database article, and the fourth an e-book:**

Works Cited

Covey, Sean. *The 6 Most Important Decisions You'll Ever Make: A Guide for Teens*. Fireside, 2006.

Fallin, Mary. "America Works: Education and Training for Tomorrow's Jobs." *Policy &*

*Practice,* vol. 72, no. 3, June 2014, pp. 28-36. *Academic Search Complete*,

db29.linccweb.org/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=96250405&site=ehost-live. Accessed 11 Feb. 2018.

Heinrich, Erik. “Organizing a Hectic Life Can be a Pain and a Gain.” *The Financial Post,* 20 May 1991, p. 5. *LexisNexis,* http://www-lexisnexis -com.db29.linccweb.org/lnacui2api/results/shared/controller/permalink.do. Accessed 11 March 2018.

Snyder, Thomas*. The Community College Career Track How to Achieve the American Dream Without a Mountain of Debt.* Wiley, 2012. *eBook Collection*, search.ebscohost.com/login.aspx?direct=true&db=nlebk&AN=481802&site=ehost-live.

**Here’s how the internal documentation would work. This is also a model of using a quotation sandwich.** Instead of graduating students at the age of 18 with few marketable skills, more and more politicians are proposing “policies and programs…that better prepare high-school students for college or career training” (Fallin 29, 36). This might include automotive courses, advice on investing, and even parenting classes.

**The internal documentation contains the article author’s last name and the page number the quotation came from. The reason mine has 29, 36 is because the phrase begins on page 29, and it ends on page 36.**

**When you argue, remember the following:**

* try to persuade the reader to agree with your point of view
* consider your audience: we are reasonable and intelligent, but might not necessarily agree with your position
* gather the necessary supporting evidence
* choose an organizational pattern, perhaps least important to most important reason
* consider refutations to your argument, and address them
* avoid faulty reasoning (logical fallacies)
* Use first or third person pronouns, but not second (you, your) unless they are in a quotation or in dialogue.

Example: I plan on going to bed by 10 every night for now on, and I tell my friends, “I have never been so energized in my life. Nothing is more important than a good night’s rest. You should try it!”

***After you have typed a draft and are satisfied with the content, revise and edit carefully.***