

## **Assignment Sheet**

### **Essay 2 – On Stress**

**Primary Goal:** To practice writing an MLA formatted Essay that creatively and engagingly communicates your experience of stress.

#### **What are you required to do to complete this assignment successfully?**

Write a 2 page [500 words] MLA formatted self-reflective and creative essay about stress. This essay can be serious – What is causing you stress? How does the stress affect you? How do you respond to the stress? What self-care stuff do you do to manage the stress? Or you can be funny – hyperbolic – meaning think about what fears the stress evoke in you – Fear of failure? Fear of disappointing your loved ones, or yourself? Fear of success? Etc. Then think about what are the absolutely, most ridiculous, extreme things that could happen if your worst fears happened?

#### **What do you need to do to complete this assignment?**

1. You may want to write a free write for 10 minutes about what you think you may write in your essay.
2. **Format** your essay in MLA style.
3. **Write** an introduction that lets us know that your essay is about stress. One way to do this is to begin with a brief story and/or anecdote – but you can choose a different technique if you want to.
4. **Write** your essay.
5. Make sure that you **use paragraphs**. Each paragraph should focus on developing one idea.
6. **Write** a conclusion paragraph that resolves or gives closure to your ideas, and that explains what your essay means to the readers, or that suggests what they can do now in response to reading your essay.
7. Finally **proofread** for any typos or errors.
8. **Upload** to the dropbox.

#### **Questions to ask yourself before submitting this assignment:**

1. Is the assignment formatted properly in MLA style?
2. Did you use paragraphs?
3. Did you practice writing a conclusion that resolves your essay, expresses meaning, and/or that guides your reader to act in response to your essay?