

# Cause-and-Effect Essay

The cause-and-effect essay explains **why** or how some event happened, and **what** resulted from the event.

This essay is a study of the **relationship** between two or more events or experiences.

The essay could discuss both causes and effects, or it could simply address one or the other.

A **cause** essay usually discusses the **reasons** why something happened.

An **effect** essay discusses what happens after a specific event or **circumstance**.

## Cause-and-Effect Signal Words

**affect** v. to have an effect on; to make a difference to

**consequence** n. a result or effect of an action or condition

**grounds** n. factors forming a basis for action or the justification for a belief

**impact** v. or n. have a strong effect on someone or something

**implication** n. a likely consequence of something

**intention** n. a thing intended; an aim or plan

**motive** n. a reason for doing something

**outcome** n. the way a thing turns out; a consequence

**promote** v. to further the progress of (something)

**reason** n. a cause, explanation, or justification for an action or event

**result** n. a consequence, effect, or outcome of something

## Causal relations:

Necessary cause

Sufficient cause

Contributory cause

## **Types of cause-effect essays**

Multiple Causes ->Effect

Causal Chain (Domino)

Cause -> Multiple Effects

## **Cause-and-Effect Organization**

A cause-and-effect essay explains why certain actions, situations, or behaviors happen. The essay start with an effect, such as success, and find its causes, which might be education or talent. Or the essay can begin with a cause and describe its effects.

### Introduction

The hook grabs the readers' attention.

Background information helps the reader understand the cause(s) or effect(s).

The thesis statement shows the relationship between the cause(s) and effect(s).

### Body Paragraphs

The topic sentence in each paragraph defines a specific cause or effect to support the thesis statement.

All supporting details must relate to the topic sentence. These details can include explanations, examples, or facts.

Body paragraphs are organized in order of importance, chronologically, or according to short-term or long-term effects.

Each paragraph must use clear logic.

### Conclusion

The conclusion restates the thesis.

The conclusion may evaluate or reflect on the ideas presented.

The conclusion may give advice or a warning.

## Sample text

### *Effects of a Positive Outlook on Our Lives*

Albert Camus once said, "Happiness is not a state to arrive at, rather, a manner of traveling." A positive outlook can help you be happy and change the outcome of your life. It can enrich our relationships, improve your health, and guide you through some of life's greatest challenges.

A positive outlook leads to happiness in professional, social, and personal relationships. Having a positive attitude will help you find a good job and keep it. In an article from The Japan Times, Edward Hoffman suggests, "For greater career satisfaction, notice your own peaks at work and then Start planning how you can make these happen more often." He tells readers to focus on the positive in their work lives. Your co-workers will agree. Colleagues enjoy working with someone who always looks at the bright side and avoids conflict. Friends will appreciate your energy and want to spend more time with you, too. Unquestionably, a happy person makes everybody else happy. It is contagious. Happiness and a positive outlook can also have a beneficial effect on personal relationships. As a consequence, any partnership will be a solid, strong, and happy relationship.

Having a positive outlook also results in good health. In her article "How Attitude Affects Your Health," Dr. Deyanira Wong explains:

The body releases stress hormones when people have negative attitudes. These hormones may cause temporary health problems such as headaches, upset stomach, or back pain. With long term stress and negativity, people may suffer from increased blood pressure, blood clots, insomnia, and chest pain associated with cardiovascular and heart disease. Attitudes may also have an effect on the body's immune system.

However, this can be avoided if people feel good about themselves. When you have a good sense of humor and laugh a lot, a chemical substance called serotonin is released into your bloodstream, giving you an immediate feeling of well-being and tranquility. It has also been found that the elderly recover faster from illness when they are cheerful. Happiness directly impacts health and longevity.

Finally, people with positive outlooks are stronger and more capable of confronting difficult situations. They develop clear minds, which help them cope with life's challenges better than those individuals who are not at peace with themselves. Optimism creates the strength needed to find rational solutions to the many unexpected problems that life presents. This optimism also promotes self-esteem. For example, happier students are more likely to approach professors for help when they are having trouble in their

course work. In contrast, unhappy students may internalize their frustrations and be less likely to seek help.

In conclusion, having a positive outlook and recognizing what makes you happy will bring harmony. Happiness will lead to strong relationships, good health, and the ability to face any obstacle. If you laugh more and think positively, you will change your life for the better.

## **Use quotations correctly**

Quoting from a source

Short Quotations

Short Quotations Separated by Text

Long Quotations

## **Information on 2-children policy**

*China to allow two children for all couples*

BEIJING, Oct. 29 (Xinhua) -- China will allow all couples to have two children, abandoning its decades-long one-child policy, the Communist Party of China (CPC) announced after a key meeting on Thursday.

The change of policy is intended to balance population development and address the challenge of an ageing population, according to a communique issued after the Fifth Plenary Session of the 18th Communist Party of China (CPC) Central Committee held from Monday to Thursday.

The proposal must be approved by the top legislature before it is enacted.

China's family planning policy was first introduced in the late 1970s to rein in the surging population by limiting most urban couples to one child and most rural couples to two children, if the first child born was a girl. The policy was later relaxed to say that any parents could have a second child if they were both only children.

The one-child policy was further loosened in November 2013 after the Third Plenary Session of the 18th CPC Central Committee, with its current form stipulating that couples are allowed to have two children if one of them is an only child.

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# JUDGING CHINA'S ONE-CHILD POLICY

**BY BARBARA DEMICK**

*Years of gradual relaxation of China's family-planning rules have culminated in the death of the one-child policy, and the establishment of the two-child one.*

PHOTOGRAPH BY TOMOHIRO OHSUMI / BLOOMBERG VIA GETTY



Over the years, so many exceptions and amendments were made to China's one-child policy that it was hard to pinpoint a moment to pronounce it dead. But Thursday's announcement that all Chinese couples will be allowed two children is as good a moment as any to write the obituary for this controversial and gratuitously cruel policy: China's one-child policy died on Thursday, after a long illness. It was thirty-five years old.

The long-anticipated announcement came at the end of a Communist Party plenum on the economy. Xinhua, the official news agency, reported that China will “fully implement a policy of allowing each couple to have two children as an active response to an aging population,” but said the implementation and timing would be up to the provinces.

Demographers have long warned that, because of the one-child policy, the Chinese economy will be hobbled by a shortage of workers. China's fertility rate, estimated by the World Bank in 2013 to be 1.7 births per woman, is below the replacement rate of 2.1. One in ten Chinese is now over the age of sixty-five, and that number is likely to double by mid-century. By 2022, China is expected to cede the dubious distinction of being the world's most populous nation to India, according to the population division of the United Nations Department of Economic and Social Affairs.

Baby-related stocks reacted Thursday with the giddiness of, well, toddlers. Chinese companies that make strollers, car seats, baby formula, and baby food all advanced (<http://blogs.wsj.com/chinarealtime/2015/10/29/chinas->

baby-related-stocks-rise-on-two-child-policy/), according to the *Wall Street Journal*.

Beyond that, though, the near-term impact might be mainly symbolic. By switching to a “two-child policy,” the Chinese government has signalled that it does not intend to dismantle its family-planning infrastructure. Restrictions will still apply, especially to unmarried couples and single mothers; families that want more than one child will still need to go through an application procedure, although it will be simplified.

The English-language *China Daily* reported on Friday that ninety million Chinese couples will be eligible to have a second child, but it appears likely that only a fraction will choose to do so. In late 2013, the government announced that adults who had grown up without siblings would be permitted to have two children, but, of the eleven million eligible citizens, only 1.5 million ([http://www.chinadaily.com.cn/china/2015cpcplenarysession/2015-10/30/content\\_22313174.htm](http://www.chinadaily.com.cn/china/2015cpcplenarysession/2015-10/30/content_22313174.htm)) have applied. In an online survey (<http://survey.news.sina.com.cn/result/111331.html>) conducted by Sina News on Thursday, which received a hundred and seventy-four thousand responses, only twenty-nine per cent of couples said they would like to have a second child. “Only if the government raises my salary” was a typical response of those who said they would not.

**C**hina's one-child policy was born in 1980, after years of less severe measures to discourage births. The Communist Party promised that the policy would be temporary. “In thirty years, when our current extreme population growth eases, we can then adopt a different policy,” the communiqué from the Central Committee of the Communist Party said, according to Mei Fong, a former China correspondent for the *Wall Street Journal*, whose book, “One Child: The Past and Future of China's Most Radical Experiment,” will be published in February. Fong describes the policy as “born in haste, dragging on past its sell-by date.” But it won some praise at the time from conservationists and ecologists, who were swayed by books like Paul Ehrlich's apocalyptic best-seller, “The Population Bomb,” which predicted that hundreds of millions would die of starvation.

But all too soon family planning became a powerful bureaucracy, with officials who terrorized parents. They beat and burned down the houses of people who violated the family-planning limits. They snatched over-quota

baby girls from the arms of their mothers and gave them to orphanages, which in turn put them up for adoption, earning a three-thousand-dollar “donation” for each baby. “They grabbed the baby and dragged me out of the house,” a grandmother in Hunan province, whose four-month-old granddaughter was taken for adoption, told me in 2009 (<http://articles.latimes.com/2009/sep/20/world/fg-china-adopt20>). Despite the eventual relaxation of the rules, women with nearly full-term pregnancies were hunted down and forced to abort (<http://articles.latimes.com/2012/jun/15/world/la-fg-china-abortions-20120616>) in poorly equipped clinics. In 2012, a five-year-old girl in Shandong province described to me (<http://articles.latimes.com/2012/jun/15/world/la-fg-china-abortions-20120616>) how ten officials had chased her six-months-pregnant mother through the fields to prevent the birth of the family’s second child, a boy. She died during the procedure. The family lived in the countryside and should have been entitled to a second child, but couldn’t find the right paperwork.

Some of the most tragic consequences of the one-child policy involved parents who lost their only children. Without a social-security system, children take the place of insurance, pension, and retirement plans—a family’s future often rests on the shoulders of one small child. After the 2008 earthquake in Sichuan province, in which a disproportionate number of the seventy thousand dead were children whose schools collapsed, thousands of nearly menopausal mothers rushed to fertility clinics to try to give birth again (<http://www.wsj.com/articles/SB122835217597777655>).

For years, the rules about family size were enforced unevenly and unfairly, with many variations from province to province. (Ethnic minorities were allowed more than one child.) For the past decade, only about a third of the population has been strictly limited to one child, according to Fong. Not surprisingly, the rich have been able to buy their way out of limitations. The filmmaker Zhang Yimou paid \$1.23 million in fines (<http://www.hollywoodreporter.com/news/zhang-yimou-pays-615000-extra-678192>) last year for siring excessive children. (He has two sons and one daughter with his wife, and another daughter with a previous partner.)

The National Health and Family Planning Commission has long claimed that the one-child policy prevented the births of four hundred million people. But the Chinese demographers Wang Feng, Cai Yong, and Gu Baochang argue that the number is no more than half that, and that



urbanization and rising living costs would have reduced the birth rates without coercive measures, as they have in South Korea and Japan. In a paper published in 2013, prophetically entitled “How Will History Judge China’s One-Child Policy?,” the demographers rank the one-child policy among the Chinese Communist Party’s top blunders—right up there with the Cultural Revolution, which wiped out the intelligentsia for a decade, and the Great Leap Forward, which is blamed for an estimated forty-five million famine deaths.

“While those grave mistakes both cost tens of millions of lives, the harms done were relatively short-lived and were corrected quickly afterward,” the demographers write

(<http://www.brookings.edu/research/articles/2013/02/china-one-child-policy-wang>). “The one-child policy, in contrast, will surpass them in impact by its role in creating a society with a seriously undermined family and kin structure, and a whole generation of future elderly and their children whose well-being will be seriously jeopardized.”

The “most extreme example of state intervention in human reproduction in the modern era,” as the demographers call it, the one-child policy intruded on every aspect of life in China. In the nineteen-eighties, female factory workers were forced to show their stained menstrual napkins to prove they weren’t pregnant. The policy exacerbated a gender imbalance in the population—roughly a hundred and sixteen boys are born for every hundred girls today—leaving million of men, now and in years to come, with little hope of finding a wife. Driving through rural China, it is hard to find a town that doesn’t have family-planning propaganda prominently on display.

The policy’s effects were pronounced in New York, too. On Thursday morning, when the news of the policy change broke, I was riding a New York City bus up Allen Street, at the edge of Chinatown, in which I was almost the only non-Chinese person. Sitting across from me was a Chinese woman with two girls, about six years old, in matching pink parkas. Although I couldn’t talk to them to ask their story (the woman spoke only the Fuzhou dialect of Chinese), I was reminded that many immigrants are here thanks to a U.S. policy that gave political asylum to people fleeing forced sterilization and abortion. I had lunch later with a friend who has two nieces and a goddaughter adopted from China; they are girls who, no doubt, were given up because of the quota. You don’t have to look far to see how China’s one-child policy has shaped the world we live in.