Name: Leonard Lim

Section: C

Title of Essay: Inner peace.

Instructions:

1. Make sure that you use this document to revise and type your second draft of your essay.
2. Type all information on this document- **hand written documents will not be marked and will receive no grades.**
3. If you have been asked to use any of the templates, you must do so.
4. If you are not required to use the templates, then read the rubric which is at the end of this document and then go straight to page 5 and type out your essay.
5. Use 8 rhetorical devices for the second draft- one for introduction, 2 for each body paragraph and one for conclusion.
6. Font- Use Times New Roman, size 12.
7. Double space your work and indent all paragraphs.
8. Provide your word count.
9. You must submit the templates [if required] as well as the type written second draft onto Moodle as one SINGLE Microsoft DOC file [as it is] within five days after your consultation.
10. You must re-submit your **hand written first draft** during your class time once you have uploaded your second draft- a failure to do so will affect your grade for your final draft-a drop of two grades.

Part 1-Work on the thesis first

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| Introduction  Type out all information here in complete form here | Being care-free is a form of luxury that many of us take for granted. Living our days peacefully is supposed to be a given but nothing is eternal and nothing is certain. Life is like a roller coaster ride. It has ups and downs and we can never be enough prepared to take on the challenges it puts us through. Once we get on this ride, we can only embrace what comes out of it. Being able to predict the future is obviously impossible, which is why we feel stressed out during our lowest point in life because we are unable to react favourably to our situation. Worrying about uncertainties surely causes us to doubt ourselves as the might fear of us not living up to our own expectation would crush our confidence and self-esteem. Pessimistic thoughts too, will be nurture by our negativity and affect our ability to perform when expected. Uncertainties may cause misery; however, they may also be the advent of wonderful experiences.  Thus, worrying about uncertainties will result in us feeling stress, doubting ourselves and nurturing pessimistic thoughts. | Check for transitional words and phrases.  Check for grammar and spelling.  Check for punctuation  Make sure that thesis is three pronged.  Use 1 rhetorical device here |
| BP 1 | Being stressed out from uncertainties one is the most stressful feeling a human could ever feel. | Check for transitional words and phrases.  Check for grammar and spelling.  Check for punctuation  Use at least 2 rhetorical devices here |
| The feeling of uneasiness robs us of our inner peace.  Inner peace is a state of being healthy mentally and spiritually, and without it, we will never be able to experience happiness and the little joys in life. |
| We can never take away tomorrow’s trouble by stressing over the uncertain, and it would only take away today’s peace. |
| Stress suffocates us as if we are in a vacuum. |
| Our minds will not be able to perform at optimal level with a positive outcome when we are under stress. |
| The less we respond to negative derivatives, the less stress we would feel. |
| Diamonds is just a piece of charcoal that handles stress exceptionally well. |
| We too, will be like them if we can over the difficulties we are facing and the stress it brings |
| Thus, if we were to keep on worrying about uncertainties, we would transform into a dull, moody and pitiful human being. |
| BP 2 | Doubting ourselves because of stress is common as when we are put in a difficult situation, we would first question ourselves on what went wrong to be placed in that situation. | Check for transitional words and phrases.  Check for grammar and spelling.  Check for punctuation  Use at least 2 rhetorical devices here |
| There is no definite answer to that question, because if we had known, we would not be there in the first place. Truly a paradoxical concept. |
| Self-doubt works like a virus that slowly but surely kills our confidence and self-esteem. |
| It is the worst enemy to our creativity and it will kill more dreams than failure ever would. |
| It limits our potential to excel is the root to our fear of failures. |
| We would be afraid of taking new challenges and even to the extent of suffering from Metathesiophobia. |
| If life does not get better by chance, it gets better by change. Rejecting it only grants us more suffering. |
| We do not need to be a genius to realise that doubting ourselves is not going to work out well. |
| Thus, it will be the bane of us if we continue to worry about the uncertainties in life as we destroy our own self-esteem. |
| BP 3 | We feel pessimistic when the world is against us. The premise of life is to accept that there is nothing certain, but the uncertain. | Check for transitional words and phrases.  Check for grammar and spelling.  Check for punctuation  Use at least 2 rhetorical devices here |
| When it rains, it pours. We tend to expect more worst to come following one another. This leads to us having a very negative outlook in life. |
| When we feed our mind with negative thoughts, we will come to believe in them, and that is a dangerous mentality to have. |
| They will never amount to anything positive in our lives. They are thieves that steal our joy and wither our strength. |
| Worrying is using our imagination to create something that we do not want or need. We are wasting our time worrying as it does not change anything significant yet all it does is it messes with our minds. |
| Studies have shown that our thoughts and beliefs can affect an outcome if we strongly adhered to them, corresponding to either our positive or negative thought. |
| The nocebo effect is when a person’s mental state is strong enough to influence the outcome. If we can start thinking positively, we might just be able to turn the difficulty we are facing into an insignificant concern. |
| We must learn to expect the worst. It is better to be surprised than disappointed. |
| Thus, if we were to frustrate ourselves over uncertainties, we would have spiralling negative thoughts that will ruin our lives. |
| Conclusion | In conclusion, worries caused by us feeling unsure about our future result in us suffering from stress, lower confidence level, and a negative outlook in life. | Check for transitional words and phrases.  Check for grammar and spelling.  Check for punctuation  Use at least 1 rhetorical device here |
| If we want something to worry about, the present is a good place to start. If we can take care the present, the future will take care of itself. If we can conquer oneself, we can conquer all. Then, even if placed in a tough position, we would only find it comical. |
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**DigiPen Institute of Technology**

**Name: Leonard Lim**

**Section: C**

**Date: 11/1/2016**

**Assignment: Essay [ 2 ]**

**Title of Essay: Inner Peace**

Being care-free is a form of luxury that many of us take for granted. Living our days peacefully is supposed to be a given but nothing is eternal and nothing is certain. Life is like a roller coaster ride. It has ups and downs and we can never be enough prepared to take on the challenges it puts us through. Once we get on this ride, we can only embrace what comes out of it. Being able to predict the future is obviously impossible, which is why we feel stressed out during our lowest point in life because we are unable to react favourably to our situation. Worrying about uncertainties surely causes us to doubt ourselves as the might fear of us not living up to our own expectation would crush our confidence and self-esteem. Pessimistic thoughts too, will be nurture by our negativity and affect our ability to perform when expected. Uncertainties may cause misery; however, they may also be the advent of wonderful experiences. Thus, worrying about uncertainties will result in us feeling stress, doubting ourselves and nurturing pessimistic thoughts.

Being stressed out from uncertainties one is the most stressful feeling a human could ever feel. The feeling of uneasiness robs us of our inner peace. Inner peace is a state of being healthy mentally and spiritually, and without it, we will never be able to experience happiness and the little joys in life. We can never take away tomorrow’s trouble by stressing over the uncertain, and it would only take away today’s peace. Stress suffocates us as if we are in a vacuum. Our minds will not be able to perform at optimal level with a positive outcome when we are under stress. The less we respond to negative derivatives, the less stress we would feel. Diamonds is just a piece of charcoal that handles stress exceptionally well. We too, will be like them if we can over the difficulties we are facing and the stress it brings Thus, if we were to keep on worrying about uncertainties, we would transform into a dull, moody and pitiful human being.

Doubting ourselves because of stress is common as when we are put in a difficult situation, we would first question ourselves on what went wrong to be placed in that situation. There is no definite answer to that question, because if we had known, we would not be there in the first place. Truly a paradoxical concept. Self-doubt works like a virus that slowly but surely kills our confidence and self-esteem.It is the worst enemy to our creativity and it will kill more dreams than failure ever would.It limits our potential to excel is the root to our fear of failures.We would be afraid of taking new challenges and even to the extent of suffering from Metathesiophobia. If life does not get better by chance, it gets better by change. Rejecting it only grants us more suffering.We do not need to be a genius to realise that doubting ourselves is not going to work out well.Thus, it will be the bane of us if we continue to worry about the uncertainties in life as we destroy our own self-esteem.

We feel pessimistic when the world is against us. The premise of life is to accept that there is nothing certain, but the uncertain. When it rains, it pours. We tend to expect more worst to come following one another. This leads to us having a very negative outlook in life.

When we feed our mind with negative thoughts, we will come to believe in them, and that is a dangerous mentality to have. They will never amount to anything positive in our lives. They are thieves that steal our joy and wither our strength. Worrying is using our imagination to create something that we do not want or need. We are wasting our time worrying as it does not change anything significant yet all it does is it messes with our minds. Studies have shown that our thoughts and beliefs can affect an outcome if we strongly adhered to them, corresponding to either our positive or negative thought. The nocebo effect is when a person’s mental state is strong enough to influence the outcome. If we can start thinking positively, we might just be able to turn the difficulty we are facing into an insignificant concern. We must learn to expect the worst. It is better to be surprised than disappointed.

Thus, if we were to frustrate ourselves over uncertainties, we would have spiralling negative thoughts that will ruin our lives.

In conclusion, worries caused by us feeling unsure about our future result in us suffering from stress, lower confidence level, and a negative outlook in life. If we want something to worry about, the present is a good place to start. If we can take care the present, the future will take care of itself. If we can conquer oneself, we can conquer all. Then, even if placed in a tough position, we would only find it comical.

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| **Criteria** | **Marks** | **Essay Marking Rubric- Descriptors** |
| Language (40%) | **35-40** | *excellent* variety of sentence types, vocabulary, idiomatic expressions and rhetorical devices with *almost no* grammar, punctuation and spelling errors |
| **29-34** | *Great* variety of sentence types, vocabulary, idiomatic expressions and rhetorical devices with *few* grammar, punctuation and spelling errors. |
| **23-28** | *Good* variety of sentence types, vocabulary, idiomatic expressions and rhetorical devices with *few* grammar, punctuation and spelling errors. |
| **20-22** | *Fairly good* variety of sentence types, vocabulary, idiomatic expressions and rhetorical devices with *some* grammar, punctuation and spelling errors |
| **16-19** | *Poor* variety of sentence types, vocabulary, idiomatic and rhetorical devices expressions with *some of* grammar, punctuation and spelling errors |
| **0-15** | *Very poor* variety of sentence types, vocabulary, and no idiomatic expressions or rhetorical devices with *frequent* grammar, punctuation and spelling errors |
| Content (50%) | **43-50** | *All ideas* are relevant, interesting, original and strongly support the topic and the thesis-100% |
| **33-42** | *Most* ideas are relevant, interesting, original and strongly support the topic and the thesis -95 to 85% |
| **17-32** | *Many* ideas are relevant, interesting, original and strongly support the topic and the thesis -80% |
| **15-16** | *Only about half of the ideas* are relevant, interesting, original and strongly support the topic and the thesis-50% |
| **11-14** | *ONLY few* ideas are relevant, interesting, original and support the thesis well. Writing does not fit the topic or the thesis in many places-80% of writing deviates from the topic and thesis |
| **0-10** | *Very Few* ideas are relevant, interesting, original and support the thesis. Writing does not fit the prescribed topic or thesis |
| Organiza-tion  (10%) | **8-10** | 1. Structure is completely adhered to –there is an introduction/body paragraphs and conclusion 2. Introductory paragraph has a hook, supporting statements and a thesis –also writes *excellent* supporting statements in the introduction that *leads neatly* to the thesis 3. Provides a three pronged thesis that addresses the task very well 4. *F*orms topic sentences for *all* body paragraphs that support the thesis; writes suitable supporting statements that support the topic sentence very well. Provides concluding sentences for all body paragraphs 5. There are logical connections within and between all paragraphs 6. Provides a logical conclusion that supports the thesis and title excellently 7. Uses meaningful and suitable transition phrases and words 8. Uses suitable rhetorical devices accurately and writes the required number |
| **6-7** | 1. Structure is mostly adhered to –there is an introduction/body paragraphs and conclusion-[only 1 component of the essay is missing-in the sense that either one body paragraph or the conclusion is missing] 2. Introductory paragraph has a hook, supporting statements and a thesis- also writes *relevant* supporting statements in the introduction that *leads neatly* to the thesis 3. Provides a three pronged thesis that addresses the task well 4. *F*orms topic sentences for *most* body paragraphs that support the thesis; writes suitable supporting statements that support the topic sentence well. Provides concluding sentences for all body paragraphs 5. There are some logical connections within and between all paragraphs. 6. Provides a logical conclusion that supports the thesis and title excellently 7. Uses meaningful and suitable transition phrases and words   Uses suitable rhetorical devices accurately but misses the required number by 1 |
| **5-4** | 1. Structure is adhered to – there is an introduction, body paragraphs and conclusion-[only 2 components of the essay is missing] 2. Provides *some relevant* supporting statements in the introduction that *SOMEWHAT lead* to the thesis 3. Provides a thesis that attempts to address the task 4. *F*orms topic sentences for *some* body paragraphs that *mostly* support the thesis; develops every topic sentence but weakly. Also, logical connections within and between paragraphs *are only shown in some part.* Concluding sentences are missing for some paragraphs. 5. Provides a fairly logical conclusion that *SOMEWHAT* supports the thesis and title 6. Some use of transition phrases and words 7. Uses suitable rhetorical devices accurately but misses the required number by more than 1 |
| **2-3** | 1. Structure is absent for introduction and most body paragraphs-[more than 2 components of the essay is missing] 2. Provides *little relevant* supporting statements in the introduction for the thesis 3. Provides a *vague or confusing* thesis that addresses the task weakly 4. Forms topic sentences that do NOT support the thesis; *fails to* develop coherence within or between paragraphs 5. Attempts a conclusion that only *partially* supports the thesis and title. 6. Little or wrong use of transition phrases and words 7. Little or wrong use of rhetorical devices |
| **0-1** | 1. There is no structure at all. 2. The essay is rather confusing and contradictory. |
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