

Essay Writing: focus on the introductory paragraph - Speed Writing Activity -  
Complete an Intro for an Essay

**Instructions:** For today's speed writing activity, you will write a title and the introductory paragraph for the "argumentative" style essay, below. Your instructor will provide you with lined paper. Exceptionally, you are permitted to "make up" information (obviously you can't do this on a real essay). You may use any and all resources that you have access to for the speed writing activities (dictionary, e-device, etc.).

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You are responsible for the title

You are responsible for this paragraph

Coffee helps students with their studies. First, it opens up more time for them to study. Indeed, research suggests that "[t]he correct dose of espresso or coffee can energize people at any time of the day" (American Psychology). In other words, students can use this beverage to banish known drowsy periods, such as the early afternoon, and use this time to study instead of doing other, less productive, activities. Additionally, coffee makes study time more effective. In point of fact, Harroldson states that this drink is responsible for improved memory and reaction times. To interpret this, time spent studying with a coffee in hand will result in more information being digested in less amount of time.

In addition to helping students with their studies, coffee also has the side benefit of being good for their well-being. This beverage is suitable for those times when students are discouraged by school life. In fact, Smith notes that "coffee is associated with reduced suicide risk and depression." That is to say, the soothing heat and chemical properties of the drink counteract the hollow effects of academic distress. What is more, coffee helps the body to maintain a biological routine. For instance, coffee increases fibre intake which, in turn, helps people to stay regular (Dawson Health). To clarify, the term "to stay regular" means to have a bowel movement. Studies have shown that people are in both better mental and physical health when they have this movement every day (Garrison).

Despite years of denigration, multiple recent studies have surfaced to demonstrate that coffee is beneficial for students from both academic and medical points of view. In the case of the former, an increase in available time and an improvement upon how that time is spent allows students to study better. In the case of the latter, coffee helps counter discouraging moments when they arise in school life, and it also helps the body maintain a healthy biorhythm.

## Works Cited

"Agents Responsible for fibre Intake." Dawson Healthcare Solutions, Dawson Health, 18 Feb. 2017, [dawsonhealth/med/axiom/20170218/coffee](http://dawsonhealth/med/axiom/20170218/coffee).

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Smith, Ian. *Battling Depression: a Series of Solutions*. The American Journal of Psychiatry, 17 Apr. 2016, [ajp.psychiatryonline.org/mdlinx/psychiatry/journals/cfm](http://ajp.psychiatryonline.org/mdlinx/psychiatry/journals/cfm).

<https://3eee.page/eslid53957>



## Coffee Is Beneficial for Students

Students: there is a little brown bean that will improve your grades. No, it is not some illicit drug—it is coffee. This drink has long been criticised for having negative effects on youth. On the contrary, it can be argued that there are many benefits in coffee for students.

Coffee helps students with their studies. First, it opens up more time for them to study. Indeed, research suggests that “[t]he correct dose of espresso or coffee can energize people at any time of the day” (American Psychology). In other words, students can use this beverage to banish known drowsy periods, such as the early afternoon, and use this time to study instead of doing other, less productive, activities. Additionally, coffee makes study time more effective. In point of fact, Harroldson states that this drink is responsible for improved memory and reaction times. To interpret this, time spent studying with a coffee in hand will result in more information being digested in less amount of time.

In addition to helping students with their studies, coffee also has the side benefit of being good for their well-being. This beverage is suitable for those times when students are discouraged by school life. In fact, Smith notes that “coffee is associated with reduced suicide risk and depression.” That is to say, the soothing heat and chemical properties of the drink counteract the hollow effects of academic distress. What is more, coffee helps the body to maintain a biological routine. For instance, coffee increases fibre intake which, in turn, helps people to stay regular (Dawson Health). To clarify, the term “to stay regular” means to have a bowel movement. Studies have shown that people are in both better mental and physical health when they have this movement every day (Garrison).

Despite years of denigration, multiple recent studies have surfaced to demonstrate that coffee is beneficial for students from both academic and medical points of view. In the case of the former, an increase in available time and an improvement upon how that time is spent allows students to study better. In the case of the latter, coffee helps counter discouraging moments when they arise in school life, and it also helps the body maintain a healthy biorhythm.

*Title* is a distilled version of the *thesis statement*

The essay begins with a grabbing *lead-in* sentence. Then, the author sets *context*, followed by the *thesis*, which is that coffee is good for students. Notice the focus is narrow. It's not “coffee is beneficial” it's “beneficial for *students*”

The *topic sentence* informs readers that this paragraph's topic will be about how coffee can help students with their studies. It is *supported* by two ideas: by energizing & by making students more effective. Each supporting idea starts with a mini-claim (open up time to study and effective), followed by proof/details, and then a clarification that is preceded by transition words (“In other words...,” and “To interpret this, ...”) The transition phrase “Additionally” separates the 2 pieces of support.

The *topic sentence* starts with an advanced “bridge-style” transition phrase and informs readers that this paragraph's topic will be about how coffee helps students' well-being. It is *supported* by two ideas: mental & physical benefits. Each supporting idea starts with a mini-claim (“discouragement” and “body... biology”), followed by proof/details, and then a clarification that is preceded by transition words (“That is to say,” and “To clarify”). The transition words “What is more” separate the 2 pieces of support.

The *concluding paragraph* starts with a nuanced, subtle transition . The *thesis* is restated (“coffee is beneficial for students”) and the main ideas (the topic sentences) are restated (“academic” and “medical” points of view) *and* the author optionally decided to mention the two pieces of support (the mini-claims) associated with each topic sentence (“increase in time, improvement on how it's spent” / “counter discouragement, maintain biorhythm”). The paragraph does not end with a closing sentence (which is fine).

## A Graphical Representation of This Essay's Structure

