

Basic Paragraph Structure – Three Ways:

Making a good first impression is one of the most important things we can do when meeting a new person. There are **three ways** to make a good first impression. **First**, **we should** smile. Smiling is one the best ways to make another person feel at ease. If he or she thinks we are too serious, we might give the impression that we are not friendly. **Second**, **we should** be appropriate to the context. This includes dressing appropriately, whether formally for interviews or informally for parties. It also includes acting appropriately in the context, especially in the setting of another country. By doing these things, we can appear polite and respected by the person we meet. **Third**, **we should** be attentive. If we are constantly staring at our phone, the other person may feel like we don't care about him or her. This phenomenon is known as "phubbing" and can be seen as impolite and discourteous. It is best to give our whole attention to someone when we first meet. **In conclusion**, smiling, being appropriate to the context, and being attentive are three ways to make a good first impression.

Basic Paragraph Structure – Three Ways:

In a recent report published in the Journal of Nutrition and Health, studies found that poor nutrition can affect a university student's health and academic success. Based on an article about the healthiest diets in the world, there are **three ways** for college students to maintain good health and nutrition. **First**, students should eat plenty of vegetables and whole grains. The Okinawan diet and the Mediterranean Diet are both the healthiest diets in the world and include more fresh vegetables than any other food on the plate. The benefits include getting vitamins that are rich in flavonoids, carotenoids, Vitamin E, and lycopene. These vitamins can give students energy. Whole grains can be found in healthy rice and bread. **Second**, students should consume foods or drinks with antioxidants. Antioxidants can help students avoid getting sick. They are found in dark-colored fruits such as blueberries and purple grapes and dark-colored vegetables such as spinach. Students can also drink herbal or jasmine tea that can provide antioxidants. **Third**, students should avoid eating too much fast food. Although it is most convenient for students to get, eating processed foods such as McDonald's or KFC can have a bad effect on our health. The article suggests that modern Okinawans who consume fast food have demonstrably declining health. Eating fast food can also create molecular cellular damage in the body, resulting in a poor condition of the body. In conclusion, college students can stay healthy if they remember to eat vegetables and whole grains, consume food and drinks rich in antioxidants, and avoid eating too much fast food.

Becoming successful as an entrepreneur is not as easy as business graduates believe, and sometimes achieving one's dreams may seem impossible. According to Jack Ma, Chinese billionaire and the founder of Alibaba, there are **three ways** that people can be successful as they

pursue their dreams. **First, Ma tells us to get used to rejection.** Taking himself as an example, he shares that he was rejected by many jobs in the past, including positions for a police officer, KFC, and even Harvard University. Now he sees rejection as a normal thing on the road to success. **Second, Mr. Ma tells us to ignore the “little man,”** the one who doubts your dreams. He explains that many people didn’t believe in his business ideas at first. Giving Alipay as an example, he says that many people said it was the “stupidest idea” he ever had, but Ma persisted anyway. Now there are over 800 million people using Alipay. **Third, Ma tells us to stay focused.** He says that as a CEO, he has to say no to a lot of people. If he says yes, he’ll probably get five thousand opportunities every day. Instead, he focuses on the mission of the company and how to do business easier. **In conclusion, according to Jack Ma, the three ways to become successful as we pursue our dreams, whether in business or in life, are getting used to rejection, ignoring the doubters, and staying focused.**

YES!

First, Ma tells us to get used to rejection. Taking himself as an example, he shares that he was rejected by many jobs in the past, including positions for a police officer, KFC, and even Harvard University. Now he sees rejection as a normal thing on the road to success.

NO!

First, taking himself as an example, Ma shares that he was rejected by many jobs in the past, including positions for a police officer, KFC, and even Harvard University. Now he sees rejection as a normal thing on the road to success, so he tells us to get used to rejection.

Making a voluntary change is the first step toward accomplishing a goal that you set for yourself, but many people quit before the change becomes a habit. According to an article about 30-day challenges, there are three ways to be successful at making a voluntary change. First, we should choose something practical that fits our lifestyle. The article gives the example of socking away more money than we earn, or beginning a workout challenge that exceeds what is safe or healthy for your situation. In both of these cases, we can become frustrated when we fail because

we didn't consider if it was something that we could practically accomplish. **Second**, we should get encouragement or support from others. The article refers to a study that shows interactive digital support systems can help people establish healthier habits. This support, which the article suggests can come from supportive friends, can propel us forward to achieving our goal. **Third**, we should be consistent for at least thirty days. The article talks in terms of 30 days because that is the trend today. Thirty days can help get the ball rolling even if it is not enough for lasting change. Of course, the more difficult the challenge, the longer it takes for a habit to form, but the article says that consistency is strongly linked to success in modifying behavior. For me, not being consistent with an activity almost always leads to failure or not staying motivated enough to keep the change going. In conclusion, choosing something practical, getting support or encouragement from others, and being consistent for thirty days or more are three ways to become successful at making a voluntary change.