



SNS COLLEGE OF ENGINEERING

Kurumbapalayam (Po), Coimbatore – 641 107



AN AUTONOMOUS INSTITUTION

Accredited by NBA – AICTE and Accredited by NAAC – UGC with 'A' Grade
Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai

Expository Writing

Definition:

An expository essay is an essay that requires to examine a specific topic and give arguments. It involves a presentation of the main thought in a clear manner using the contrast and comparison and including the relevant examples and explanations of certain phenomena.

Expository Essays: Just the Facts

The expository essay is an informative piece of writing that presents a balanced analysis of a topic. In an expository essay, the writer explains or defines a topic, using facts, statistics, and examples. Expository writing encompasses a wide range of essay variations, such as the comparison and contrast essay, the cause and effect essay, and the “how to” or process essay. Because expository essays are based on facts and not personal feelings, writers don't reveal their emotions or write in the first person.

Tips to write an expository essay

- Present facts to your reader
- Help them understand the main idea
- Explain which aim you have set writing this essay.
- Write the key idea for each paragraph
- Provide your paragraphs with enough supporting sentences
- Explain why you are sure that the provided facts play a significant role.
- Give an overview
- Brainstorm possible problem solutions
- Prove the necessity of your research.

Sample

Teenagers and stress

Being a teenager is, perhaps, one of the most interesting, intense, and at the same time, complicated periods in the life of almost any person. In our teen years, our experiences are especially acute and exiting; this age is connected with one's search of their place in the world, of their self-identification



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and belonging. Teenagers face the real world problems more and more often, as well as encounter their first serious challenges and problems: at home, at school, in their relationships. The need to develop new behavioral models and adapt to social norms and look for one's place in society can be stressful for a teenager. There exist several influential factors that are seen as stressful for adolescents. Perhaps, one of the first values that they hold dear among teenagers is their popularity among peers. It is important to notice, though, that popularity in this context should be seen deeper – as a teenager's striving for acceptance, for fitting in their peer group. Research shows that if teenagers fail to achieve certain levels of popularity (or believe to have done so), they may feel self-doubt (Livestrong.com). Disappointment in their own appearance, lack of dates or social status can become those reasons that evoke stress in a teenager.

The majority of teenagers in the United States, as well as in the rest of the world, are exposed to another stressful factor, which is studying at high school or college. According to a survey conducted by the Palo Alto Medical Foundation, academic environment and concerns can be pressing for a teenager, always hanging in the top of their lists of problems (Global Post). This group of stress factors includes teenagers' fears about their future life and career (often boosted or inspired by parents); trying to receive good grades or to achieve self-realization among classmates; large amounts of homework; a necessity to prepare for exams, and so on. Multiplied by teenage maximalism and perfectionism, academic concerns become a powerful stress provocateur.

Yet another group of factors which can cause stress and depression among adolescents is relationships. This group includes personal relationships of a teenager with their parents, peers, and the opposite sex. According to statistics, 56% of stressful situations in teenagers' lives are connected to parents; 52% with friends; and 48% of stressors were connected to romantic relationships (Teen Help). It is not surprising that so many stressors are connected to the sphere of personal relationships, considering that in teenage years individuals learn to act, interact, and react within society, and develop new behavioral models.

Adolescence is an age which makes teenagers encounter various social and personal challenges; respectively, this period is associated with an increased number of potentially stressful factors. Among the most influential of them one can name teenagers' striving for acceptance and popularity; academic



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concerns and environment; and personal relationships, which include contacts with parents, friends, and romance.

The Positive Effects of Playing Video Games on the Brain

People love to relax by playing video games, or even get competitive through these games. However, there are substantial positive effects on the brain as we indulge in these visual treats. For instance,



video games positively affect our attention, visuospatial skills, prosocial behavior, and migraines in children if employed in specific ways.

Video games affecting our attention is not a new concept. However, the way in which it affects our attention is not discussed so much in depth. A study was done by the University of Electronic Science and Technology of China in Chengdu on video games on focused attention in non-expert and expert video game players. According to Medical News Today, “After playing League of Legends for 1 hour, both groups demonstrated improved visual selective attention, even reporting similar scores in the post-game test. Not only that, but the researchers found that the brain activity of the non-experts increased after playing the game, to the extent that levels of brain activity between experts and non-experts were now comparable” (Railton, David). **Thus, tests demonstrate that selective visual attention increases due to the playing of video games, but that effect might only be temporary.**

Since playing video games is a visual process, it is no wonder that this activity improves our visuospatial skills. Sometimes gamers have been tested in this respect. According to Parentingscience.com, “Researchers have tested experienced gamers—kids and young adults—on variety of cognitive tasks (e.g., Boot et al 2008; Green and Bavelier 2007; Dye et al 2009). Compared to non-gamers of the same age, the experienced gamers could: track objects moving at faster speeds, track



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more objects at once, filter out irrelevant visual information, switch more quickly from one task to the next, better detect changes in briefly-flashing visual arrays, [and] more accurately predict how 3-dimensional objects would appear when rotated” (“Beneficial Effects of Video Games: Do Players Develop Better Spatial Skills?”). How much this transfers to practical application in daily life is yet to be seen, but it is a step forward in noting the changes our brain makes while playing video games.

What might be surprising for a seemingly anti-social activity is that video games can promote prosocial behavior. A recent study involving virtual reality and superpowers demonstrated that playing certain video games increased rates of wanting to help others in need. According to the researchers, “The results indicate that having the “superpower” of flight leads to greater helping behavior in the real world, regardless of how participants used that power. A possible mechanism for this result is that having the power of flight primed concepts and prototypes associated with superheroes (e.g., Superman). This research illustrates the potential of using experiences in virtual reality technology to increase prosocial behavior in the physical world” (Rosenberg, Robin S., et al.). Thus, if you play video games based on superheroes, you are more likely to be a good samaritan.

Moving onto a more physical attribute of the brain, playing certain video games and consoles have been shown to alleviate migraines in children. In 2013, a research study called, “Effectiveness and safety of Nintendo Wii Fit Plus™ training in children with migraine without aura: a preliminary study” came to the conclusion that, “Our study reported the positive effects of the Nintendo Wii Fit Plus™ system as a rehabilitative device for the vasomotor and balance skills impairments among children affected by MoA, even if further research and longer follow-up are needed” (Esposito, Maria, et al.). This experimental treatment has proven effective, and who knows what will come next in treatments from the usage of video games.

Video games are sometimes celebrated, and sometimes demonized. However, there are some positive effects it has on our brain. Gamers can have better selective visual attention, improved visuospatial skills, increased prosocial behavior, and function better if they have migraines as children.

Exercises



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1. How does having a single parent affect children in the areas of education, hygiene, and nutrition?
2. How do people without health insurance get medical treatment?
3. What happens to kids when they drop out of school?
4. What effect do social media have on interpersonal relationships?
5. How similar are current robots to real people?
6. How does the brain develop and change as we grow and age?