

# How To Write An Academic Essay

## Academic Essays

What they look like and how to write one.

### What is an academic essay?

*'The...academic essay aims to persuade readers of an idea based on evidence.'*  
(University of Harvard, 2015).

Essay writing is an essential part of your nurse training and assessment. It teaches you to:

- Respond to a question or a task whilst exploring a variety of topics and ideas
- Identify and use credible and reliable resources to evaluate evidence
- Present your ideas in a logical sequence, supported by good evidence.

### Getting Started

An academic essay generally follows a standard structure and logical sequence. However, writing one is *not* a straightforward, linear process that begins when you write the first word of your introduction and ends with the last full stop of your conclusion.



Essay writing frequently benefits from a layered approach; you will need to work through the steps several times and in several ways before your work is ready to submit. For example, it may be easier to complete your introduction **after** you have drafted the main body and have developed a clear idea of the direction that your essay will take.

The following guidelines work through an essay structure as will probably appear in the final draft. You do not necessarily need to tackle them in this order. In fact, it might help more if you don't!

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**HOW TO WRITE AN ACADEMIC ESSAY** IS A FUNDAMENTAL SKILL THAT STUDENTS MUST DEVELOP THROUGHOUT THEIR ACADEMIC CAREERS. AN ACADEMIC ESSAY IS A STRUCTURED FORM OF WRITING THAT PRESENTS AN ARGUMENT OR A POINT OF VIEW ON A SPECIFIC TOPIC. IT INVOLVES RESEARCH, CRITICAL ANALYSIS, AND THE EFFECTIVE PRESENTATION OF IDEAS. THIS ARTICLE WILL GUIDE YOU THROUGH THE ESSENTIAL STEPS OF CRAFTING A WELL-ORGANIZED ACADEMIC ESSAY, FROM UNDERSTANDING THE ASSIGNMENT TO THE FINAL DRAFT.

## UNDERSTANDING THE ASSIGNMENT

BEFORE YOU BEGIN WRITING, IT IS CRUCIAL TO UNDERSTAND THE ASSIGNMENT. THIS STEP SETS THE FOUNDATION FOR YOUR ENTIRE ESSAY.

## READ THE PROMPT CAREFULLY

- IDENTIFY THE MAIN QUESTION OR TOPIC.
- NOTE ANY SPECIFIC REQUIREMENTS, SUCH AS WORD COUNT, FORMATTING STYLE, AND SUBMISSION DEADLINES.
- LOOK FOR KEYWORDS THAT INDICATE THE TYPE OF ESSAY TO WRITE (E.G., ANALYZE, COMPARE, ARGUE).

## DETERMINE YOUR AUDIENCE

UNDERSTANDING WHO WILL READ YOUR ESSAY CAN INFLUENCE YOUR TONE AND STYLE. CONSIDER:

- ACADEMIC PEERS OR PROFESSORS WHO EXPECT FORMAL LANGUAGE AND STRUCTURE.
- A GENERAL AUDIENCE THAT MAY REQUIRE MORE ACCESSIBLE LANGUAGE AND EXPLANATIONS.

## RESEARCHING YOUR TOPIC

ONCE YOU UNDERSTAND THE ASSIGNMENT, THE NEXT STEP IS CONDUCTING THOROUGH RESEARCH.

## GATHER SOURCES

- UTILIZE ACADEMIC DATABASES (E.G., JSTOR, GOOGLE SCHOLAR) TO FIND CREDIBLE ARTICLES AND BOOKS.
- VISIT YOUR INSTITUTION'S LIBRARY FOR ACCESS TO PHYSICAL BOOKS AND JOURNAL SUBSCRIPTIONS.
- MAKE SURE TO INCLUDE A VARIETY OF SOURCES, SUCH AS PRIMARY AND SECONDARY SOURCES.

## EVALUATE YOUR SOURCES

NOT ALL SOURCES ARE CREATED EQUAL. CONSIDER THE FOLLOWING:

- AUTHOR CREDIBILITY: CHECK THE QUALIFICATIONS OF THE AUTHOR.
- PUBLICATION DATE: ENSURE THE INFORMATION IS CURRENT.
- RELEVANCE: ENSURE THE SOURCE DIRECTLY RELATES TO YOUR TOPIC.

## CREATING AN OUTLINE

AN OUTLINE IS A ROADMAP FOR YOUR ESSAY. IT HELPS TO ORGANIZE YOUR THOUGHTS AND STRUCTURE YOUR ARGUMENT LOGICALLY.

## STRUCTURE OF THE OUTLINE

### 1. INTRODUCTION

- INTRODUCE THE TOPIC.
- PRESENT YOUR THESIS STATEMENT (THE CENTRAL ARGUMENT OF YOUR ESSAY).

### 2. BODY PARAGRAPHS

- EACH PARAGRAPH SHOULD COVER A SINGLE IDEA THAT SUPPORTS YOUR THESIS.
- INCLUDE TOPIC SENTENCES, EVIDENCE, AND ANALYSIS FOR EACH POINT.

### 3. CONCLUSION

- SUMMARIZE THE MAIN POINTS.
- RESTATE THE THESIS IN LIGHT OF THE EVIDENCE PRESENTED.
- OFFER INSIGHTS OR IMPLICATIONS OF YOUR FINDINGS.

## WRITING THE ESSAY

WITH YOUR OUTLINE IN PLACE, YOU CAN BEGIN WRITING YOUR ESSAY.

### CRAFTING THE INTRODUCTION

THE INTRODUCTION SETS THE TONE FOR YOUR ESSAY AND SHOULD INCLUDE:

- HOOK: START WITH A QUOTE, A QUESTION, OR A SURPRISING FACT TO GRAB THE READER'S ATTENTION.
- BACKGROUND INFORMATION: PROVIDE CONTEXT TO HELP THE READER UNDERSTAND THE TOPIC.
- THESIS STATEMENT: CLEARLY STATE YOUR MAIN ARGUMENT OR POSITION.

### DEVELOPING BODY PARAGRAPHS

EACH BODY PARAGRAPH SHOULD FOCUS ON A SPECIFIC IDEA THAT SUPPORTS YOUR THESIS.

- TOPIC SENTENCE: BEGIN WITH A CLEAR STATEMENT THAT INDICATES WHAT THE PARAGRAPH WILL DISCUSS.
- EVIDENCE: USE QUOTATIONS, DATA, AND EXAMPLES FROM YOUR RESEARCH TO SUPPORT YOUR CLAIMS.
- ANALYSIS: EXPLAIN HOW THE EVIDENCE RELATES TO YOUR THESIS AND WHY IT IS SIGNIFICANT. THIS STEP IS CRUCIAL IN DEMONSTRATING CRITICAL THINKING.

### WRITING THE CONCLUSION

THE CONCLUSION WRAPS UP YOUR ESSAY AND REINFORCES YOUR THESIS. AIM TO:

- SUMMARIZE THE KEY POINTS DISCUSSED IN THE ESSAY WITHOUT INTRODUCING NEW IDEAS.
- RESTATE THE THESIS IN A NEW LIGHT BASED ON THE EVIDENCE PRESENTED.
- PROVIDE A CLOSING THOUGHT OR CALL TO ACTION THAT ENCOURAGES FURTHER REFLECTION OR RESEARCH.

## REVISING AND EDITING

ONCE YOU HAVE A DRAFT, IT IS ESSENTIAL TO REVISE AND EDIT YOUR ESSAY.

### REVISING FOR CONTENT

- REVIEW YOUR THESIS STATEMENT: DOES IT CLEARLY REFLECT THE MAIN ARGUMENT?
- ENSURE EACH PARAGRAPH SUPPORTS YOUR THESIS AND CONTRIBUTES TO THE OVERALL ARGUMENT.
- LOOK FOR AREAS THAT REQUIRE FURTHER DEVELOPMENT OR CLARIFICATION.

## EDITING FOR STYLE AND CLARITY

- CHECK FOR CLARITY AND CONCISENESS. AVOID OVERLY COMPLEX SENTENCES AND JARGON.
- VARY YOUR SENTENCE STRUCTURE TO MAINTAIN READER ENGAGEMENT.
- ENSURE TRANSITIONS BETWEEN PARAGRAPHS ARE SMOOTH AND LOGICAL.

## PROOFREADING FOR GRAMMAR AND MECHANICS

- LOOK FOR GRAMMATICAL ERRORS, PUNCTUATION MISTAKES, AND TYPOS.
- PAY ATTENTION TO FORMATTING GUIDELINES (E.G., APA, MLA, CHICAGO).
- CONSIDER READING YOUR ESSAY ALOUD TO CATCH AWKWARD PHRASING AND ERRORS.

## FINAL TIPS FOR WRITING AN ACADEMIC ESSAY

TO ENHANCE THE QUALITY OF YOUR ACADEMIC ESSAY, CONSIDER THESE ADDITIONAL TIPS:

- START EARLY: GIVE YOURSELF AMPLE TIME TO RESEARCH, WRITE, REVISE, AND EDIT.
- SEEK FEEDBACK: SHARE YOUR DRAFT WITH PEERS OR INSTRUCTORS FOR CONSTRUCTIVE CRITICISM.
- CITE YOUR SOURCES: PROPERLY CITE ALL REFERENCES TO AVOID PLAGIARISM. FAMILIARIZE YOURSELF WITH THE REQUIRED CITATION STYLE.
- STAY ORGANIZED: KEEP YOUR RESEARCH NOTES, DRAFTS, AND SOURCES WELL-ORGANIZED TO STREAMLINE THE WRITING PROCESS.

## CONCLUSION

WRITING AN ACADEMIC ESSAY IS A PROCESS THAT INVOLVES CAREFUL PLANNING, RESEARCH, WRITING, AND REVISING. BY FOLLOWING THE STEPS OUTLINED IN THIS ARTICLE, YOU CAN DEVELOP THE SKILLS NECESSARY TO PRODUCE A WELL-STRUCTURED AND COMPELLING ESSAY. REMEMBER THAT PRACTICE IS KEY, AND THE MORE YOU WRITE, THE MORE PROFICIENT YOU WILL BECOME. EMBRACE THE CHALLENGE, AND USE EACH ESSAY AS AN OPPORTUNITY TO DEEPEN YOUR UNDERSTANDING OF THE SUBJECT MATTER AND REFINE YOUR WRITING ABILITIES.

## FREQUENTLY ASKED QUESTIONS

### WHAT IS THE FIRST STEP IN WRITING AN ACADEMIC ESSAY?

THE FIRST STEP IS TO UNDERSTAND THE ASSIGNMENT REQUIREMENTS AND CHOOSE A TOPIC THAT FITS WITHIN THOSE GUIDELINES.

### HOW IMPORTANT IS A THESIS STATEMENT IN AN ACADEMIC ESSAY?

A THESIS STATEMENT IS CRUCIAL AS IT PRESENTS THE MAIN ARGUMENT OR POINT OF THE ESSAY, GUIDING THE READER THROUGH THE WRITER'S IDEAS.

### WHAT STRUCTURE SHOULD AN ACADEMIC ESSAY FOLLOW?

AN ACADEMIC ESSAY TYPICALLY FOLLOWS A STANDARD STRUCTURE: AN INTRODUCTION, BODY PARAGRAPHS, AND A CONCLUSION.

## How do I create an effective outline for my essay?

To create an effective outline, list your main points and sub-points, organizing them logically to ensure a coherent flow of ideas.

## What are some tips for writing strong body paragraphs?

Each body paragraph should start with a topic sentence, include evidence to support your claims, and conclude with a sentence that ties back to the thesis.

## How can I improve my academic writing style?

To improve your academic writing style, focus on clarity, use formal language, avoid contractions, and vary your sentence structure.

## What role do citations play in an academic essay?

Citations are essential as they give credit to original sources, strengthen your arguments, and help avoid plagiarism.

## How should I approach writing the conclusion of my essay?

In the conclusion, restate your thesis, summarize the main points, and provide final insights or implications of your findings.

## What is the importance of proofreading an academic essay?

Proofreading is important to catch grammatical errors, improve clarity, and ensure that your essay meets academic standards.

## How can I manage my time effectively while writing an academic essay?

To manage your time effectively, create a writing schedule with specific deadlines for each stage, such as research, outlining, drafting, and revising.

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## How To Write An Academic Essay

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