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CHAPTER 1: INTRODUCTION TO ACADEMIC WRITING

Purpose of Academic Writing:

Explain its goal to inform, analyze, or argue based on evidence.

· Types of Academic Writing:

News report, Essays, research papers, literature reviews, dissertations, and reflective writing.

· Key Differences:

- No personal opinions without evidence.
- Focus on clarity, objectivity, and conciseness.

Importance of Academic Integrity:

Brief mention of plagiarism and academic honesty.

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:	Fast Fashion and Our F	Planet

Fast fashion is everywhere! You know those cheap, trendy clothes that pop up in stores every season? Yeah, they're cool for a bit, but they're also a major problem. Why? Well, let's break it down.

First off, the production of fast fashion is crazy harmful to the environment. Factories churn out clothes at lightning speed, using tons of water and toxic chemicals. Have you ever heard about how much water it takes to make just one pair of jeans? It's around 7,500 liters! That's like what one person drinks in seven years.

Then there's all the waste. We're talking piles and piles of clothes that people toss out when they go out of style or fall apart after a few washes. Most of these clothes aren't biodegradable, so they end up clogging landfills or polluting oceans. And let's not forget the microplastics. Synthetic fibers from clothes shed tiny bits of plastic that sneak their way into rivers and oceans. Scary, right?

What's even worse is how fast fashion companies treat the people making these clothes. Workers in developing countries often face awful conditions and get paid next to nothing. All so we can grab a \$5 T-shirt that we'll probably wear twice.

So what can we do? It's simple (but not easy). Buy fewer, better-quality clothes. Support brands that care about sustainability. And recycle or donate clothes instead of throwing them away. Let's start being more thoughtful about what we wear. It's our planet, after all.

The fast fashion industry, characterized by the rapid production and distribution of low-cost, trendy clothing, poses significant environmental and social challenges. This article explores the environmental consequences of fast fashion, focusing on resource consumption, waste generation, and pollution, while also addressing the socio-economic implications for garment workers.

One of the most concerning aspects of fast fashion is its intensive use of natural resources, particularly water. For instance, the production of a single pair of denim jeans requires approximately 7,500 liters of water, a quantity equivalent to the average person's consumption over seven years. Additionally, the use of toxic dyes and chemicals in textile manufacturing contributes to water pollution, particularly in countries with lax environmental regulations.

Fast fashion also exacerbates the global waste crisis. Due to the low durability and transient appeal of these garments, consumers frequently discard them after minimal use. According to the Ellen MacArthur Foundation (2017), less than 1% of clothing material is recycled into new garments, with the majority ending up in landfills or incinerated. Furthermore, synthetic fibers such as polyester shed microplastics during washing, contributing to marine pollution and threatening aquatic ecosystems.

The industry's social impact is equally troubling. Many fast fashion brands outsource production to developing countries, where labor laws may be poorly enforced. Workers often endure hazardous conditions, long hours, and inadequate compensation. The 2013 Rana Plaza collapse in Bangladesh, which killed over 1,100 garment workers, underscored the human cost of prioritizing low production costs over worker safety.

Mitigating the environmental impact of fast fashion requires systemic changes in both production practices and consumer behavior. Sustainable alternatives, including circular fashion models that promote recycling and reuse, offer potential solutions. Consumers, meanwhile, can reduce their ecological footprint by opting for higher-quality, ethically produced garments and minimizing overconsumption.

In conclusion, fast fashion's environmental impact is multifaceted, involving resource depletion, pollution, and waste. Addressing these challenges necessitates coordinated efforts from industry stakeholders, policymakers, and consumers to promote sustainability and ethical production standards.



ARTICLE ANALYSIS

Introduction:

Fast fashion is everywhere! You know those cheap, trendy clothes that pop up in stores every season? Yeah, they're cool for a bit, but they're also a major problem. Why? Well, let's break it down.

The fast fashion industry, <u>characterized by</u> the rapid production and distribution of low-cost, trendy clothing, poses significant environmental and social challenges. <u>This article explores</u> the environmental consequences of fast fashion, <u>focusing on</u> resource consumption, waste generation, and pollution, <u>while</u> also addressing the socio-economic implications for garment workers.

First Paragraph:

First off, the production of fast fashion is crazy harmful to the environment. Factories churn out clothes at lightning speed, using tons of water and toxic chemicals. Have you ever heard about how much water it takes to make just one pair of jeans? It's around 7,500 liters! That's like what one person drinks in seven years.

One of the most concerning aspects of fast fashion is its intensive use of natural resources, particularly water. <u>For instance</u>, the production of a single pair of denim jeans requires approximately 7,500 liters of water, <u>a quantity equivalent to</u> the average person's consumption over seven years. Additionally, the use of toxic dyes and chemicals in textile manufacturing <u>contributes to</u> water pollution, particularly in countries with lax environmental regulations.

VOC	Meaning	Example



CHAPTER 2: EFFECTIVE NOTE-MAKING TECHNIQUES

1. Introduction

Note-making is a crucial academic skill that helps students organize, retain, and understand information from lectures, readings, and research. Effective notes are clear, concise, and structured, allowing for easy review and reference.

This chapter will explore various note-making methods, provide tips for improving efficiency, and offer exercises related to **obesity and ultra-processed foods** to reinforce these strategies.

2. Methods of Note-Making

There are several popular methods for making notes. Each has its advantages, depending on the purpose and learning style.

Method	Description	Use Case
Linear Notes	Write down key points in a sequential order.	Useful for lecture summaries or readings.
Cornell Method	Divide the page into three sections: notes, keywords, and summary.	Effective for reviewing and studying later.
Mind Mapping	Create a diagram that visually organizes information around a central idea.	Ideal for brainstorming and understanding relationships.
Outline Format	Organize ideas hierarchically with headings and subheadings.	Helpful for structured topics like essays or reports.
Charting	Use columns to compare and contrast information.	Useful for data-heavy topics or comparisons.

3. Steps for Effective Note-Making

(1) Identify Key Information:

Focus on main ideas, definitions, and supporting details. Avoid writing everything verbatim.

(2) Use Abbreviations and Symbols:

Save time by using shortcuts (e.g., gov. for government, 1 for increase).

(3) Organize Information:

Group related points under clear headings or categories.

(4) Use Visuals:

Incorporate diagrams, charts, or bullet points to make notes easier to scan.

(5) Review and Revise:

Regularly go over your notes to clarify unclear points and add missing details.

4. Example: Note-Making on Obesity and Ultra-Processed Foods

Linear Notes Example:

- Obesity rates have increased globally.
- Ultra-processed foods (UPFs) are linked to weight gain and chronic illnesses.
- · UPFs contain high levels of sugar, salt, and unhealthy fats.
- Studies: Regular consumption of UPFs increases obesity risk by 30%.

Cornell Notes Example:

Notes	Keywords
Obesity is rising due to poor diet and lifestyle.	Obesity rise
UPFs are high in sugar, salt, and additives.	Ultra-processed foods
Studies show UPFs raise obesity risk by 30%.	Health risk

Summary:

Rising obesity rates are linked to increased consumption of ultra-processed foods, which are high in unhealthy ingredients and contribute to long-term health risks.

5. Common Note-Making Errors

(1) Writing Too Much:

Taking detailed notes without filtering key points leads to information overload.

Solution: Focus on summarizing main ideas and key examples.

(2) Lack of Structure:

Disorganized notes make it hard to review and retain information.

 Solution: Use headings, subheadings, or bullet points to group related concepts.

(3) Copying Verbatim:

Copying word-for-word prevents active engagement with the material.

Solution: Paraphrase in your own words to enhance understanding.

6. Exercises

Exercise 1

Identify Key Points

Read the following passage and write a summary using the Cornell method.

Passage:

Obesity has become a global epidemic, driven largely by the increased availability and consumption of ultra-processed foods. These foods, which are often high in sugar, salt, and unhealthy fats, are linked to various health risks, including diabetes and cardiovascular disease. Studies have shown that individuals who regularly consume ultra-processed foods are at a significantly higher risk of becoming obese. Reducing the consumption of these foods is critical to addressing the obesity crisis.

Task:

- Write notes under the "Notes" section.
- Include keywords and a one-sentence summary.

Exercise 2

Create a Mind Map

Create a mind map on the topic of **obesity prevention**. Include branches for **diet**, **physical activity**, and **public policy**. For each branch, add supporting ideas such as reducing ultra-processed foods, increasing exercise, and implementing food regulations.

Exercise 3

Organize Notes Using the Outline Format

- 1. Organize the following information into a clear outline:
- 2. Ultra-processed foods are high in sugar and unhealthy fats.
- 3. Obesity rates have increased worldwide.
- 4. Diets high in UPFs lead to higher risk of chronic illnesses.
- 5. Reducing UPF intake can improve public health.
- 6. Public awareness campaigns are needed to address unhealthy eating.
- Phint: Group related points under appropriate headings.

7. Review and Application

- Review your notes regularly:
 - Spaced repetition improves memory and retention.
- Compare notes with peers:

Collaborate to fill in gaps or clarify difficult concepts.

· Apply notes to writing assignments:

Well-organized notes serve as a foundation for essays, reports, and presentations.

By mastering effective note-making techniques, students can enhance their comprehension and improve academic performance.



CHAPTER 3: UNDERSTANDING ACADEMIC LITERACY

Definition:

Academic literacy involves reading, writing, and thinking in a way that aligns with academic expectations.

· Common Challenges:

Adjusting to formal tone, structuring arguments, referencing, and critical analysis.

· Developing a Growth Mindset:

Emphasize that these skills can improve with practice.

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Part 1 Identifying the Genres

Informal	News Report	Essay	Reflective Writing	Research Papers
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1.

A recent study by the World Health Organization (WHO) revealed that global obesity rates have tripled since 1975. Experts are concerned that rising obesity could lead to increased rates of heart disease and diabetes. Governments worldwide are urged to implement stricter health policies, including higher taxes on sugary drinks and fast food.

Key Features:

- · Objective tone, focuses on current events.
- Provides facts and quotes from experts.
- Simple, straightforward structure with key points summarized early.

Obesity is a growing global health issue, driven by lifestyle changes and poor dietary choices. While some argue that personal responsibility is crucial in combating obesity, others emphasize the role of government intervention. This essay explores both perspectives, ultimately concluding that a combination of personal and policy-driven strategies is essential to address obesity effectively.

Key Features:

- Objective tone, focuses on current events.
- Provides facts and quotes from experts.
- Structured with an introduction, body paragraphs, and a conclusion.

3. _____

Title:

The Impact of Fast Food Availability on Obesity Rates Among Adolescents

Abstract:

This study examines the correlation between fast food consumption and adolescent obesity in urban areas. Data from 1,000 participants indicate a statistically significant relationship between proximity to fast food outlets and increased body mass index (BMI). Policy recommendations to limit fast food accessibility are discussed.

Key Features:

- Formal, research-driven.
- Includes sections like abstract, introduction, methodology, results, and conclusion.
- Cites multiple sources to support findings.

Example:

When I began researching obesity for my health policy project, I realized how complex the issue is. I had initially thought it was purely a matter of poor personal choices. However, through case studies and interviews, I came to understand the significant role that socioeconomic factors play. This experience has reshaped my views on public health strategies.

Key Features:

- · Personal tone, reflective of learning experiences.
- · Focuses on personal growth or insights gained.

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	5.			

Obesity is a big problem now. A lot of people eat fast food because it's quick and cheap. But too much fast food can make you gain weight fast. And that's bad for your health. Things like heart disease and diabetes can happen if you don't take care of yourself. Maybe we should eat more fruits and veggies. It's not easy, but it might help us stay healthy.

Key Features:

- Friendly, everyday language.
- Simple sentences.
- Personal or conversational tone ("Maybe we should...").
- No formal structure.

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Part 2 Adjusting to formal tone

Step 1 Understand the Differences Between Informal and Formal Tone

Aspect	Informal Example	Formal Example
Tone	Friendly, conversational	Objective, analytical
Vocabulary	Simple, everyday words	Precise and academic words
Sentence Structure	Short, simple sentences	Longer, structured sentences
Contractions	Uses contractions (can't, it's)	Avoids contractions (cannot, it is)
Rhetorical Devices	May use humor, personal questions ("Right?")	Avoids rhetorical devices, uses facts and logic

Step 2 Adjust Vocabulary and Sentence Structure

Example 1

Replace Casual Vocabulary

Informal:

Obesity is a huge problem that's only getting worse.

Formal:

Obesity has become a significant and growing public health concern.

- **Huge problem** → significant public health concern (more precise)
- Getting worse → growing (short but formal)

Example 2

Remove Personal or Casual Phrasing

Informal:

People are eating way too much junk food, and it's messing up their health.

Formal:

Excessive consumption of unhealthy foods negatively impacts health.

- Eating way too much junk food
 - → Excessive consumption of unhealthy foods
- Messing up their health
 - → negatively impacts health (avoids casual expressions)

Example 3

Avoid Rhetorical Questions

Informal:

Why do people eat so much fast food when they know it's bad for them?

Formal:

Despite widespread knowledge of the health risks associated with fast food, consumption remains high.

· Rephrased to state a fact instead of asking a rhetorical question.

Step 3 Adjust the Structure

Informal Paragraph:

Obesity is a big problem today. A lot of people eat fast food because it's cheap and easy, but it's really bad for your health. You can get sick with things like diabetes and heart disease. Maybe we should start eating more fruits and vegetables instead of burgers and fries.

Formal Revision:

Obesity <u>has become</u> a <u>widespread</u> health <u>issue</u> in <u>modern society</u>. Many individuals consume fast food due to its affordability and convenience. However, regular consumption of such foods is associated with an increased risk of serious health conditions, including diabetes and heart disease. To mitigate these risks, adopting healthier dietary habits, such as increasing the intake of fruits and vegetables, is recommended.

Changes Made:

- · Replaced big problem with widespread health issue.
- Replaced cheap and easy with affordability and convenience.
- · Removed casual phrases (burgers and fries).
- Used a more structured and formal tone.

Step 4

Practice Drills

D	rill	1 · I	Rowrita	Informal	Sentences	into	Formal	Ones
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1.	nformal: People eat too much fast food, and it's making them fat.			
	(Hint: Use "excessive consumption," "contributes to obesity")			
2.	Informal: Obesity is super common these days. Formal:			
	(Hint: Use "prevalent" or "widespread")			
Drill 2	2: Identify Tone Differences			
Read forma	the following pairs of sentences. Decide which is informal and which is al:			
1.	A: Obesity is a serious health problem caused by unhealthy diets and lack of exercise.			
	B: Lots of people are gaining weight because they eat too much junk food and don't work out.			
2.	A: Fast food has become a major contributor to rising obesity rates worldwide.			
	B: People eat too many burgers and fries, which is why they're getting fatter.			
Drill 3	3: Match the Informal and Formal Phrases			
Match	n each informal phrase with its formal equivalent:			
1.	Informal: Eating way too much junk food. Formal:			
	(Hint: Start with "excessive consumption")			
2.	Informal: It's bad for your health. Formal:			
	(Hint: Use "negatively impacts health")			
3.	Informal: Cheap and easy. Formal:			

(Hint: Think about affordability and convenience.)

Step 5 Application Task

Task:

Write two short paragraphs on the causes of obesity:

- Paragraph 1: Write it in an informal tone.
- Paragraph 2: Rewrite the same content in a formal tone.

Example:

Informal:

A lot of people don't exercise enough and eat too much junk food, which makes them gain weight. Fast food is everywhere, and it's hard to say no to it when you're busy and stressed. That's why obesity is becoming a bigger problem.

Formal:

Inadequate physical activity and excessive consumption of unhealthy foods are key contributors to obesity. The widespread availability of fast food, coupled with the pressures of a fast-paced lifestyle, has made it difficult for many individuals to maintain a balanced diet. Consequently, obesity rates have continued to rise.

These drills and examples will guide your students in recognizing and practicing tone adjustments in their writing. Would you like me to create printable worksheets for these exercises?



EXTRA PRACTICE



Natching Exercise: Informal to Formal Phrases

Match the informal phrases on the left with their formal equivalents on the right.

Informal	Formal
1. People get sick	A. Negatively impacts health
2. It's super common	B. Prevalent or widespread
3. Bad for your health	C. Individuals develop health conditions
4. Lots of people eat fast food	D. A significant portion of the population

National Fill-in-the-Blank Practice

Rewrite each sentence using a more formal tone by filling in the blank with the appropriate formal phrase.

•	- F			
1.	Informal: People eat junk food all the time because it's (Hint: affordable and convenient)			
2.	Informal:			
	A lot of people don't exercise enough, which isincrease in obesity rates. (Hint: contributing to)	_ the		
3.	Informal:			
	Junk food is really bad for your health.			
	Formal:			
	Junk food health.			
	(Hint: negatively impacts)			

4. Informal:

Heart disease and diabetes are becoming pretty common.

Formal:

The prevalence of heart disease and diabetes is ______. (Hint: increasing significantly)

Nrite and Compare Task

Ask students to write two short paragraphs on **obesity**, one in **informal** and one in **formal** tone. They can use the following topic prompts:

Topic: Causes of Obesity

Informal Tone:

Write a paragraph explaining why people gain weight in today's world. Use everyday language and casual phrases.

2. Formal Tone:

Rewrite the same paragraph with a more academic tone. Use formal vocabulary, structured sentences, and no personal opinions or rhetorical questions.



Example Comparison: Full Paragraph

Informal:

People are getting really fat these days because they don't exercise and eat too much junk food. It's hard to stay healthy when fast food is everywhere, and it's super cheap. A lot of people know it's bad, but they still do it because it's easy. This is making people sick with things like diabetes and heart problems.

Formal:

The prevalence of obesity has increased significantly due to sedentary lifestyles and excessive consumption of unhealthy foods. The widespread availability of affordable fast food options has made it difficult for many individuals to maintain healthy eating habits. Although the health risks associated with fast food are well-known, convenience often outweighs long-term considerations. As a result, obesity-related health conditions, such as diabetes and cardiovascular disease, have become increasingly common.

Discussion Questions

- 1. What are the main differences between the informal and formal versions of the text?
- 2. How does formal tone affect the clarity and credibility of the information?
- 3. Why might formal tone be more appropriate for academic or professional settings?