

Instructions:

Take your draft into and turn it into a **final one-page reflective essay** that shows what *The Anxiety Workbook* taught you about anxiety, coping strategies, and yourself, or how it didn't help you. Your essay should sound thoughtful, honest, and personal — not just a summary of the book.

Final Essay Requirements

- **Length**- 1-1.5 pages (500-700 words)
- **Format** - 12-point font, Times New Roman, single-spaced
- **Structure**
 - Your essay should have **three clear parts: Introduction, Body Paragraph, Conclusion**
 - Introduction
 - Introduce *The Anxiety Workbook* by title and mention what it's generally about
 - Finalised rewrite of your working thesis statement (reflection sentence)
 - Briefly explain whether the workbook felt **relevant** or **irrelevant** to your own experiences and why. Include your reasons
 - Include a sentence that connects your personal reasons or experiences to your reading of the workbook (bridge to your body paragraph)
 - Body Paragraph – this is main part of your reflection
 - 8–12 sentences
 - Summarize the **main ideas or strategies** from the 5 chapters you selected in your homework
 - Identify a **common idea or theme** among those chapters (e.g., mindfulness, self-awareness, communication, setting boundaries).
 - **Connect those ideas to your own experience, opinion, or habits (main part of your body paragraph)**
 - Describe a specific situation where you could apply or have applied the strategies.

OR

- Explain why some strategies felt irrelevant to your life
- Explain why the ideas did or did not help you personally.
- **Tip:** Use transitions like *For example, One strategy that stood out to me was, This relates to my life because,* etc.
- Conclusion
 - 2–3 sentences
 - End your essay with a short reflection that wraps up your opinion and reading experience
 - What's one idea from *The Anxiety Workbook* you will actually remember or use?
 - How did this book shape the way you think about stress?

Review Checklist

- Clear introduction with a one line thesis statement
- Explanation on whether or not this workbook was relevant to your life
- Body paragraph includes both summary and personal connection.
- I used examples or opinions to show real thinking, not just summary.
- My closing sentences leave the reader with a final insight.
- My writing is clear, organised, and honest in tone.
- I proofread for grammar, punctuation, and flow.

Grading Rubric

Introduction and clear thesis statement - 25%

Body Paragraph - 30%

Conclusion - 25%

Formatting and page count - 10%

Tone and vocabulary - 10%

Your final essay starts here