

Practice with Identifying & Working with Writing Patterns

Exercises: Identify which pattern(s) is/are present in each of the following selections and underline or circle the cue words that make your case.

1. According to University of Arizona psychologist Roger J. Daldrup, the unhealthy expression of anger can be divided into two main types: misdirection and suppression.
2. The body reacts to anger with immediate physical changes. First, blood rushes to the face. Next, respiration speeds up. The digestive process slows down and muscles tense up. At this point, the angrier we become, the stronger we feel.
3. The terms anger and hostility are often used interchangeably to describe a set of negative emotions, but they are not the same. Anger has been defined as a temporary emotion that may or may not be accompanied by outward expression. Hostility, on the other hand, is described as an attitude rather than a temporary emotion. The concept of anger usually refers to an emotional state.
4. Anorexia nervosa, or an eating disorder that can lead to starvation, occurs most often in teenage girls.
5. Anorexia nervosa (an eating disorder that can lead to starvation) occurs most often in teenage girls.
6. Anorexia nervosa – an eating disorder that can lead to starvation – occurs most often in teenage girls.
7. An illness affecting primarily teenage girls is anorexia nervosa: an eating disorder that can lead to starvation.
8. An illness affecting primarily teenage girls is anorexia nervosa, that is, an eating disorder that can lead to starvation.
9. An illness affecting primarily teenage girls is anorexia nervosa, i.e., an eating disorder that can lead to starvation.
10. There are many curious parallels in the deaths of Presidents Lincoln and Kennedy. Both were assassinated on a Friday; both were deeply involved in civil rights for blacks; and both presidents were succeeded by vice presidents named Johnson who were southern Democrats and former senators.
 On the other hand, there are significant differences between the two. Whereas Lincoln was born poor, Kennedy was born to a wealthy family. Lincoln was president during the Civil War. In contrast, Kennedy served during the Cold War.
11. The most common cause of anger is physical or psychological restraint – being held back from something we intensely want. Sometimes emotions such as distress, sorrow, or fear can lead to anger.
 The most recent research shows that the effects of anger are diverse. Consider the wide range of physiological reactions that go with it: muscle tension, scowling, clenching of fists, flushing. One of the major physiological effects of anger is the release of adrenaline and nonadrenaline; prolonged release can result in high blood pressure and headache. The effects of anger can be as serious as cancer and heart disease.
12. Kansas is situated at the geographic center of the United States. It is halfway between the East and West coasts. It is bounded by four states: Nebraska to the north, Oklahoma to the south, Missouri to the east, and Colorado to the west.

1. LISTING: Think of **two groups of things you love and hate**. For example, you could choose “Foods I Love” and “Music I Hate.” Other examples of groups things you might love or hate are school subjects, kinds of sport, leisure activities, qualities in a friend, personal habits, movies, etc. Be creative! Use the Listing-Classification-Division Graphic Organizer below to create the two groups. List **at least three items in each group**. The first column is an example.

| | | |
|--|---|---|
| Love: "Ice Creams I Love" | Love: _____ | Hate: _____ |
| <ul style="list-style-type: none">• Ben & Jerry's Phish Food• Mint Chocolate Chip• Chunky Monkey | <ul style="list-style-type: none">• _____• _____• _____• _____ | <ul style="list-style-type: none">• _____• _____• _____• _____ |

2. PROCESS: Think of a **process** you can describe that has **at least three steps**. Use the Process Graphic Organizer below to lay out the process. For example, you might choose “How to Scramble Eggs,” where the steps in the process are:

1. Break eggs into a bowl →
2. Mix eggs with milk, salt, and pepper →
3. Pour egg mixture into preheated pan →
4. Stir while cooking until done.

Be sure to give your process a title (like “How to Scramble Eggs”)

1. 2. 3. 4.

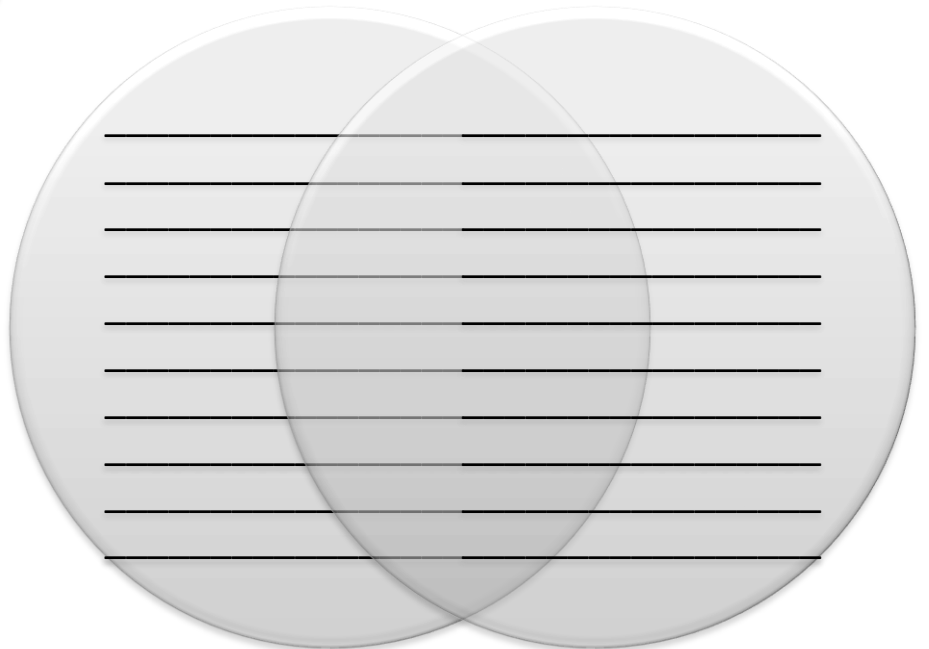
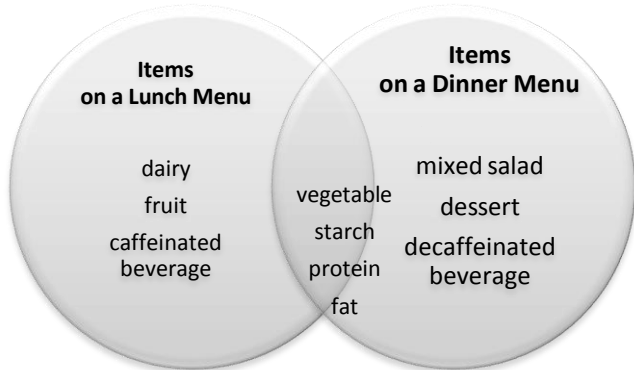
3. DEFINITION (WITH EXAMPLE): Think of **two emotions** to define, for which you can give at least two examples. Using the Definition with Example Graphic Organizer below, write down a brief dictionary definition and use the emotion word in two sample sentences. The first column is an example.

| |
|--|
| Emotion: <u>Relief</u> |
| <u>Definition:</u> "removal of something oppressive, painful, or distressing" |
| •Mrs. Johnson felt a great sense of relief once she finally completed her taxes. |
| •I was relieved to find out I got into the class I wanted. |

| |
|--------------------|
| Emotion: _____ |
| <u>Definition:</u> |
| • _____ |
| • _____ |

| |
|--------------------|
| Emotion: _____ |
| <u>Definition:</u> |
| • _____ |
| • _____ |

4. COMPARE AND CONTRAST: Think of **two educational settings** you've been in, such as high school and college. Use the Compare-and-Contrast Venn Diagram Graphic Organizer below to list as many elements for each setting as you can think of. Elements that each setting shares should be listed in the area where the circles intersect. The smaller example below should give you an idea of what to do.



5. CAUSE-AND-EFFECT: Think of **one bad habit** and **one good habit**. For the bad habit, think of **at least three things that cause the effect of the bad habit**. For example, maybe your bad habit is chewing on your fingernails. Three things that cause that might be nervousness, too much caffeine, and not enough sleep. Write the bad habit result and its causes in the first Cause-and-Effect Graphic Organizer. For the good habit, think of **at least three things that result from the good habit**. For example, from the good habit of exercising, you might see the result of better health, weight loss, and less stress. Write the good habit cause and its positive effects in the bottom Cause-and-Effect Graphic Organizer. There isn't room to show examples, so if you need help, ask!

