

## Student Sample: Grade 8, Informative/Explanatory

This essay was written about a favorite activity. The writer wrote for one entire class period the first day and revised his essay the second day after discussing ideas for revision with a partner.

### Football

What I like doing best is playing football, mainly because it is one of my best sports. One of the greatest things about it, in my opinion, is the anticipation, wondering what the other players are thinking about what you might do. Football is a physical game, of course, but it's the mental aspect that I appreciate the most.

At times football can get grueling, which makes the game even more exciting. The first time you make contact with another player (even with all that equipment) you get very sore. That is true for everyone, but in time you get used to the aches and pains. After awhile, you develop mental discipline, which allows you to ignore some of the pain. The mental discipline then allows you to go all out, to unload everything you have, every play. That's how you win games, everyone going all out, giving 110%.

The game takes concentration, just as much as any other sport, if not more. You develop this aspect in practice. That is why it is so important to have hours and hours of it. Mentally, you have to get over the fear, the fear of eleven madmen waiting for chance to make you eat dirt. And that comes through practice. Once you overcome the fear, you can concentrate on the more important things, like anticipating the other guy's next move. Studying the playbook and talking with other players also helps.

During the game, your mind clears of all thoughts. These thoughts become instinct. You have to react, and react quickly, and you develop reactions and instinct in practice. For example, when you're carrying the ball or about to make a tackle, you want to make sure you have more momentum than the other guy. If you don't you'll be leveled. But, you should react instinctively to that situation by increasing your momentum.

Playing defense, all you want to do is hit the man with the ball, hit him hard. Right when you unload for a stick, all your body tightens. Then you feel the impact. After you regain your thoughts, you wonder if you're all right. You wait for your brain to get the pain signal from the nerves. Even so, if you do get that signal, which is always the case, you keep right on playing. You can't let that experience shake your concentration.

On offense, while playing receiver, you can actually "hear" the footsteps of the defensive back as you're concentrating on catching the ball. What separates the men from the boys is the one who "hears" the footsteps but doesn't miss the ball. That's mental discipline, concentration.

Football is very physical or else it wouldn't be fun. But it is also a mental game and that is why it's challenging. You can get hurt in football if you screw up and ignore the right way to do things. However, mental discipline and concentration, which you develop during hours of practice, helps you avoid such mistakes.

# Sample High School Essay

**Lei Huang**

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, located to the right of the author's name.

## **Sample High School Essay:**

The Top Books of the Year Sample High School Essay The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. Sample High School Essay : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Sample High School Essay : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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