- ≥ 5. Transition to the next idea.

- - Not so great: "Anxiety has many causes."
 - Better: "We can blame anxiety on outside forces, but it is best to recognize that the root cause lies within is."

- - Craft your sentences carefully!
 - ষ "According to English teacher Kevin Haney,..."
 - ষ্প "World-renowned scientist Stephen Hawking once said,.."

Ø USE YOUR SUMMARIZING SKILLS

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⊗ 3. Give your analysis of your source information. This is the most important part of your paragraph. How did this source add to your understanding of the word?

- - © Ex: With this new understanding of the causes of anxiety, I realized that I may have some control over its effects on me. But first, I wanted to explore the effects of anxiety as described by others.
 - ø Considering these causes of anxiety, I next wondered, what are its effects?