

# Analytical Essay

## REVISING AND EDITING 1

The following model is from a draft that one student wrote analyzing a subject of personal interest.

**Directions:** Use the following suggestions to revise and edit the excerpt. Mark your changes on this page. Then copy your corrected draft on a separate sheet of paper.

- Identify the subject in an engaging introduction.
- Use the words that are specific and accurate.
- Vary sentence structure and length.

### What Is Stress?

You feel terrible. You have a lot of symptoms. You wonder if you could be coming down with the flu. Maybe not. You could be suffering from stress, a common condition that can affect a person's health. Stress can result from any situation that worries you or demands unusual energy. A fight with a friend can do it. So can your schedule at school.

Don't say that stress is not worth attention or treatment. Stress is a serious condition that produces physical and chemical changes in the body. When you feel stress, some glands go into action to help you cope with the situation. The result of this action is the release of stress hormones, which increase your heart rate and breathing and provide a burst of energy. These hormones can also control your body temperature, keep you from getting hungry, and make you less sensitive to pain.