

Challenge

TIPS:

Use Active Voice where possible

Active Voice= Walkers found the trails made walking more enjoyable.

Passive Voice= The trails were found to be more enjoyable by the walkers.

Cite Sources

If you use numbers or quotes, make sure that you include the report, website, article or other source for the information.

Strong Example

Childhood obesity is a growing epidemic in Connecticut. According to the Connecticut Department of Public Health, 25.9 percent of children in the state are obese. While lack of physical activity is a risk factor for obesity, schools in Connecticut are shortening or eliminating physical education classes, recess, and physical activity breaks in order to increase instructional time in math, English, and science in an attempt to improve standards-based test scores. However, according to CDC's 2010 report, The Association Between School Based Physical Activity, Including Physical Education, and Academic Performance, "There is substantial evidence that physical activity can help improve academic achievement, including grades and standardized test scores."

- Strong opening sentence
- Compelling data
- Source of data cited

Weaker Example

Connecticut teachers are teaching to the test, and children are suffering. Increasing focus on math, English, and science, neglects the need that children have for fresh air and exercise. Despite evidence that physical activity is important for young children, grades and standardized test scores continue to dominate priorities around how children's time is spent in school.

- Lack of focus on public health
- No details on the problem or population impacted
- Lack of data