

Burkeman Sample Essay #4

Many people always think that positive attitude will give us more power and happiness. But Burkeman stated an opposite opinion: negative visualization more likely to make people happier than positive visualization.

Burkeman described that the person who experienced more failure will achieve his/her goals more easily. He also explained why. It's better for us not to think about the consequences. Focusing on thing's results will affect our emotions. When we worry about the future, we just can't enjoy the moment.

Burkeman expressed that we should sometimes imagine losing something. We shouldn't think that we will hold something forever. Life is changing everytime, no one knows what will happen next second. Be ready to losing something and accept the change, it's better for us to decide what to do next.

Another situation always happen in our life as well. Burkeman said, someone will be greedy, when they get lots of benefits, they will not be satisfied. They want more and more. When they can't continue achieving their goals, they will be very disappointed.

Sometimes, the positive attitude which we have is blind. The goals which we think we may get are fake. Thinking of the reality carefully and thinking of the possible results. This is the goal for facing difficulties.

I agree with Burkeman's views. Having negative visualization is necessary on my life. First, the people who experienced more failure would get more joy from the success than successful person. Emily Dickinson also stated this in her poem. Successful people think success is normal, their emotions will not change a lot by achieving their goals. But other people are different. They cherish success and they appreciate on achieving their goals. They will get delight and encouragement from the experiences.

Second, I believe you will be more dissappointed when you have more home. It doesn't mean you don't need home. Just don't think we will achieve the goals absolutely. If you do that, you will feel so bad when you receive unexpected resultes. Oppositely, if you have a normal attitude, you will receive a big surprise in a good way when you receive a good resulte.

Third, the people who experienced more failure would be stronger than the people who never experienced failure. When we are familiar with failure, we will not be afraid of it. We can defeat it. But when successful people first time meet failure, some of them don't know what they should do, They are beated by difficulties.

This makes me think of my experience. I studied for a test and I told myself I would get hundred percent on the test. Unfortunately, I got a bad score on that test. I felt so sad and dissappointed. Because the resulte was totally different from my expected resulte. After that, I enjoyed my studying process and told myself just do your best. At last I got one hundred percent and it really shocked me.

Failure seems like a negative thing which we don't want to get it. However, it's also a path which may help us react to success. It depends on what we do when we meet them.

SCORE: This essay received a score of 2.

RUBRIC LANGUAGE: A 2 paper indicates a student is likely to receive significant benefits from instruction in reading, essay organization, and sentence generation. Typically, the response is basic in nature and often presents unclear logic or coherence throughout, and because of these qualities, the essay often diverges from the text or topic. Its prose is usually characterized by at least one of the following: simplistic or imprecise word choice; use of a single type of sentence construction; many repeated misunderstandings of grammar and syntax.

COMMENTARY: Essay 4 provides a response to Burkeman, but it also shows some significant misunderstanding of the text, most particularly in paragraph four:

“Burkeman said someone will be greedy.” This idea is not present in the reading. Additionally, the sentence structure of the essay is monotonous, limited and stiff, and occasionally fragmented. Consider this passage from the second-to-last paragraph:
“This makes me think of my experience. I studied for a test and I told myself I would get hundred percent on the test. Unfortunately, I got a bad score on that test. I felt so sad and dissappointed. Because the resulte was totally different from my expected resulte. After that, I enjoyed my studying process and told myself just do your best. At last I got one hundred percent and it really shocked me.”