

A critical essay on "mental health" - Tips & Sample

Writing different types of essays is very common especially for students of the school, college, and university levels. The reason behind this is that they are continuously assigned different writing assignments. These writing assignments are mainly based on writing different types of essays specifically in the English and literature courses. Despite these assignments assigned by the instructors to the students, some students do not show interest in these assignments. For instance, I recently heard a kid telling her mother "Mummy please [write my essay](#) for me". The reason behind this is that they are not aware of the worth of these essay-based assignments. It is the prime responsibility of instructors and guardians to make students aware of the benefit of these assignments, specifically that these essay writing assignments help enhance the writing skills of the students.



Writing skills are not just helpful in writing different essays effectively but they also prove to be effective in the future. For example, effective writing skills can help a candidate write an effective resume and cover letter for his job. Not having effective writing skills will allow him to remain dependent on others. According to a professional writer of a well-known paper writing service, an individual should consistently put the effort into improving his or her writing skills, as effective writing skills help in conveying ideas clearly and effectively with others.

Different types of essays have been introduced. These different types of essays differ in terms of the way they are written and the purpose for which they are written. However, all of these types of essays require effective writing skills. A good [essay writer](#) is one who keeps in consideration his audience while writing the essay no matter what type of essay it is. Apart from that, several different tips and ways are used by writers in effectively writing different types of essays.

Tips to write an effective critical essay

Mentioned below are some of the tips for writing effective critical essays that attracts the attention of the audience at the very first glance:

To effectively write a critical essay, prepare a detailed outline before starting the write-up of the essay. This detailed outline will include the major ideas or points you want to include in your critical essay. After including all the major points in the critical essay give it a read to organize your points for effective understanding of the readers. The benefit of an outline is that the [essay writer](#) can make changes easily and can reorganize his major points for effective understanding.

Try to include the argument or claims in the critical essay in a simple and easy manner for the effective understanding of the readers.

Make sure to target all the major points of the original work of the author in order to provide the readers with an overview of the major ideas that are discussed in the research article or paper.

Include valid and accurate pieces of evidence to support the ideas discussed by the author in his article or paper. These pieces of evidence can be included from primary as well as secondary sources.

Re-read your essay for a better flow of the points. The best approach is to target the flow of points in the critical essay in the way the author has done in his research article or paper.

Discuss one main point per paragraph for a better understanding of that paragraph and to avoid ambiguity in the critical essay. Discussing more than one point per paragraph usually creates confusion and is not effective in clearly describing the points to the readers.

Sample critical essay on "mental health"

Paola Pedrelli and colleagues in the research article "College Students: Mental Health Problems and Treatment Considerations" Fox about the different Mental health issues that are faced by college students. It also emphasizes the various treatments that can help in overcoming or reducing the symptoms of various mental health issues. This research article at first discusses the significance and prevalence of various issues related to substance use. Apart from that it also targets the various psychiatric issues that are experienced by college students. In addition to that, the authors also target on highlighting the nature of different mental health issues in addition to their implications on college students. Lastly, Paola Pedrelli and colleagues In their research article emphasizes the various aspects that should be considered during the treatment of mental health problems faced by college students.

Young adulthood is the peak age at which most of the mental health issues are at greater risk. Among college students, the psychological disorders of anxiety and depression are the most common. This has been validated by various researchers and their research studies. For instance, Blanco in his research study has presented statistics that highlight that a considerable number of college students are experiencing anxiety disorders. Similar is the result in the case of depression disorders. This anxiety disorder takes different forms specifically among the students. These involve post-traumatic stress disorder, generalized anxiety disorder, etc. ASDs, ADHD, eating disorders, etc. are other mental health issues that are very common in college students or else consider the [essay writing service](#).

One of the major reasons for these mental health problems is the increasing use of drugs, alcohol, and substance use. Slutske presented statistics in his research report to show the increasing rate of substance use and drug use among college students. Apart from that The pressure of academic life towards college students is also known to be a factor that contributes to mental health disorders.

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