



## CM107 Discussion Board Sample Post

### Unit 4 Discussion Board

I used the Chart to generate ideas and create a rough draft  
Blog Post Graphic Organizer

Paragraph 1	<ul style="list-style-type: none"><li>• introduce topic</li><li>• grab audience</li><li>• establish main point (is my main point the things to do to reduce depression?)</li></ul>
Paragraph 2	<ul style="list-style-type: none"><li>• share relevant personal experience with the problem</li><li>• show how you were able to deal with or solve the problem (Share my experience with counseling, journaling and exercising)</li></ul>
Paragraph 3	<ul style="list-style-type: none"><li>• motivate your audience to also use your recommended solution</li><li>• draw it to a close (Talk about journaling and how it helped me-show it will help the audience?)</li></ul>

#### DRAFT:

Depression can be really hard to beat. I have often felt like just not getting out of bed during the day and sometimes feel like there's nothing that makes me happy. Thankfully I don't feel like this all the time but when I do it affects everything. Including making my kids sad cause I don't feel like playing with them or having dinner with them. Thankfully there's plenty of things that can help with depression.

One thing is getting counseling. I've had counseling sessions that really help. I also exercise and try to eat well. I also write in a journal, talking about how I feel and writing about how things can be better if I can beat my depression. Try journaling if you are depressed and see if it doesn't help as well.

**REFLECTION:** I think I have a good topic, but I just am not sure that my draft has a clear main point. I want to try to answer the question, what can you do if you are depressed?, but I don't think the draft is very focused yet. I still need to somehow write more for my audience, but as the Unit 4 reading notes, if I can get a clear main point that identifies the topic and the point about that topic that I want to make, then I can improve my focus. I know I need to connect more with my audience, but I'm just not used to writing to an audience.

What do you think I can do to make my draft more focused?

Thanks for the help!

Sharon

**Commented [1]:** Note how the writer here reflects on how well she has met Unit 4 Assignment Rubric requirements and expectations at this point. It also indicates what she needs to do to continue strengthening her draft so she meets all assignment requirements identified in the Rubric.

#### RESPONSE TO INITIAL POST

Hi, Sharon, I think you have a great topic and that a lot of people will benefit from your experience with depression. If your question is how can a person beat depression, then what about choosing just one thing that you think the audience should do to beat depression and establish that as your answer, as in "You can reduce your depression if you try journaling." The Unit 4 reading says if you can answer the question with a specific point, then you have a clear focus and main point. I think journaling would be a good focus because you seem to write more about it in your post.

I do think that if you focus more on showing your audience that journaling helped you, then you will have a better blog post. What did you write in your journal, how often, and how exactly did it help and how does journaling make you feel better? If you do that, and then motivate your audience to do the same, I think you will have a great blog post. What does journaling do for you, exactly?

Good luck with your assignment!  
Millie