SAMPLE UNIT 4 DISCUSSION BOARD POSTS

INITIAL POST

Here’s my draft, everyone. Please let me know what I can do to make it stronger. I want to write about the stress medical receptionists deal with.

Medical receptionists go through a lot. Multitasking, managing rude calls and tending to insistent clients and having to endure this for forty-plus hours a week is strenuous and can take a toll on the body after a while. This along with a stressful environment is no lighthearted matter. As any other healthcare professional, medical receptionists are prone to burnout and overexertion.

I set aside one day each week (usually Saturday’s) to unwind. I always begin with a hair mask. These are adjusted according to the needs of my mane, so I alternate between a hydrating mask and strengthening mask. Closely following is a facial mask. After cleansing my face, I apply a homemade mask of yogurt and honey. This moisturizes, fades fine lines and lightens dark marks. While both my hair and face are absorbing the treatments, I go for a full body soak. My bath includes warm water, eucalyptus oil and Epsom salts. These activities are followed by a slight self-massage using a moisturizing body butter.

Revision plan: I plan to work on editing and maybe adding more details about how stressful this job is and why this happens to these medical professionals. What do you all think would make it stronger?

Karla
Response to initial post:

Karla, I really think that you have a great topic here. Helping folks deal with stress is a great idea. I do think it could be stronger if you made clear that you are writing about your experience in this job. Do you get stressed out yourself on the job and if so, how does that make you feel? I also wonder if you need to connect with your audience more? What about using second person early on and making it clear why your audience is reading about this issue? If you want them to try what you do, for example, would a sentence in paragraph 1 like “If you get stressed out on the job, you can reduce that stress by treating yourself to a Saturday evening of pampering” help you. You may also want to make clear to your audience that doing these things will help them unwind and decrease the stress. In other words, maybe a little less describing of what you do and more explaining how it helped you and how it could help the audience with their stress if they do it too? Hope that helps!

Michele