

Thank you for sharing your story. You have worked very hard, and your progress is amazing. You are learning English, studying at university, managing your time, and building a better life. That is something to be very proud of.

Below, I will help you in three ways:

1. **Explain paragraphs in simple English**
2. **Help you rewrite a clearer version of your text** (easy English)
3. **Give you short exercises to practise paragraphs, summarising, and referencing**

You can choose to read all or just the parts you want.

What is a paragraph? (Easy explanation)

A **paragraph** is a small group of sentences about **one idea**.

A good paragraph has:

A. Topic sentence

This is the first sentence. It tells the reader what the paragraph is about.

B. Supporting sentences

These give more information, examples, reasons, or experiences.

C. A final sentence (optional)

This closes the paragraph or prepares for the next one.

Example of a paragraph about you

Topic sentence:

I am very proud because I returned to study at university.

Supporting sentences:

For many years I did not have time or money to go to school, but now I have the opportunity. Studying helps me improve my English, organise my life, and grow my confidence. I am learning new skills like referencing, writing paragraphs, and managing my time.

Closing sentence:

Going back to study is changing my life.

2. A clearer version of your story (Easy English, same meaning)

You can use this as a model for writing paragraphs.

My Journey Back to Education

I am very proud of myself because I went back to study at university. For many years, I never had the chance to go to school, and life was very difficult. When I came to England, I worked a lot and had no time for study. But I always had a dream to return to school and learn more. Now my dream is becoming true.

I am improving my English every day. I speak English much better now, and I understand more. I am learning how to write paragraphs, how to summarise information, and how to use references in my assignments. I also learned how to make my own CV without help, and that made me very happy.

As a chef, I already have many skills like organisation, planning, cleanliness, and time management. At work I manage my team, control stock, plan hours, and keep the kitchen safe. These skills help me at university too. I am learning to use calendars, schedules, and the Pomodoro technique to manage my study time.

University gives me confidence and new ideas. I am learning about business, food production, hydroponics, farming, menus, and costs. I want to grow my ideas for the future and maybe create my own business. My teachers are very kind and always support me. They help me write better, understand the lessons, and feel good about myself.

These last two months have changed my life. I feel important, motivated, and happy again. I met new friends and people who care about me. I learned that it is never too late to learn. I believe in myself now. I want to continue studying and building a better future. I am very thankful for this opportunity.

How to practise paragraph writing

Exercise 1: Fill in the paragraph plan

Write a paragraph about *why you want to study*. Use this plan:

- **Topic sentence:** I want to study because...
- **Reason 1:**
- **Reason 2:**
- **Example:**
- **Closing sentence:**

If you want, you can write your answers here and I will help organise them.

Exercise 2: Summarising practice

Here is a short text to summarise:

“The Pomodoro technique helps people manage their time. You study for 25 minutes, then take a five-minute break. This method reduces stress and increases focus.”

Write a summary in one or two sentences.

Exercise 3: Referencing (Harvard style)

You wrote: *(Smith, 2007, p.4)*

That is correct! This is good in-text referencing.

You can practise by writing a sentence like:

According to Smith (2007), time management is important for students.

Would you like me to help you:

- Make your story into a proper university assignment?
- Create a CV?
- Practise more paragraph writing?
- Edit your English?

I'm here to help you step by step.

