

Using academic sources, not just websites available via google search. JAEOL, Books, Articles from Moodle etc.

Referencing generally very good and well formatted, best I have ever seen at this stage. Don't be afraid to cite more than one source to support your point

Always relate your point to the context of the essay. For example if you are going to talk about programmes enhancing nature connection and then potentially also mental health, in what programmes is this evident, does adventure enhance or distract from our connection to nature, is that adventure programmes are actually very low adventure (more play relating to Mortlock) and so the natural environment can be fully explored. What experience have you had where this was/wasn't the case? Join the dots!

If you are referring to a term or concept then make sure you explain that at the start. Just saying for example 'post modern society' doesn't give any detail as to what you mean by this. Not simply a definition, but set the scene. Imagine you are describing the setting for your essay to someone who knows nothing about it.

Use the theories to add weight or clarify your point. For example if you are talking about nature connection bring in Biophilia, if you are talking about the relationship between challenge and personal development or a state of flow, mention Mortlock or the AEP.

Make sure the evidence is provided. If it's not your words or general knowledge, it needs a reference. Much of the more informal writing that you find in newspapers or on blogs is based on research. Can you find the original research rather than depending on someone's interpretation of it. If there is a key text given, use it!

Overall essay structure was very good, start middle and end. Make the end count... it should be the case that someone reads either your introduction/conclusion and gets a good feel for the middle bit is about! It's very obvious when the conclusion is a token gesture at the end to finish the essay rather than something meaningful.