Dear Murphy Institute Students,

Building on what we covered in our last two Bi-Weekly Tips [Body Paragraphs and Introductions], today's tip will focus on what typically goes into your conclusions – another section of our papers we so often struggle to write.

**Conclusions**

A conclusion re-states the main arguments briefly, the importance of what was covered, and how your arguments connect to larger issues.

Unless your professor instructs you otherwise, try to use the suggestions below to write yours!

**“Restate Your Claim”**

Begin by re-stating your main argument(s) and how they were supported throughout your paper. This is like your thesis but with more detail and explanation.

*Despite the social benefits of music, we need to remain cautious about prolonged exposure to loud music during the summer since it has shown to chip away at our mental and physical well-being. The studies have shown how many people, at least in the cities surveyed, struggle to maintain deep, restorative sleep, and in the day, they become frustrated and lose focus, leading to an increased risk of high blood pressure in the long run.*

**“So What? - The Significance, Further Research & Questions”**

After you restate your claim, you want to remind your readers the significance or explain a new significance, new questions your research may raise, and how other researchers can continue the work & conversation.

*As a consequence, more effort needs to be made to ensure that people avoid these situations. Although it would be overreaching to attempt a city-wide suppression of loud music, we can still try to better inform people of these risks. This begs the question: What would be the best way to inform people? Further research should be done regarding how to spread awareness about this topic to those who are primarily at risk.*

**The Final Sentence**

Like the first sentence of your essay, the final sentence is difficult to write. Try to make it a final statement connecting how important the topic is to people, communities, the future, etc.

*Doing so will ensure that the people who love to listen to music, and those just in the area, can still appreciate the music while living longer, healthier lives.*

As always: Remind yourselves what you have accomplished, and Best of Luck!

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4. Choose any of the available white rectangles.
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If you have questions or want to put this into practice, feel free to contact me! 😊