**Found Student Examples from the Paper**

**Introduction:**

Men and women are meant to be together, it has been that way for centuries. They fall in love and move in together, and hopefully stay that way forever. Unfortunately, one may pass away before the other; what happens next? Does one dwell on the fact that they lost a part of them? One may even decide that they have nothing left to live for. However, the best thing to do, even though it’s the most difficult, is to move on. Just moving on may seem simple, until the moment arises where it needs to happen. Many people, fictional and non-fictional, have dealt with the difficult task at hand. Moving on is just one way where many stories, and even movies, can be synthesized.

**Body Paragraph:**

**Ex #1:** In the article, “Transformation Means Profound Change”, it took a while for people to adapt to military changes. “Yet, the Deputy Defense Secretary said he was confident that the Naval War College graduates would adapt to new military innovations.” There was no doubt that they would have to adapt. When the military troops go to war, and when they come back, they have a hard time adjusting to civilian and family life. The Captains and the Lieutenants have to be frank with their military troops and tell them how it is. Otherwise, they might not like coming back to civilian and family life. The graduates had to change because the standards are more difficult while in the military. In summary, the graduates adjusted to changes even though it was difficult for them.

**Ex #2:** Another film that introduces the theme is, “Remember the Titans.” A football team called the Titans are starting a new session. A bunch of new students join the school that owns the team and a few try out. The team was already on a bad losing steak, and now the players don’t know each other. The team learns to become more than teammates, but friends; however, a serious accident happens to one of the teammates. The player can’t play football, moreover, he is in serious condition. This puts the team in shock, which helps them realize they aren’t a team, but a family. This changes the way they play the sport and as a team, they make it to the championship and win.

**Ex #3:**

What most parents don’t realize though is that they need to move on in life. Their children have grown and moved on to new and better things; it’s time for adults to do the same.

Although moving on may be the best choice, some people don’t see it that way. For instance in the poem “Change Upon Change”, Elizabeth Barrett Browning expresses her feelings about change. Toward the end of the poem, she says, “And why, since these be changed now, should I change less than though.” She sums up her feelings about the changes that have occurred during her life time. While everything around her transformed, she didn’t want to do the same. What she didn’t realize is that moving on and adapting to the changes she didn’t like, is what needed to be done. If she would have moved on, things would have gotten better and she wouldn’t have hatred towards what she had feared for so long.

**Conclusion:**

Life is like a dance, as many say; go with the flow or miss out. Change happens every day, and, without it, life would be as if people were robots going through the same daily routine over and over. Change leads to new experiences in life. If there were no change, there would be no such thing as discovery. Change can get people by whether it’s good or bad; relationships, school, family, and work are all based on change. People need to move on and accept change because it’s what gets one by in life. Gaily Sheehy once stated a strong point by saying, “If we don’t change, we don’t grow. If we don’t grow, we aren’t really living.” People must learn to continue to move on. That is what will make all the difference.