

Cohesion in Academic Essays

To make clear connections between the sentences in your paragraph, use the following cohesion techniques:

1) Repetition of Key Terms

As you write, remind the reader of the main concepts by repeating them.

*A **baby** is born with 100 billion **brain cells**. At birth, these **cells** are not yet **connected** to each other, but they will create **connections** in direct response to the world the **baby** experiences as the **brain** matures. By the age of 3 years, a child's **brain** has formed about 1,000 trillion **connections**, which are twice as many connections found in adult **brains**.*

2) Reference Words (it, he, his, she, her, they, their, this, these)

Reference words point back to a person, object, or idea that has been previously mentioned.

*Mutism is a condition in which a person refuses to speak due to shyness or fear. A person with **this** rare disorder often communicates with **his** hands or with body gestures, and **he** uses only very short words sometimes.*

*To manage post-surgical pain, opioids are widely used. **These** drugs are highly effective at controlling severe pain, and **they** also decrease anxiety.*

3) Combining #1 and #2 (repeating key terms AND using reference words)

***Magnesium** is a mineral that is essential for the human body. **Magnesium** is important for the health of the heart, muscles, and kidneys, and **it** is part of the teeth and bones. **Magnesium** also activates many enzymes. Adequate consumption of **this mineral** can reduce stress, insomnia, and feelings of depression.*

4) End one sentence with an idea, and begin the next sentence with the same idea.

*Wernicke-Korsakoff syndrome is a life-threatening brain disorder caused by **vitamin B1 deficiency**. A **deficiency in this vitamin** is most often the result of alcoholism, but it can also be caused by excessive vomiting.*

5) Use of “another” / “other”

Continue a list of items using one of the following words:

another _____
(singular noun)

other _____
(plural noun)

*The patient with influenza experiences high fever, muscle aches, and chills. **Another** symptom of influenza is a cough, often accompanied by chest pain.*

*Some joints, such as those found in the knees and elbows, open and close like a door. **Other** joints, called ball-and-socket joints, move in many directions.*

6) Begin the sentence with the purpose of the action.

Use: In order to _____ or To _____
(verb) (verb)

In order to calm the patient, a sedative is administered.

To obtain a more detailed image of the patient’s spleen, the doctor orders a CT scan.

7) “If”

the “if” half of the sentence

(simple present tense)

*If cavities **are not properly treated**,
If a person **has** hiccups for more than 2 days,
If pain **occurs**,
If anemia **is** severe,
If abnormal tissue **is found** in the ear canal,*

the “non-if” half of the sentence

(simple present tense, should, can, may, or must)

*they **continue** to enlarge.
he **should see** a doctor.
the patient **can take** pain relievers.
the pulse **may be** weak.
the tissue **must be biopsied**.*

Note: “If” can be used in the middle of a sentence but without a comma.

*The pulse **may be** weak **if** anemia is severe.*

8) Transitional Expressions

Transitional expressions specify the relationship between two sentences.

Order / Sequence	First, / At first, / Initially, / To begin with,	<i>(subject) ... first ... (verb)</i>
	Then	<i>(subject) ... then ... (verb)</i>
	Next, / After that,	
	In the next / following step,	
	When / After the anesthetic takes effect,	
	At this point,	
	Now,	<i>(subject) ... now ... (verb)</i>
	During ... / Before ...	
		<i>(complete sentence) ... , after which ... (complete sentence)</i>
	Finally, / In the last step, / To complete the procedure,	
Addition	Also, ...	<i>(subject) ... also ... (verb)</i>
	In addition,	
	Additionally,	
	Moreover, / Furthermore,	
Example	For example, / For instance,	<i>... , for example / for instance, ...</i>
		<i>... , including / which include ...</i>
		<i>... , such as ... , , such as</i>
Result / Effect	Therefore, / For this reason, / As a result, / Consequently, / Thus,	<i>(complete sentence); therefore, / ; for this reason, / ; as a result, / ; consequently, / ; thus, (complete sentence)</i>
	So,	<i>(complete sentence), so (complete sentence)</i>
Contrast	However, / In contrast, / On the other hand,	<i>(complete sentence) ; however / ; in contrast, / ; on the other hand, (complete sentence)</i>
		<i>(complete sentence), but (complete sentence)</i>
Condition	Otherwise, / In this case,	

Note: A comma is used after most transitions, but the comma after “**then**” and “**now**” is optional:

***Then**, the wound is cleaned. = **Then** the wound is cleaned.
Now, the tumor is removed. = **Now** the tumor is removed.*

9) “As well” at the End of the Sentence

“As well” means also, but it is usually placed at the end of a sentence. The sentence is usually short, with one item or two to three simple items in a list:

*When cancer is present in a lymph node in the neck, the entire lymph node is removed. The doctor may also remove the jugular vein, along with nearby muscles and nerves. Radiation therapy is often performed **as well**.*

*Third-degree burns involve all three layers of skin. Usually, the sweat glands, hair follicles, and nerve endings are destroyed **as well**.*

10) Words that indicate Commonness and Uncommonness

Commonness (examples)

Uncommonness (examples)

usually / often / frequently / most commonly

sometimes / occasionally / rarely

These words can be placed at the beginning of a sentence or before a verb:

***Often**, head injuries occur during sports. / Head injuries **often** occur during sports.*

***Rarely**, surgery is required. / Surgery is **rarely** required.*

11) “In... (people or %),”

***In some people**, angina occurs during times of emotional stress.*

***In 4 to 7% of women**, the thyroid gland malfunctions within 6 months after delivery.*

12) Begin with a location.

***In the recovery room**, the patient’s vital signs are monitored.*

13) Begin with time or degree.

Twelve hours before the procedure, the patient starts fasting.

In severe cases, kidney abnormalities develop.

More examples of degree:

In mild cases, In the late stage, As the disease progresses,

14) Summarize the previous action or idea using different words.

*Next, the **appendix** is excised. **Once it is removed**, the colon is returned to the abdomen.*

15) Use a reminder in the middle or at the end of a long paragraph to remind the reader of the subject of the essay and the topic of the paragraph.

*In the next step of **balloon angioplasty**, the doctor injects more dye into the artery to check the blood flow, which in most cases, is greatly increased by the **procedure**.*

*To conclude **the balloon angioplasty procedure**, the catheters are withdrawn, and a small dressing is placed over the tiny needle hole.*

Cohesion Techniques: Exercise

Directions: Choose the correct answer or answers to complete the following sentences.

- 1) Bones, which are strong but light, account for only 20% of the body's total weight. Bones support the body against gravity and allow the body to move. _____ produce blood cells and act as the body's storage center for calcium.
- a) Other functions are
 - b) To allow movement, they
 - c) In addition, they
 - d) On the other hand, they
- 2) _____ eye infections last around 1 week.
- a) Usually,
 - b) In mild cases,
 - c) In hot, dry climates,
 - d) Most often,
- 3) After the procedure, the patient is discharged from the hospital and instructed to watch for complications. _____ he should remain in bed for at least 2 days and take his medication for 7 days.
- a) At home,
 - b) To avoid complications,
 - c) If complications,
 - d) On the other hand,
- 4) Absorbable sutures, which are used on internal organs, lose their strength within 60 days and dissolve in the tissue. _____ non-absorbable sutures maintain their strength for longer than 60 days and are used to close skin or external wounds. _____ must be removed after the wound heals.
- | | |
|------------------------------|---------------------------|
| a) These | a) It |
| b) Another type of suture is | b) They |
| c) On the other hand, | c) These sutures |
| d) In contrast, | d) Non-absorbable sutures |

5) Wounds on areas of the body that stretch and move a great deal require stitches more often than wounds on areas that do not move as much. _____ a wound on the forearm does not move as much as one on the finger, so it would not necessarily require stitches.

- a) Additionally,
- b) However,
- c) Next,
- d) For example,

6) Polydactyly is the presence of more than five fingers on the hand. _____ the person has six fingers. The extra finger is usually a small piece of soft tissue without joints or bone. However, sometimes _____ a complete, functioning finger, most often located next to the little finger or the thumb.

- | | |
|----------------------|----------------------|
| a) In most patients, | a) they are |
| b) In 70% of cases, | b) it is |
| c) Often, | c) these fingers are |
| d) Now, | d) this finger is |

7) During pregnancy, many women undergo amniocentesis, which involves removing some of the amniotic fluid that surrounds the fetus in the uterus. In this test, the doctor first inserts a very fine needle through the abdominal wall into the uterus. _____ the doctor withdraws around 30 ml of amniotic fluid for analysis.

- a) Once the needle is inserted,
- b) After the needle is inserted
- c) If the needle is inserted,
- d) Another needle is inserted and
- e) At this point,

8) Before the actual procedure is carried out, the doctor discusses its benefits and risks with the patient _____ the patient signs a consent form.

- a) . For example,
- b) . After this discussion,
- c) . Next,
- d) . In contrast,
- e) , then

9) For the first 24 hours after wisdom teeth are removed, bleeding is common. _____ the patient should place a clean piece of cotton over the extraction site and gently bite on it. The patient can _____ use a teabag, which contains tannic acid, a substance that assists in clot formation.

- | | |
|------------------------------|---------------------|
| a) After that, | a) in addition, |
| b) Additionally, | b) also |
| c) During this time, | c) therefore |
| d) To control the bleeding, | d) in the next step |
| e) If the bleeding is heavy, | e) as well |

10) Lobotomy is a procedure in which the nerves in the brain are cut in order to treat mental disorders. _____ was popular in the 1930s, but after the procedure, patients experienced harmful personality changes. Lobotomy is no longer used, and in fact, it is illegal in some parts of the United States.

- a) In addition, it
- b) It
- c) The operation
- d) Lobotomy
- e) Cutting the nerves in the brain