**Example Original Composition**

**Promp**t: Forming meaningful connections may enrich lives

**Persuasive Essay: (trying to make a point about something)**

Meaningful connections play an important role in our lives as without these connections our lives would lack significance. Relationships and especially meaningful relationships are vital for personal satisfaction in life.

Throughout my life I have made meaningful connections with many people. Sometimes that connection has lasted only for a short period of time and other times it has last for years. Regardless of the length of time each connection impacted me positively. The connection which stands out the best for me is my connection with my gymnastic coaches Sunny and Alex. I was a competitive gymnast for ten years and in that time period I became very close with my coaches. They became like family.

Sunny and Alex were university students who coached in their spare time and who made my gymnastics experience one that I would never forget. This is because they went beyond being coaches. Not only did I spend numerous hours with them per week at the gym, but I also spent time sharing personal experiences. Every year we had a Christmas party at their house for the girls who trained with them. This was always a highlight of the year for me as we got to hang out and stay up late away from our parents.

However, perhaps one of my favourite memories is when I was invited to attend their wedding. Not only that, but I was even given the honour of reading a poem during their ceremony. At the time, I was extremely honoured, but also very nervous. Reading in front of so many people was intimidating! But, I knew I wanted to participate as both Sunny and Alex had become very important to me.

 Being part of their lives outside of the gym showed me how important meaningful connections can be and how they can enrich our lives. Although it has been many years since I trained in the gym, I am still connected with my coaches today. Forming a meaningful connection in my youth has forged a lifelong friendship that continually enriches my life.

**Narrative Essay: (telling a story with a purpose )**

Standing in front of the mirror I rehearsed the lines once more. Frustrated that I couldn't quite get my tongue to work this morning, I jammed my sticky hands into my pockets. *How was I ever going to do this?*

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Nervously, I walked to the front of the church and stood behind the tall, steel microphone. Looking out at all the people made me feel like a lone wolf. Stranded and exposed. With my hands shaking, I looked down at the clean, crisp paper which had seven daunting lines written on it. Seven short, but beautifully crafted lines of poetry -- to me, it looked like a novel.

Standing there I remembered what my mom had said this morning, "Just take a deep breath and start reading. Remember, they asked you to read at their wedding for a reason."

In that moment I knew I could do it. Sunny and Alex had honoured me with the opportunity to participate in their wedding ceremony and I didn't want to disappoint. Through years of gymnastics practice they had encouraged and supported me; now it was my turn to return the favour.

Breathing in deeply, I started to speak slowly, steadily and rhythmically. The cadence of the poem allowed me to relax. Gradually a smile crept across my face; sharing in this special moment made me realize just how important Sunny and Alex were to me. Although I was terrified to speak in public, sharing in their wedding day gave me a great sense of happiness and satisfaction.