



UNIVERSITY OF
EASTERN FINLAND

Final Essay Instructions

Adult Education Promoting Sustainable Development



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Scientific Essay

- A scientific essay refers to a scientific presentation that is based upon literature and the student's own critical thinking. The purpose of an essay is to create a dialogue between the literature and the student's ideas and to discuss a particular topic from a new point of view or to bring fresh ideas into the consideration of an old theme.
- The prompt for this essay is to **choose a theme from the course's modules, using the literature** from the course and from independent research to discuss your chosen topic. Ensure that your essay topic is narrow enough to be discussed within the **5-6 page limit**.



Instructions 1/2

- 1) **Select the material** you are going to study (books, articles, etc.).
- 2) **Familiarize yourself with the material** and read it so that you can select a topic, a viewpoint, and a heading for your essay. The selection of the topic and viewpoint are perhaps the most important stages of the essay process. In other words, an essay is not a plain summary of an article or a theme in your material (even when explained in your own words). Rather, an essay is an independent piece of writing that is based upon the material, but which has a theme and viewpoint of its own.
- 3) **Write your essay based on the material** you have selected without forgetting to **include your own reflective thinking** in the text. You can also use additional material in your essay. Remember that the text is not complete after one round of writing. Instead, an essay requires re-writing as the thinking process evolves. It is a good idea to ask your fellow students to give feedback on your essay before submitting it to the examiner for grading.



Instructions 2/2

- 4) **Use normal scientific referencing** in the running text and include a list of references at the end of your essay. The recommended style is APA. You are welcome to use the literature listed in this course or find your own. If you use a reference in a language other than English, Finnish, or Swedish, include a short summary on what the article is about. **A minimum of 4 references must be used.**
- 5) **Aim to submit your essay near a general examination day**, because the examiner will read and evaluate your essay at the same time as other examinations and assignments are graded.



Format

- A good essay usually comprises **three sections**. First, it begins with a concise **literature review** and presents the source literature's ideas on the topic. This serves as the foundation for the **middle section**, in which the topic should be discussed, interpreted, and compared. Finally, you should make a **conclusion** of your view and give suggestions for new points of views for discussing the theme in the future.
- It is impossible to give a normative length limit to an essay; however, an essay is usually a 5-6 page piece of writing (using a 12 pt Times New Roman font and 1.5 spacing). However, the length of your essay is not essential, its contents are.



Structure

1. INTRODUCTION

- Define the problem or research area
- Provide background research
- State the main arguments
- Refer back to the question

2. THE BODY

- Identify 2-3 main points and structure them into paragraphs
- Introduce primary and secondary sources
- Explain different perspectives of the problem
- Connect paragraphs to create logical flow

3. THE CONCLUSION

- Refer back to the original question
- Provide closing context
- Sum up arguments
- Remember the question

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