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The Importance of Essay Writing for Self-Development

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Coming into one's own person is a process that begins at birth and never truly ends throughout a lifetime as different circumstances bring up different areas of thinking. This means that self-development is a lifelong process of growth and learning. One way that a person can improve the quality of their growth and learning is through is through essay writing. While writing may appear to be purely academic, it is also a very important process in self-discovery and self-development. It is not as important what the topic is that the individual is writing about so much as the writing process itself is. This process can help in several ways including continued learning, organizational skills, and personal insight.

According to researchers, writing is very important for continued learning. The process involves critically thinking about a subject and researching information that is relevant to the topic. This means that, through writing, a person also reads and learns. Tingle (2004) explains that this is the primary reason for writing throughout a person's college career. The writing and research process goes hand in hand and the continued learning helps a person explore topics that they would otherwise not look into as deeply. This can broaden their view of the world and open

up new opportunities in their future. Self-development therefore comes through the writing process through continued learning.

Graham and Harris (1993) explain that writing can help a person's self-development through gaining organizational skills. An essay is written in a manner that organizes information. While this process takes place, the individual must consider a topic and then put the information in a manner that flows from the introduction, into the body paragraphs, and then into a statement of summary in the conclusion. Graham and Harris (1993) claim that continuing to work through this process will create a habit in the individual that will carry over into other areas of their lives. Self-development involves being able to organize one's life in a manner that allows them to pursue opportunities. In this, self-development is formed through the writing process as it makes the individual become aware of organizational skills.

McFerran, and Scott (2013) explains that writing helps the writing through self-development by pressing them to gain personal insight about topics that they would otherwise not consider. For example, an individual may have formed an opinion about a social issue by listening to the opinions of others. When they begin to write about the topic, they put themselves into the subject and look at how it actually makes them feel. They begin to form their own opinion and find themselves defending their opinion through their writing. In this, it is the actual writing process that provides them with their own personal insight and aids in their self-development.

Writing an essay has been shown to help an individual through the process of self-development in numerous ways. The writing process provides the individual writer with continued learning. The writing process also provides the individual with organizational skills that are necessary in every area of life. Also, the writing process helps the individual to form

their own opinions about social issues through the process of gaining their own personal insight. While the writing process is not the only way to achieve self-development, it is an important part of the process. Self-development is a continuous cycle that carries an individual through the various stages of life. It is important to not only write during a person's academic career but to also maintain this throughout their lifetime in order to continue to grow and develop. Without this critical step, a person can only be considered a reflection of what others have told them.

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