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**CAUSE & EFFECT ANALYSIS****The Effects of Being an Athlete**

Practicing a sport is much more than the sole act of pushing your body through exhaustion or using your skills to reach your goal. There are many effects that show after you get involved in a sport, physical, human, and social. The purpose of this paper is to discuss those effects.

The first major effect of practicing a sport is that you will develop physical abilities. Your body will be in better shape, and you'll be able to achieve things that physically you couldn't accomplish before. For instance your speed, muscular mass, stamina, lung capacity, and elasticity will all increase enormously. By exercising on a regular basis your body will be healthier, which means fewer diseases and fewer injuries. People with a healthy life tend to live longer and happier.

The second effect has to do with your personal life. Yes, sports will get very deep into your life. Practicing a sport requires some time, so you will be entertained for a while everyday instead of watching television or surfing on the internet. By practicing a sport you'll get the chance to travel to new places where meets are held. And that's not all because once you enter a better level of competition; you may compete in national or international meets, attract sponsors, and even make a profit out of it!

Most important is the effect that practicing a sport causes on your person, your social side. You will meet a lot of people in the business, from beginners to professionals; however, only a small group of individuals will become your friends to the point of turning into your second family. That is having a team. As an athlete you will develop a strong character and a competitive spirit. Besides you'll become more disciplined and responsible, which will certainly help you in your professional life.

The effects of being an athlete shape your body, your life, and your mind in good ways. Practicing a sport keeps you entertained and far away from boredom. In addition you will have the chance to experience the amazing feeling of beating all your opponents down from the quarterfinals or crossing the finish line ahead of everyone else.

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**CAUSE & EFFECT ANALYSIS****THE CAUSES OF POVERTY IN MEXICO**

Are you aware that 20 million people in Mexico live on less than two dollars a day? Sixty million people, half the Mexican population, live in poverty, and 20 million of them live in extreme poverty. Most of the time, garbage is their food, and some days, they don't even eat anything. This critical situation in Mexico is caused by individual, geographic and political factors. The purpose of this essay is to analyze these three main causes of poverty in Mexico.

The first and immediate cause of poverty in Mexico is the individual condition. This cause refers to circumstances and characteristics of poor people. For example, the amount of education, skill, intelligence, health, and prejudice all have an influence on poverty. The lack of education is one of the most significant factors that contributes to poverty. There is no access to jobs for non-educated people.

The second cause of poverty has to do with geography. For example, statistics show that people who live in rural areas far away from the cities are poorer. This is caused by the lack of communication and transportation in remote rural areas. Because of this, governments can't provide essential services such as potable water, affordable food, primary health care, and education. People who live there are totally isolated from the rest of the society.

The third and most significant cause of poverty in Mexico is the political economy of the country. The International Monetary Fund and World Bank-prescribed structural adjustment policies have been applied in Mexico because the government doesn't carry out enough policies to encourage successful development. They cannot, for these international institutions lend money to Mexico on the condition that the nation open up its economy and cut social expenditures to repay the loans. The IMF and World Bank programs are supposed to reduce poverty, but actually they are increasing it.

Unless the Mexican government works on the causes of the poverty which are the individual condition, the geographic factor, and the political economy of the country, the problem is going to get worse. Nobody likes to see poor children eating out of garbage cans. Mexico needs a new political economy designed by Mexican economists and politicians, people who are committed to Mexico and to the future of its society.

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**CAUSE & EFFECT ANALYSIS****The Effects of Entering a University**

Entering a university is a very important and interesting experience in a person's life, but at the same time it is an experience that will change your lifestyle and personality forever. The purpose of this essay is to discuss the three main effects of entering a university which are missing old friends, learning how to survive during university, and developing responsible behavior which must accompany university studies.

The first and also the most common effect of entering a University is that once you enter the new school, you start missing your old friends. There are many reasons you and your friends start splitting apart and leaving to study in different cities or schools, but feeling sad because you miss them is inevitable. This doesn't mean you are never going to see your friends again, but it isn't the same to be at school without your best friends.

The second effect of entering a university is the fact that you have to get acquainted with the entire university environment. Being at junior high or at high school is completely different than being in a university, so you have to learn how to survive in it. During university studies you have to search for your own way to success because at a university, teachers are not going to solve your problems.

The third and most important effect of entering a university is the responsible behavior you must develop during your way through the university. Entering a university forces you to be a responsible person because you are the only one who will care about you. During university studies you are in charge of your life and of the decisions that you make such as doing or not doing homework, going or not going to class, etc. Being a responsible person is essential for anyone in this world; without responsibility a person's life can be a mess and will never reach success.

Entering a university, as everything that is new in our lives, can be terrifying at first, but with a little bit of effort, it can become one of the greatest experiences of our lives. It is very important to enjoy our university studies because it will help us become independent and responsible people, only if we learn how to survive it.

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## CAUSE & EFFECT ANALYSIS

### **The Effects of Living in a Foreign Country**

Living away from your country can be a really interesting and unforgettable experience, but at the same time it has very important effects on one's life. The purpose of this essay is to discuss the three main effects that living in another country can produce in your personal life.

The major effect, and also a very common one, is that once you start a regular life away from home, you miss everything. This fact doesn't mean that you are unhappy but that you are aware of being on your own. Missing your family and the attention they all paid to you is a very usual thing to do. Little details like sitting on a Sunday morning watching TV alone instead of helping your dad organizing his things or having a nice chat with your mom makes you realize how valuable your family really is. It is also completely acceptable to miss all the facilities you used to have back at home, like your house, your car, your bed, and your bathroom. It's obvious then that you have started to appreciate everything you had back where you belong.

The second main effect would be learning how to accept another type of society and culture into your daily life. Since you are living in a place with different customs and traditions from yours, you have to be able to develop yourself in unknown conditions. This means making new friends, learning other points of view, accepting different opinions and values, and seizing every opportunity you have to go to new places. Therefore, you'll be able to achieve true knowledge. Suggesting to change your mind totally or to be square minded would be foolish; the best thing to do would be to stick to your most important values and, according to them, change those that you believe could be improved.

The most significant effect of living away from home is the independent behavior that grows inside of you. Living on your own far from your family gives you a lot of experiences toward organizing your life. Since it is up to you and no one else to go to school, clean your room, wash your clothes, and organize your expenses, it is predictable that you will have a good and strong meaning of responsibility. Being independent and responsible will help you get through life every goal you want to achieve.

Living far from home, even for a short period of time, can be really hard at the beginning. We have to remember that all changes are difficult, but they are necessary to go through them to build character. Most important of all, it helps us appreciate everything we have. Not realizing how lucky we are can be a really bad mistake because things don't last forever and we have to make the best out of them.

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**CAUSE & EFFECT ANALYSIS****The Effects of Standing Up Your Girlfriend on a Date**

Dating is a very common practice among teenagers, but some of them don't even know what to do or what not to do. This essay is directed to male teenagers that do not know what happens if you stand up your girlfriend on a date. The purpose is to discuss the three main effects of "standing up your girlfriend on a date."

The first effect of standing up a girl is that she will be waiting for you at least 20 minutes. During this period of time she may start thinking why you did not appear. Depending on the girl, she will think of good reasons of why you did not appear, understand you, and forgive you. But most of the girls will go crazy and want to kill you slowly and painfully after the first 10 minutes of waiting for you.

The second main effect of standing up your girlfriend on a date would be that she may never talk to you again. This is maybe a very reasonable action after you stand her up; at least you should make a phone call to tell you are not going to be able to go. Sometimes even if you make a phone call, the girl may feel too offended to understand any reasons, and she may stop talking to you.

The most significant effect of standing up a girlfriend on a date is that she can have a bigger brother with very bad temper. In this case not only your possibilities of dating a girl again are in danger, but also your health. If by accident you stand up a girl on a date, explain to her why you could not go; that way at least she will be less angry. Be aware of this especially if she has a big brother. Many times getting stood up is such a big deal for the girl that she tells all her friends and family. If she has a bigger brother with bad temper, run because this can be the last time you stand up.

The effects of standing up a girl on a date as you can notice are very dangerous affecting your further possibilities of dating again, so you better avoid it. Every time you are thinking of dating someone, plan what you can to have a good date, and never stand up just because you want. Think a little bit of the consequences of standing up before you do it.

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## CAUSE & EFFECT ANALYSIS

### **The Effects of Alcoholism**

How many times have you heard about the consequences of alcoholism? Have you taken them into account? Alcoholism is one of the major problems in society. The effects of this disease are really serious. Many people get used to drink alcohol, and they can easily abuse; that is the problem. The purpose of this essay is to discuss the physical, psychological, and economic effects of alcoholism.

The first effects of alcoholism are physical. These are the most important because these can cause your death. For example, alcoholism causes cancer in the stomach, kidneys, and liver. Besides, alcohol alters the digestion of nutrients that the body needs to stay healthy. Alcoholism also causes severe damage in the neurons, so it causes alterations in the body movements, loss of appetite, and depression. There are other effects in the body like gastritis and cirrhosis of the liver. All these physical consequences could cause your death if you drink alcohol in mass quantities.

The second effects caused by alcoholism are psychological. At the beginning, alcohol makes you feel relaxed, but if you drink it in excess, it increases anxiety and causes depression. It also causes family and legal problems, violence, changes of behavior, suicide, among others. Alcohol is very powerful and alters all your normal behaviors.

The third effects of alcoholism are economic. According to the National Institute and Drug Abuse, drug abuse and dependence cost an estimated \$98 billion. Alcohol is not cheap. If you drink two or three times in a week, it could cost you about \$1000 pesos or more a week! People do not think about the money and spend almost everything when they are drunk.

In conclusion, the effects of alcoholism which are physical, psychological, and economic can cause many problems that affect your life in all aspects. Alcohol alters your brain, muscles, digestion process, and other disorders that affect your health. It also can cause you depression or changes in your behavior that result in problems with your family, friends, and with yourself. Besides, it will leave you in poverty because it cost a lot. Finally, I invite you to think about it and ask you why drink it?