**How To Eliminate Informal and Personal Language From Your Writing**

In an academic essay, these phrases will probably be too informal because they are too personal:

1. **“IN MY OPINION, + [YOUR SENTENCE]”**
* **In my opinion**, a good education is more important than a good car.
1. **“I BELIEVE THAT + [YOUR SENTENCE]”**
* **I believe that** schools should encourage students to walk or cycle to school rather than drive.
1. **“IN MY MIND, + [YOUR SENTENCE]”**
* “**In my mind**, no-one should have to pay for medical care.”

**More Formal Academic Phrases With ‘That’**

These phrases are more suitable for academic essays. If you are unsure whether you should use an informal phrase or an academic phrase, use an academic one. If you think your writing might be informal, [read this post](http://englishforstudy.com/writing-informal-academic/) to learn more.

The patterns here are quite straightforward. Just add your sentence after ‘that’.

1. **“IT WOULD SEEM THAT + [YOUR SENTENCE]”**

Use this when you support your opinion with evidence.

* “**It would seem that** children learn best when they are feeling comfortable.”
1. **“IT COULD BE ARGUED THAT + [YOUR SENTENCE]”**

Use this when you want to challenge an existing opinion.

* “**It could be argued that** the benefits outweigh the drawbacks in this situation.”
1. **“THIS SUGGESTS THAT + [YOUR SENTENCE]”**

Use this when you don’t want to fully commit to an opinion. You’re giving yourself some distance.

* “**The evidence suggests that** people who speak more than one language have more job opportunities.”
1. **“THIS PROVES THAT + [YOUR SENTENCE]”**

Use this when you are confident with your opinion. This phrase is quite strong\*

* “**This proves that the** best way to lose weight is through a controlled diet and a good exercise program.”
1. **“THIS SUPPORTS THE IDEA THAT + [YOUR SENTENCE]”**

Use this one when you are supporting an opinion that you have already made.

* “**This new research supports the idea that** successful English learners look for opportunities to use English.”

**Other Ways To Express Opinion**

1. **“ALTHOUGH [IDEA YOU DISAGREE WITH], [IDEA YOU AGREE WITH]”**

Use this when you want make your opinion seem balanced.

* “**Although** reports suggest that cigarettes could help people to lose weight, there are too many serious health problems associated with smoking.”

*Note: The ‘although’ pattern is very effective because it shows two sides of the argument. In the example, I support the idea that smoking is bad for your health –BUT- I recognize that it could have some benefits.*

Structure your ‘**although’** sentence like this: Although, [weaker argument you **disagree** with], [stronger argument you **agree** with].

1. **USING ADVERBS, ADJECTIVES AND NOUNS**

You can use adjectives to show your opinion.

* “This research was ***poorly*** conducted with a ***lack of control***.”

The adjective and nouns in the example are **negative**. You can get some good ideas from [this video on Extreme Adjectives](https://youtu.be/_eGg9kc4u7g). Note: try not to use any [emotional adjectives](http://englishforstudy.com/writing-informal-academic/).

**Make Your Own Phrases!**

Of course, these phrases are not the only ones that you can use! You can find more –**or**– you can create your own by combining different patterns.

Here’s an example of **#7, #9 and #10** used together.

“Although it is difficult for older adults to learn a second language, an important study by Smith (2014) proved that the elderly can successfully learn new languages.”