What is a Problem Solution Essay?

Problem Solution Essays:

* describe a problem vividly
* propose 3 solutions
* argue that the solution is practical, feasible, cost-effective and workable
* explain why this solution is better than other solutions

# A Sample Problem Solution Essay

# Problem: Most freshmen put on 15lbs their first year at college.

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The freshman 15 is a sentence that strikes fear in all college students. “Oh, you’re going to be a freshman next year? I hope you’re ready to gain the freshman fifteen!” All throughout my senior year of high school, my college friends warned me about the inevitable freshman 15. Regardless of whether I told them that I wouldn’t gain it, they always said I would and that it couldn’t be helped. To them, everyone gains weight in college; and, that’s how many college students see it nowadays. Many freshmen go into college believing they will have to battle weight gain all throughout their freshman year. I also went into college believing I would have to fight this same problem too. College soon got in the way though, and I wasn’t able to work out as much as I would have liked. As time went on, I gradually came to terms with the fact that I would probably gain weight while I was in college and had probably already gained some. It wasn’t until I went to the health center on IUP’s campus that I realized I had to get serious and I was not alone. I think that by consuming larger meals earlier in the day, Knowing your foods, and tricking yourself into exercise you will see that there are easy ways around the freshman 15.

While men face the problem of weight gain in college, it doesn’t affect them in the same way that it affects many girls. In today’s society, girls are only seen as desirable or beautiful if they are super skinny. If a girl who is very self-conscious about her weight gains some during college because of unhealthy eating habits and lack of time to work out, then this could have a major effect on her self-esteem and her overall confidence, which could lead to dangerous issues. Girls, it doesn’t have to be like this though. Every one of you that read this essay are unique and beautiful, but if you do still want to maintain your current weight in a healthy manner then I’ll do my best to show you how I have gone about it while I’ve been at college. Remember though, you’re beautiful just the way you are. Don’t let a small factor like weight gain change. I did however find that if I ate my heavy meal in the morning and didn’t allow myself to eat or drink anything other than water after 8 PM I was able to maintain my existing weight. Eating like this even allowed me to splurge on carbohydrates every once in awhile, things like pizza for breakfast. By consuming my calories earlier in the day my body had all day to burn and process them therefore not allowing sugar and fat to lay dormant in my body.

The freshman fifteen is a huge problem on campuses throughout America today. Many factors contribute to freshman gaining weight, such as unhealthy food options and lack of exercise. Luckily while I was at college, I actually found a way to fight and win the battle against the freshman fifteen. My solution to the problem was just starting to eat healthier in general. Many students on campus are blind to the healthier options, but there are many that actually exist. At my University, Collins Cafeteria had always been known for their famous southwest chicken salad, and most universities have salad bars available for students. Healthy food options are important but you need to do your research. Many people think they are eating healthy when they eat a salad and they are but then they pile on a ton of Ranch dressing or something like that and it turns out that the healthy salad that they just consumed ended up having more fat than a double cheeseburger. It’s at Collins where I ate my lunch every day, and where I have founded the healthiest options. Regardless of what people say, I found that I didn’t even have to eat like a rabbit every day to maintain my weight. Instead, I substituted my chicken sandwich, fries, and chocolate chip cookies for a healthier and more balanced option. For lunch, I would typically eat a turkey or ham sandwich with tortilla chips or boiled egg. Some days I would make my sandwich with bread while other days I would use a lettuce wrap. I found this to be a healthier and more balanced option that tastes just as good as the unhealthy option, but it also helped me feel more active and alert throughout the day and since I ate it earlier in the day my body had more opportunity to burn it off.

The main solution that has contributed to me not gaining weight was exercise. As I stated before I didn’t go to the gym at all, but I found an easier option that I could do throughout the day that helped me to not gain the notorious freshman fifteen. I found that just by simply walking everywhere on campus that I got in plenty of exercise during each and every day. On average, I could be found to walk about 3 miles every single school day, typically more. This single factor had contributed greatly to me not gaining any weight. Even if I ate a rather greasy and unhealthy meal on occasion, I could quickly walk it off by just simply walking to class. Not only that, but I found that taking the stairs would also help to not gain any weight, especially if you walk up the stairs on your tippy toes. This not only contributed to fighting weight gain, but it also contributed to gaining some killer legs by the end of the year.

While the problem of forming unhealthy habits can majorly affect a person in the beginning of college, it could also affect someone’s eating habits for the rest of their lives. After all, actions become habits. If someone starts eating unhealthy in college, then this habit will more than likely persist on into the rest of their lives; that’s why developing a healthy lifestyle early on, especially in college, is very important. Not only can making these choices keep the freshman 15 away but it can also help you later on in life. These solutions allow a person to not gain weight by eating earlier in the day, choosing healthy and tasty options, and simply just walking around campus, instead of heading to the gym. This factor is quite nice for college students, as many don’t have much time to head to the gym on a weekly basis anyhow. It’s funny to now look back on what my college friends used to tell me about me gaining weight my freshman year of college. They had told me gaining the freshman fifteen was inevitable and couldn’t be helped. Well, I guess I proved them wrong, because I never gained any weight while at college.