

Student's Name
Professor's Name
ENG 110 04
27 September 2016

The heading should include the student's name, the professor's name, the course, and the date.

The title should be in title case, regular font (not bold or italics), and center aligned.

Collins 1

The page number should be in the upper right-hand corner with the student's last name.

Can a Person "Outgrow" Autism?

As a mother of two young boys, who were diagnosed with Autism Spectrum Disorder (ASD) in 2013, my life took a dramatic detour I was not ready for. My new mission in life was to learn all I could about this condition that I knew very little about. Sometimes people would erroneously try to comfort me by stating my children might "outgrow it someday." There is no cure for autism because it is not a disease. It is a "neurodiversity." They are simply "wired differently" than neuro-typical people. There are no supplements, essential oils, or exercises that will change the way a person was born. Unfortunately, many well-intentioned parents fall prey to the idea that their autistic child can be cured and usually fall into the traps of money hungry companies willing to do anything to make a quick buck.

So why do people believe ASD can be outgrown? One study, conducted by *The Journal of Child Psychology and Psychiatry*, stated that individuals with autism had an "optimal outcome," which meant that a small percentage of individuals in this study group lost "all symptoms of ASD in addition to the diagnosis, and functioning within the non-autistic range of social interaction and communication." It was a groundbreaking discovery – the balm many hopeful parents longed for – even though the results indicated that only a small portion of the test subjects had experienced this phenomenon.

What can this mean? Dr. Darold A. Treffert, a psychologist who specializes in the field of autism studies, suspects that the individuals who overcome their autism diagnosis never really

Margins should be 1" all around.

Each line should be double-spaced.

Use Times New Roman, or another easy to read font (**Always** follow your professor's instructions).

The thesis introduces Collins's main point.

Titles of books and other long works are typed in italics.

A signal phrase names the author of the source.

Collins uses subject matter experts to strengthen her essay.

had autism to begin with. Autism is an unusual condition in which the symptoms are broad and vary between person to person, thus the term “spectrum” is associated with it. Some people with autism have sensory sensitivity, while others do not. Some crave deep pressure while others avoid it altogether. Owing to the umbrella term “autism,” it is easy to see how some people might be diagnosed with it, when in fact they do not have autism. Dr. Treffert points out that late-talking children or children with hyperlexia, the ability to read far above their grade level, might be misdiagnosed because of their autistic-like symptoms.

Paraphrased or summarized sources still give credit to the author.

Another reason the misconception of outgrowing autism may be prevalent is individuals with autism can learn to adapt to their surroundings. Emily Willingham, a *Forbes* writer with a PhD in biological sciences, also questions the study that claimed individuals with autism can outgrow their diagnosis. Willingham did what the study did not do. She went straight to social media and asked autistic individuals “if they felt they’d ‘grown out of’ autism.” The response was overwhelming. Most of the feedback she received stated they had learned various coping mechanisms and strategies to function in a neuro-typical world, but their symptoms remained. In short, they learned to adapt.

Transition helps readers move from one paragraph to the next.

Early intervention is also key in helping individuals with autism adapt to their environment. Nonprofit organizations, like Easterseals, promote early intervention as critical in the first five years of an autistic child’s life. Aaron Likens, Autism Ambassador for Easter Seals, and an adult with Asperger’s Syndrome, a form of autism, once compared ASD to cement. He wrote, “Imagine the brain on the autism spectrum as being wet cement, and if we want a patio we are going to have to pour it out and work with it in haste before it dries and sets. So too, sort of, are the brains on the autism spectrum.” Certain behaviors and habits may become more difficult to change as time goes on; however, change is not impossible.

Online sources with no page number do not need a parenthetical page number.

Direct quotes from source material have quotation marks. Notice that the author of the source is mentioned in a signal phrase.

Doctors Lynn and Robert Koegel state, “Although it’s never too late, the earlier any communication delays and social challenges are addressed, the sooner parents, teachers, and therapists can start helping the kids learn what they’ll need to survive and thrive” (1). Therapies like the Pivotal Response Treatment, Applied Behavior Analysis, and Early Start Denver Model, to name a few, use motivation and positive reinforcement to teach children with autism the desired behaviors that will later help them integrate into a neuro-typical world. These techniques are not limited to children, but they are highly successful the younger the child is. They have all shown promising outcomes with the research to back them up.

The parenthetical citation indicates the page number of the book where this information can be found.

Undoubtedly, there will always be parents in the world wanting the best for their children but searching for a cure or hoping for their child to outgrow this condition isn’t one of them. That does not mean that there is no hope for autistics, no matter what their age. Positive reinforcement therapies are available, and there are resources for parents to help their children navigate a world that is beginning to understand and accept them. Perhaps in the near future we will be less worried about whether or not our children outgrow autism and more concerned with how we can best help them grow up to be happy, content, and understood.

The “Works Cited” page begins at the top of the next page.

Heading is centered.
Resource page is titled as
"Works Cited."

Collins 4

Sources are
alphabetized
by author's
last names (or
by title if no
author).

Works Cited

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each entry
is at left
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extra lines
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known as a
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Double-spacing
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