WORDS AND PHRASES TO AVOID WHEN WRITING ESSAYS:

is	There is	that is
are	There are	that are
was	There was	that was
were	There were	that were
am		
be	Here is	is that
being	Here are	was that
been	Here was	
	Here were	able to
could + verb	It is	
would + work	It was	

would + verb It was . . .

CUT REPETITION AND WORDINESS:

The position as the new supervisor was one in which I was finding myself learning. I learned how to cope with a large number of customers. Various customers came in the door daily.

As the new supervisor, I learned to cope daily with our numerous and various customers.

I was able to manage the . . . I managed the . . .

CUT FORMULAIC PHRASES

OK for the first draft to keep the writing process going, but in revision, these wordy phrases should come out or be replaced with shorter or more concise expressions-vital to word count.

FORMULAIC	CONCISE
at the present time at this point in time in this day and age in today's society	now
because of the fact that due to the fact that	because
are of the opinion that	believe
have the ability to am capable of	can
in spite of the fact that	although
last but not least	finally
prior to	before
concerning the matter of	about

Source: Keys for Writers (Fifth Edition), Part 6, Style. Consult for more information.