

BASIC ESSAY STRUCTURE

Hook

Narrow Down

Thesis Statement

INTRODUCTION (1st paragraph)

1. **Hook** (a surprising fact or statistic, an example, a definition, a quotation, or a brief story, etc.)
One out of five adults have reported feeling depressed (Smith, 2010).
2. **Narrow down** and/or background sentences
3. **Thesis statement** (specific, direct statement that tells the purpose and topic of your paper)
There are three causes of depression in adults.

BODY

Paragraph 2

First body paragraph (2nd paragraph)

1. **Topic sentence** (the major point for this paragraph)
The first cause of depression is genetics.
2. **Support this point** through examples and discussion
Psychologists believe that depression can be passed down through the genes.
3. **Link this major point to thesis***

Paragraph 3

Second body paragraph (3rd paragraph)

1. **Topic sentence** (the major point for this paragraph)
Another recognized source of depression is a person's environment.
2. **Support this point** through examples and discussion
An example of this is Seasonal Affective Disorder or S.A.D.
3. **Link this major point to thesis***

Paragraph 4

Third body paragraph (4th paragraph)

1. **Topic sentence** (the major point for this paragraph)
Finally, chemical imbalances in the brain can cause depression.
2. **Support this point** through examples and discussion
Jones and Xiu (2012) found that lower serotonin levels are related....
3. **Link this major point to thesis***

[*You can also transition the end of one body paragraph to the next body paragraph]

IMPORTANT
Your essay may need more body paragraphs to fully explain the point/thesis!
Always follow your professor's instructions!

Reworded Thesis Statement

Repeat Major Points

Final Thoughts

CONCLUSION (5th paragraph)

1. **Reworded thesis statement** – may start with 'In conclusion,' or 'In sum' etc.
All in all, genetics, one's environment, and physical problems within the brain are often at the root depression.
2. Briefly repeat the body paragraphs' **major points** and their connection to the thesis
3. **Final thought** (a solution to the problem, a quote, the morale to the story, urge the readers to take action, etc.)
It is important to take depression seriously and encourage those affected by it to seek help from a doctor...

BASIC ESSAY STRUCTURE

- I. **Hook** _____
Narrow down and/or background sentences
Thesis Statement at end of Introduction (specific, direct statement that tells the purpose and topic of your paper)

- II. **First Body Paragraph will discuss 1st supporting reason** → _____

A. Topic Sentence (the major point for this paragraph)

B. Support through Examples → Discussion - Connect examples to topic sentence

- _____
- _____
- _____

C. Transition Sentence - Link supporting reason to thesis

- III. **Second Body Paragraph (2nd supporting reason)** → _____

A. *Topic Sentence*

B. Support through Examples → Discussion

- _____
- _____
- _____

C. Transition Sentence

- IV. **Third Body Paragraph (3rd supporting reason)** → _____

A. *Topic Sentence*

B. Support through Examples → Discussion

- _____
- _____
- _____

C. Transition Sentence

- V. **Conclusion** Restate thesis and supporting reasons

Final Thought
