

# Essay Outline Sample [Template at end]

Adapted by Nancy Cockrell from

[http://www.sthelens.k12.or.us/174320825162539897/lib/174320825162539897/Essay\\_Outline\\_Sample.htm](http://www.sthelens.k12.or.us/174320825162539897/lib/174320825162539897/Essay_Outline_Sample.htm)

## I. Introduction

- A. Get the reader's attention by asking a leading question; relay something enticing about the subject in a manner that commands attention. Start with a related quote, alluring description, or narration.
- B. State the thesis, the causes and effects to be discussed; comparison of subject X and subject Y; your position on the issue; your proposal if applicable; and the main points that will develop your argument.

## II. Body

### First Point, Assertion, Explanation

1. Supporting evidence (examples, facts, statistics, quoted authorities, details, reasons, examples)
2. Supporting evidence

### A. Second explanation

1. Support
2. Support

### B. Third explanation

1. Support
2. Support

### C. Fourth explanation (continue as above with additional explanations as needed.)

1. Support
2. Support

### D. Your proposal (if applicable)

### E. Address opposing viewpoints

## III. Conclusion

- F. Show how explanations (causes) are logical reasons producing the effects discussed; review subject X and subject Y; reiterate your assertion and proposition (if applicable). Reemphasize your thesis in a fresh way, showing how you have achieved your purpose. If you intend to draw to a conclusion about one subject over the other, emphasize that point.
- G. Deal with opposing views unless done above in Section F.
- H. Appeal to the reader to see how you have come to a logical conclusion.
- I. Make a memorable final statement.



## Sample Outline

### Title "The Benefits of Running"

- I. Introduction
  - A. Running is becoming an extremely popular sport for all ages.
  - B. Running is a great form of exercise because it helps people control their weight, develop muscles, and improves mental and physical performance.
- II. Body
  - A. Weight control
    - 1. Aids self-control
    - 2. Burns calories
    - 3. Encourages a healthy diet
    - 4. Suppresses appetite
  - B. Muscular Development
    - 1. Improves tone
    - 2. Enhances contours
    - 3. Increases strength
    - 4. Improves endurance
  - C. Psychological well-being
    - 1. Aids sleep
    - 2. Inhibits depression
    - 3. Intensifies vitality
- III. Conclusion
  - A. Benefits of running make it an excellent exercise.
  - B. People who want to improve their health should consider running.

## Outline Template

- Title \_\_\_\_\_
- I. Introduction
    - A. \_\_\_\_\_
    - B. \_\_\_\_\_
  - II. Body
    - A. \_\_\_\_\_
      - 1. \_\_\_\_\_
      - 2. \_\_\_\_\_
      - 3. \_\_\_\_\_
      - 4. \_\_\_\_\_
    - B. \_\_\_\_\_
      - 1. \_\_\_\_\_
      - 2. \_\_\_\_\_
      - 3. \_\_\_\_\_
      - 4. \_\_\_\_\_
    - C. \_\_\_\_\_
      - 1. \_\_\_\_\_
      - 2. \_\_\_\_\_
      - 3. \_\_\_\_\_
      - 4. \_\_\_\_\_
  - III. Conclusion
    - A. \_\_\_\_\_
    - B. \_\_\_\_\_