Organization: Basic Paragraph Format

Paragraphs are the building blocks of a paper. A paragraph discusses one idea in detail and aids the development of an overall topic for the essay. Paragraph lengths will vary depending on the purpose of the paragraph.

Parts Of A Paragraph

The basic paragraph consists of three parts: a topic sentence, supporting details, and a concluding sentence. This basic paragraph format will help you to write and organize a paragraph and make each paragraph lead to the next.

Topic Sentence

The main idea of each paragraph is stated in a topic sentence that shows how the idea relates to the thesis or overall focus of the paper. Generally, the topic sentence is the first sentence of a paragraph. All subsequent points made in the paragraphs should support the topic sentence.

Supporting Details

Supporting details elaborate upon and prove the topic sentence. Supporting details should be drawn from a variety of sources and based on research, experiences, etc. plus the writer's own analysis. Using a combination of different supports is the most common and effective way to strengthen a paragraph. The following are common ways to provide supporting details:

- Expert Opinion
- Facts and Statistics
- Personal Experience
- Others' Experiences
- Research Studies
- Brief Stories
- Journal Entries
- Personal Analysis
- Interviews
- Metaphors

Concluding Sentence

Each paragraph should end with a final statement that ties together the ideas brought up in the paragraph and emphasizes the main idea one last time. If the assignment is longer, it should transition to the ideas of the next paragraph.

Example Paragraph

Maintaining a healthy lifestyle requires eating a nutritious diet and getting regular exercise. A nutritious diet includes eating a variety of foods from each of the four food groups: meat, dairy, fruits and vegetables, and grains. Regular exercise is also an essential part of keeping a healthy lifestyle. Most experts recommend exercising at least thirty minutes a day, six days a week. These two aspects, eating a healthy diet and exercising on a regular basis, will maintain a healthy lifestyle.