Your 3-5 body paragraphs should focus on answering the prompt questions and proving your thesis. They should focus on the main parts of the prompt: Definition of procrastination (brief discussion--in the introduction or first body paragraph) Causes of procrastination (lengthier discussion, in the first 1-2 body paragraphs) Effects of or problems caused by procrastination (in 1 paragraph after the causes) Solutions to procrastination (longest/most developed part of the body--in the final 1-3 body paragraphs) Each of your body paragraphs should: Start with a topic sentence (i.e., the main point of your paragraph that responds to one part of the prompt). For example, you might have a topic sentence that: Reviews some of the causes of procrastination, or Discusses some of the potential impacts or consequences of procrastinating, or Describes how people might prevent or respond to procrastination. Include plenty of evidence to explain and prove each point. For example, you might include: Definitions of procrastination, Statistics about how common procrastination is, Myths about procrastination, Stories of people procrastinating (from the readings or your own experience), Explanations of why people procrastinate, Findings from studies discussed in the sources, What experts say about procrastination, and Descriptions of solutions or strategies that might help people address procrastination. Include plenty of analysis for the evidence. Analysis (also called "commentary") should: Explain how your evidence proves your point. For example: Why might X cause lead someone to procrastinate? How might procrastination result in Y consequence? How would Z solution help address this challenge? Explain why the evidence and/or your point is important. For example: Why might it be important to realize the causes of procrastination? Why might X cause be important? Why might Y consequence be significant? Why might it be important to try to effectively address procrastination? Why might Z be an effective solution? Finally, end your essay with a conclusion that: Wraps up your ideas (in 1-2 sentences) and Includes concluding thoughts that discuss one topic that relates to the entire essay (3-5 sentences). Example topics: How this issue might apply to more people than we think, Why this topic or lessons are so important, How this issue might affect people in many areas of their lives, The benefits we might see from addressing this and drawbacks we might see if people don’t, How a story told in the introduction might have turned out differently with these new strategies, Next steps people should take, What people or schools can do to support those struggling through this challenge, etc.