

Introduction

Yellow=hook
Pink=transition
Blue=thesis

Imagine you are taking a math test, but you just cannot concentrate. You crave a piece of gum to help you focus, but it is against the rules at school. However, there are many benefits to chewing gum at school, including helping students stay on task and performing better on tests.

1st Body Paragraph

Red=topic sentence.
Transition word followed by one of the reasons given in the thesis.

Notice the supporting details! Strong support due to researched facts!

Boxed words are transition words.

One reason we should have gum at school is because it helps in keeping students awake. When I am at school, I witness many students looking sleepy or wanting to fall asleep. The solution to this predicament is gum. According to a scientific study by Kathleen Melanson from The University of Rhode Island, when you chew gum your metabolism increases by 20 percent. (Source: www.medicalnewstoday.com) When someone's metabolism is raised, they are more likely to stay awake. This evidence shows that gum needs to be allowed at school to help students stay awake. Furthermore, gum can assist students concentration. Research has shown that the movement you make when you chew gum makes your brain think it is going to get food. Then, insulin, which enhances learning and memory, is released to the brain and helps it focus. (Andrew Scholey, Swinburne University, <http://www.medicalnewstoday.com>). In the U.S. military, soldiers have chewed gum since World War I to improve their concentration. (Wrigley Company). This research makes it clear that gum needs to be allowed at school to improve student concentration.

2nd Body Paragraph

Red=topic sentence.
Transition word followed by the second reason given in the thesis.

Again, strong supporting details, using research.

Second, permitting gum chewing at school will help improve student test scores. According to research conducted by the American Society for Nutrition, students who chewed gum during class during a 14-week period had a significant increase in test scores and received a better finishing grade compared to those who did not chew gum. Improvement on test scores is a strong reason for why schools should tolerate gum.

3rd Body Paragraph

Red=topic sentence.
In this paragraph, the topic is called the counterargument. It's the reason(s) why some people are against your position. Each counter argument is followed by a solution or a reason for why it is not a problem.

Not everyone is in favor of allowing gum chewing at school. Some say that gum is unhealthy and is not good for you. On the contrary, gum is pretty healthy and actually lots of different types of gum are sugar-free and have xylitol. Some evidence shows that xylitol reduces cavities by 70 percent (Trident Company). Chewing gum at school would actually give you healthier and stronger teeth! Others argue that gum chewing is distracting and that negligent gum-chewers leave their gum in desks and on floors. This problem can easily be

Conclusion

Summarizes points made and repeats the opinion with a "call to action"

solved by teaching students the proper methods of chewing and gum disposal and can be reinforced by taking the privilege away from those students who cause problems.

It is essential to recognize that chewing gum includes many great benefits, such as improving students' test scores, concentration, and metabolism. Before one sees the research, gum-chewing might sound like a horrific idea. In fact, chewing gum really is a great thing to allow at schools. So, if people want to improve students' ability to do better in school, gum-chewing should be encouraged, rather than prohibited!