**Title that Expresses the Main Idea of the Essay**

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**Title that Expresses the Main Idea of the Essay**

This paragraph is the introduction. The introduction contains an attention-getting strategy, a transition to the thesis, and the thesis statement. The thesis statement is generally the last sentence of the introduction. The thesis statement makes a clear claim. It takes a position and establishes the main idea and structure of the essay. For example: Disciplining children with Attention Deficit with Hyperactivity Disorder (ADHD) can be challenging, but there are several best practices that help children with ADHD succeed in home and school.

**First-level Heading**

This section is for background information. Background information needs to define key terms, explain the significance of the issue, address underlying assumptions, and provide any necessary history of the issue’s development. For example: I will describe ADHD symptoms and explain several treatment options. I will show that ADHD diagnoses have been rising in recent years. I will address the underlying assumption that ADHD is a disorder that is beyond a child or parent’s control. I will discuss how schools and parents often struggle to effectively discipline children with ADHD.

**First-level Heading**

In this section, information is provided which supports the thesis. For example: Positive reinforcement doesn’t sound like “discipline” in the traditional sense. It is proactive discipline that can help reduce the need for reactive discipline following negative behavior. I hope to find some examples of positive reinforcement in my research.

**First-level Heading**

In this section, additional information is provided which supports the thesis. For example: Communication needs to be clear with children with ADHD. Expectations need to be communicated clearly. Visual reminders can be helpful for kids with ADHD. It is also important to have clear and consistent communication between home and school.

**First-level Heading**

In this section, additional information is provided which supports the thesis. For example: Children with ADHD may need some flexibility and accommodations. Teachers can help provide accommodations at school. Parents may also need to provide some accommodations at home. Stability balls instead of chairs is one accommodation that helps students with ADHD improve focus and reduce behavior issues. I got information about the stability balls from the source by Fedewa and Erwin (2011).

**First-level Heading**

In this section, opposing views are addressed. What might someone say who disagrees with your claim? How do you respond? For example: I will discuss practices that are sometimes used that don’t work. Yelling is one ineffective practice. I will research some others and talk to friends of mine who have kids with ADHD.

**Conclusion**

The conclusion wraps up all the main ideas and reasserts the thesis statement with enthusiasm.

**References**

Fedewa, A. L., & Erwin, H. E. (2011). Stability balls and students with attention and hyperactivity concerns: Implications for on-task and in-seat behavior. *American Journal of Occupational* Therapy, *65*(4), 393-399.