



BODY PARAGRAPHS

What Is a Body Paragraph?

Body paragraphs are the main sections of your essay. Each body paragraph develops one main point that supports your thesis.

Think of each paragraph as a step in your argument. Together, your body paragraphs explain and support your main idea.

Why Are Body Paragraphs Important?

Body paragraphs:

- explain your ideas in detail
- support your thesis with evidence
- help your reader follow your thinking

Without strong body paragraphs, your essay may feel incomplete or unclear.

What Makes a Strong Body Paragraph?

A strong body paragraph:

- focuses on one clear idea
- includes specific evidence or examples
- explains how the evidence supports your point

The TEA Method

A helpful way to organize a paragraph is the TEA method:

T — Topic Sentence

The topic sentence introduces the main idea of the paragraph. It should clearly connect to your thesis.

E — Evidence

Evidence supports your idea. This can include examples, facts, data, or quotations.

A — Analysis

Analysis explains why the evidence is important. This is where you show your thinking and connect the evidence back to your main point.

Example Paragraph (TEA Model)

Getting enough sleep helps college students perform better in class. For example, students who get enough sleep are more alert during lectures and are better able to focus. As a result, they are more likely to understand the material and perform well on assignments and exams.

Tip: When you include specific numbers or statistics, you need to give credit to where you got the information. This is called “citing a source.” So, keep your examples general or add a citation to support your claim.

Breaking Down the Example

Topic Sentence:

Getting enough sleep helps college students perform better in class.

- This sentence introduces the main idea of the paragraph.

Supporting Detail / Example:

For example, students who get enough sleep are more alert during lectures and are better able to focus.

- This sentence provides a clear example that supports the main idea.

Explanation:

As a result, they are more likely to understand the material and perform well on assignments and exams.

- This sentence explains why the example matters and connects it back to the main idea.

Tips for Writing Strong Body Paragraphs

- Focus on one idea per paragraph
- Use clear and specific examples
- Always explain your evidence
- Connect each paragraph to your thesis

Common Mistakes to Avoid

Including Too Many Ideas:

Trying to discuss multiple ideas in one paragraph can confuse your reader.

Fix: Focus each paragraph on one main point.

Missing Analysis:

Listing examples without explaining them can weaken your writing.

Fix: Always explain why your evidence matters.

Weak Topic Sentences:

A vague topic sentence can make it hard for your reader to understand your point.

Fix: Make your topic sentence clear and specific.

Using Transitions Within Paragraphs

Transitions help your writing flow smoothly. They connect ideas within and between paragraphs.

Examples:

- For example
- In addition
- As a result
- However

Final Takeaway

After writing a paragraph, ask yourself:

- Does this paragraph clearly support my thesis?
- Did I explain my evidence?

If the answer is yes, your paragraph is likely strong and effective.