



How to Format a Paragraph

Every sentence in your paragraph should build on your main point with supporting evidence. The OREO method helps you organize your ideas, just like the layers of a cookie, with each part contributing to a well-rounded paragraph.

O – Opinion (Top Cookie)

- Introduce your paragraph's main idea with a clear, focused claim.
 - **Example:** "Oreos are a top snack for college students during study sessions."

R – Reason (Cream)

- Provide quotes, facts, examples, or data to support your claim.
 - **Example:** "A recent survey shows that 65% of college students prefer Oreos while studying (Sarah, 2020)."

E – Explanation (Cream)

- Explain how this evidence proves your point and connects to your claim.
 - **Example:** "This shows that Oreos are both a tasty and comforting choice."

O – Opinion (Bottom Cookie)

- Wrap up your paragraph by linking back to your main idea.
 - **Example:** "Oreos have become a college study staple for good reason."



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Paragraph Formatting - OREO Method



O

(Opinion): The main idea or claim:

R

(Reason): Provide quotes, facts, and evidence to support the main idea:

E

(Example): Explanation supporting the reason:

O

(Opinion): Restate or reinforce the original opinion:



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References

Flowers, L. (2023, March 19). *The OREO method: An explanation and presentation*. Edison Writing Center. <https://edisonwritingcenter.blogspot.com/2013/03/the-oreo-method-explanation-and.html>

Writing Classroom. (2019). OREO Strategy with Concept Mapping.

<https://www.writingclassroom.org/wpcontent/uploads/2019/08/HowToUseOREOConceptMap.docx.pdf>