

Paragraph Formatting Method 2

APSU Writing Center Handout

How to Format a Paragraph

Each sentence in your paragraph should connect to and support your main claim. One helpful strategy is the MEAL method, which stands for Main Idea, Evidence, Analysis, and Link.

M - Main Ideas

Begin each paragraph with a clear topic sentence that introduces new information and makes a specific, focused claim.

- **Example:** “Strong study habits begin with effective time management.”

E - Evidence

Provide evidence that supports your topic sentence. This includes citations, paraphrased material, data, or examples from credible sources.

- **Example phrase:** “According to Smith (2021)...”

A - Analysis

Explain how your evidence supports the main idea. Your analysis connects the evidence to your claim and shows why it matters.

- **Example phrase:** “This research demonstrates that...”

L - Link or Lead Out

- Connect your evidence and analysis back to the thesis statement. Remind readers why this information is relevant.
 - **Example phrase:** “Ultimately, managing time effectively strengthens...”

Main Idea): Introduce your paragraph topic:

(Evidence): Give evidence to support your topic sentence:

(Analyze): Analyze your evidence and explain why it is important:

(Link back to thesis): Link the evidence and analysis back to the thesis.

References

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