WRITING

❖SUPPORTING THE MAIN IDEA

Supporting Sentences

- To make your paragraph strong and complete, you need supporting sentences:

  major supporting sentences:

  - explain and develop the main idea directly.

  - are the main points that support the topic sentence.

  minor supporting sentences:

  - add details, explanations, or examples to the major supporting sentences.

  - give extra depth to the paragraph.

- Many paragraphs have **three major** supporting sentences.
- There are different ways to develop the supporting sentences.

The Ways to Develop the Supporting Sentences

- Adding additional details
- Using examples
- Using personal experience
- Using quotes

Adding additional details:

-involves expanding an idea by including extra information.

-could be descriptions, explanations, comparisons.

Benefits of Studying Online

Studying online has many benefits for students. First, it offers flexibility because students can choose when and where to study. This means they can learn in the morning, evening, or whenever they have free time, which is helpful for those who work or have other responsibilities. Second, online learning gives students access to a wide variety of courses and resources. For example, a student in a small town can take a course from a university in another country without leaving home. This allows students to learn things that may not be available at their local school. Third, online classes help students become more independent. Unlike in traditional classrooms, where teachers guide every step, online students must organize their time, complete assignments on their own, and take more responsibility for their learning. In short, studying online not only teaches academic subjects but also important life skills like time management and self-discipline.

The Techniques Used:

	Example from Paragraph
Topic Sentence	*"Studying online has many benefits for students."*
Major Supporting Sentence 1	*"It offers flexibility because students can choose when and where to study."*
Major Supporting Sentence 2	*"Online learning gives students access to a wide variety of courses and resources."*
Major Supporting Sentence 3	*"Online classes help students become more independent."*
Explanation	Describes how flexible timing helps busy students; explains how independence develops
Description	Describes how students learn from home, organize time, and take responsibility
Comparison (Implied)	*"Unlike in traditional classrooms..."* compares online learning to in-person learning

Using examples: Use clear, specific examples to support your point.

Volunteering and Mental Health

Volunteering has a positive effect on mental health. First, it gives people a sense of purpose by allowing them to contribute to something meaningful. **For example,** people who volunteer at shelters often report feeling proud and fulfilled because they know their efforts are making a real difference in the lives of others. Second, volunteering helps reduce feelings of loneliness and isolation. **For instance**, my friend started working at a local food bank and said that meeting new people and being part of a team helped her feel more connected to her community. Third, helping others can increase feelings of happiness and lower stress. Doing kind actions, **such as** delivering meals to elderly people or helping at charity events, creates positive emotions and takes your mind off personal worries. To sum up, volunteering not only supports those in need, but also greatly improves emotional well-being.

- **Using personal experience: Personal stories or observations can make your writing relatable and sincere.**

Learning a New Language

Learning a new language can be a life-changing experience. When I moved to Germany, I struggled to communicate at first. I decided to practice German every day by watching TV shows and talking to locals. After a few months, I could hold conversations with my coworkers, and I started to feel more confident and included. My experience shows that learning a language can open doors and build personal connections.

Using facts and statistics: you can use data, numbers, or proven information to support the idea.

Better Performance Through Reading

Reading helps students perform better academically for several important reasons. First, studies show that students who read regularly have stronger vocabulary skills. For example, **research from the National Literacy Trust found that children who read daily have a vocabulary 50% larger than those who rarely read.** Second, reading improves comprehension abilities, allowing students to understand and analyze texts more effectively. **A 2022 OECD report revealed that students who read for pleasure at least 15 minutes a day scored an average of 25% higher on standardized tests, demonstrating better reading comprehension.** Third, reading enhances critical thinking skills by exposing students to different ideas and perspectives. **According to a 2021 study published in the Journal of Educational Psychology, students who engage in regular reading are 30% more likely to excel in problem-solving tasks.** All in all, these facts clearly show that encouraging daily reading habits can significantly boost academic success.

Using quotes: Quoting someone knowledgeable gives your paragraph authority and credibility.

Sleep

Sleep is essential for brain function and overall mental performance. First, sleep improves memory and learning**. According to Dr. Matthew Walker, a neuroscience professor at UC Berkeley, "Sleep is the single most effective thing we can do to reset our brain and body health each day."** He explains that during deep sleep, the brain processes and stores new information more effectively. In addition, sleep strengthens focus and decision-making skills. **Dr. Charles Czeisler of Harvard Medical School states, "Lack of sleep impairs attention, alertness, concentration, reasoning, and problem solving."** This shows that students who sleep well are more likely to stay focused and think clearly during class. Finally, sleep helps with emotional balance and stress management. **The American Psychological Association reports that "sleep deprivation is linked to increased emotional reactivity and mood swings."** To summarize, sleep is crucial—not just for physical health, but for strong brain function and emotional well-being.

Exercises

Exercise 1: Identify Major and Minor Supporting Sentences

(1) Learning a second language has many benefits. (2) First, it improves your memory. (3) For example, people who learn languages often remember words and numbers more easily. (4) Second, it opens up job opportunities. (5) In many international companies, speaking a second language is a key requirement. (6) It also helps you understand other cultures better. (7) I realized this when I visited France after learning French.(8) To conclude, it is beneficial to learn a second language.

- **Major supporting sentences: 2,4,6**
- **Minor supporting sentences: 3,5,7**

Exercise 2: Identify the Technique: Fact/statistic, Personal experience, Example, Quote, Additional detail

Studying with a group can be more effective than studying alone. When I prepared for my final exams last year, I joined a study group with three classmates. We met twice a week and helped each other understand difficult topics. Not only did this make studying more enjoyable, but I also found that discussing ideas out loud helped me remember them better. In short, I believe that studying with a group is beneficial.

Personal experience

The Importance of Recycling

Recycling at home is a simple and effective way to protect the environment. First of all, recycling one aluminum can save enough energy to run a TV for three hours. If every family did this, we would need much less electricity for factories. In addition, reusing materials like paper and glass protects our natural resources like forests. When we use old paper to make new paper, we do not need to cut down as many trees. Finally, recycling helps reduce the amount of trash in landfills. This keeps our soil and water clean for people living in the area. In conclusion, small actions at home can lead to big, positive changes for our planet.

Fact: "Recycling one aluminum can save enough energy to run a TV for three hours."

Explanation: "When we use old paper to make new paper, we do not need to cut down as many trees."

The Role of Technology in Education

Using technology in school helps students learn in better and faster ways. First, digital tools help teachers give students exactly what they need. For example, some math programs become easier or harder depending on the student's level. Second, the internet gives everyone access to a huge amount of information. Statistics show that 83 % university students now use online libraries to do their research and get better results. Lastly, technology helps students work together on group projects. In my experience, using websites like Google Docs allows many people to write the same document at the same time. In conclusion, technology is an important tool that makes learning more efficient and fun.

Example: "For example, some math programs become easier or harder depending on the student's level. "

Statistics: "Statistics show that 83 %university students now use online libraries... "

Personal Experience: "In my experience, using websites like Google Docs allows many people to write the same document at the same time."

Exercise 3: Complete the following paragraphs.

Owning a Pet

Owning a pet teaches responsibility. First, a pet depends on its owner for daily care, which means the owner must stick to a consistent schedule. For example,(1) _____. Second, pets require medical attention and regular check-ups, which helps pet owners learn to plan ahead and keep track of appointments.(2)_____. Third, pet owners are responsible for keeping their pets safe and happy by training them properly.(3)_____. All of these tasks require commitment and routine, helping people—especially young owners—develop strong habits of responsibility.

Sample answers:

1. For example, my cousin wakes up early every morning to feed her dog and take it for a walk, even on weekends
2. She keeps a notebook where she writes down all her dog’s vaccinations and vet visits to make sure nothing is missed
3. My cousin trained her dog to follow basic commands, which took time, patience, and consistency

Online Classes

Online classes are convenient for students with busy schedules. First, they allow students to access lessons at flexible times, which means they can study when it suits them best. For instance,_____ _____. Second, students can study from anywhere with internet access, which eliminates the need for commuting._____ _____. Third, online platforms often let students learn at their own pace, so they can review materials as needed without pressure.For example, _____. All of these benefits make online classes ideal for students balancing school, work, and personal responsibilities.

Sample answers:

1. my friend works in the afternoons and does her online coursework late at night without falling behind.

2. This is especially helpful for those living far from campus or in rural areas where transportation is limited

3. my friend sometimes replays difficult lectures twice to fully understand them, which would be impossible in a live classroom