

Name \_\_\_\_\_ Hour \_\_\_\_\_

**It's time to write your thesis.**

Your thesis is the main idea of your report. It is the answer to your research question.

Guiding question: Is heart disease hereditary and can I prevent it?

**Possible Thesis:** Although heart disease is prevalent in my family, by knowing the causes, symptoms, and preventative measures I can take to avoid a heart attack, I think I can lead a healthy, worry-free life.

Or

Although heart disease is prevalent in my family, I can avoid heart problems by eating healthy foods and exercising regularly.

Guiding question: Is eating organic foods and being a vegetarian better for me?'

**Possible Thesis:** Eating organic foods and a vegetarian diet may be important to my family, but eating non-organic foods and meat are just as healthy and less expensive..

If you don't have a point to your paper, it's time to look at treatments and preventions so that you can choose what you think the best treatments and preventions might be.

Your thesis statement CAN'T be a question or uncertainty. You have to be sure of something, and you have to prove it.

Preliminary Thesis: