

## TOPIC OUTLINE

Thesis: High winds, lengthy cold weather, and furious snowstorms contribute greatly to the suicide rates in the state of Wyoming.

- I. High winds
- II. Lengthy cold weather
- III. Furious snowstorms

**Comment [AMF1]:** Notice that the supporting elements come directly from the thesis. These should only be listed for the topic outline as very brief and succinct phrases.

## SENTENCE OUTLINE

Thesis: High winds, lengthy cold weather, and furious snowstorms contribute greatly to the suicide rates in the state of Wyoming.

- I. The high winds of Wyoming create intense pressure on the human body.
- II. In addition, the long months of cold weather act as ignition switches for depression and it exacerbates common winter ailments.
- III. Finally, the furious snowstorms that permeate the region cause an intense lack of light.

**Comment [AMF2]:** Notice that these sentences make use of the original supporting elements listed in the thesis statement and expand those ideas just slightly.

## PARAGRAPH OUTLINE

Thesis: High winds, lengthy cold weather, and furious snowstorms contribute greatly to the suicide rates in the state of Wyoming.

- I. The high winds of Wyoming create intense pressure on the human body. Studies prove that excessive winds create harmful exertion on the body that prevents the body's ability to regulate. This intense pressure makes it difficult for the human body to download throughout the day like it normally does. Because the body must continuously fight against the atmospheric changes, it becomes more difficult to regulate its internal workings, which results in negative stress on the body. Most people in Wyoming who are forced to endure this constant barrage of winds find themselves stressed and weary. As a result, the body tends to wear down quickly and it becomes ineffective in fighting off negative effects in body functioning. This reduced lack of productive body function facilitates a decrease of the body's normal ability to perform.
- II. In addition, the long months of cold weather act as ignition switches for depression and it exacerbates common winter ailments. Each subsequent month that the residents of this Rocky Mountain section of the United States have to deal with cold weather, the more possibility exists in these residents feeling as though they are closed in and without the freedom and mobility often found in warmer climates, thus producing those feelings most commonly associated with depression. Likewise, winter ailments generally cured by simple over-the-counter treatments seem to become exacerbated and can easily turn to something more serious, such as pneumonia or the flu. These two factors tend to require the ill to have to take of work or to miss school, which can have a huge impact on their lives financially—a serious concern.
- III. Finally, the furious snowstorms that permeate the region cause an intense lack of light. The sun is the one thing that society counts on. This fact goes back as far as the earliest cave dwellers. The lack of light during the winter season can cause seasonal affective disorder, which could result in oversleeping, weight gain, and fatigue; interruption of the body's internal clock—known as the circadian rhythm—, which can lead to depression; low melatonin, which is the cause of fatigue in many cases; and a reduction in serotonin levels, which can—again—produce those feelings of melancholy and depression, which can subsequently result in those higher levels of suicidal thoughts and actions. The resulting treatment that is sometimes necessary can be quite costly, adding to the already growing list of challenges for the Wyoming resident during the winter season.

**Comment [AMF3]:** In this final outline, note that the sentence outline entries are fleshed out into full paragraphs that further explain your ideas. This is where the argument begins. Note: It is IMPERATIVE that each of the paragraphs is at least 125 words.