The STAR thesis is a helpful tool to remember the important pieces to an effective Thesis Statement. A Thesis Statement comes at the end of an Introduction. DISCLAIMER: There are many different ways to approach writing a thesis statement; this is simply one path.

**S**tatement

**T**opic (______________) is or is not

**A**djective (______________) because of

**R**easons: _______________

_________________

_________________

What supporting reasons are out there to help prove your message?

**STAR Thesis Statement:** Using cell phones late at night is harmful to humans because of the potential to damage our eyes, intrude on our sleep schedule, and distract us from our loved ones.