



## Thesis Statement Worksheet

### Step 1: Identify Your Topic

Define a clear and specific topic you want to explore.

Example: social media and mental health

### Step 2: Take a Position or Make a Claim

Decide what you want to say or argue about the topic.

Example: negatively affects mental health

### Step 3: Add Reasons or Supporting Points

List 2–3 reasons that support your position.

Example: causes anxiety, lowers self-esteem, encourages comparison



### Now Put It All Together:

[Topic] + [Your claim] + [Supporting points]

### Example Thesis Statement:

Social media negatively affects mental health because it increases anxiety, lowers self-esteem, and encourages unhealthy comparisons.



### Practice Template (Fill-in-the-Blanks)

[Your topic] has/causes/leads to/results in [your claim] because [reason 1], [reason 2], and [reason 3].

### Example:

Excessive homework causes stress in students because it limits sleep, reduces family time, and adds pressure to perform.



### Quick Checklist

- ☒ Is it clear and specific?
- ☒ Does it take a position?
- ☒ Is it arguable?
- ☒ Is it appropriate for the type of essay?