## Writing a Thesis

**Definition**:

A thesis is your contract with the reader to become engaged and accept or listen to your argument. In return, you promise to stay within the limits of the subject, to develop your subject clearly and sufficiently, and to communicate your intentions in full to your reader. It is also:

* Your controlling idea
* Your objective
* A clear statement of what you are trying to prove

**Criteria**:

1. State your subject AND reflect your attitude of that subject.
2. Indicate your direction (3 points or more that you will develop further)
3. Be specific.
4. Write a declarative statement.
5. Include only ONE idea.
6. Write in the ACTIVE voice so you do not suggest passivity.

**Examples**:

* The food we consume daily affects the health of our bodies, our minds, and our spirits.
* Fast food is a menace to our health, our relationships and our pocketbook.
* Honesty is the best way to deal with parents, employers, teachers, and friends.
* Not everyone needs a college education to be successful.
* Experience teaches us that we learn best from our mistakes.