

## Write a paper in which you argue if myths and/or advertising prevent people from being happy

When writing your paper, it can seem overwhelming, so use this outline formula sheet to help you. Fill in all of the parts, and you should have a good start to your paper.

### INTRODUCITON

- 1) 1 sentence that broadly discusses the topic at hand. (Start Broad Example: Many people form their outlook on life based on what they have been told and the environments that they grew up in.)
- 2) 2-3 sentences that are still broad but get a bit narrower.

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- 3) Introduce the author(s), the title(s) of the essays, and a one sentence summary of the essay(s). (i.e. Sonja Lyubomirsky in “How Happy Are You and Why?” outlines three myths about happiness that society tends to believe or at least buy into. These myths are often hardwired into people and therefore, they are hard to get away from. In addition, she states that the media are “constantly telling us about the latest newfangled strategy shown to ‘really’ work in boosting health and wellbeing” (157). Thus, we are constantly looking for that “one” thing that will make us happy, and if you listen to advertising, you can buy it. In addition, in “The Sources of Happiness” the Dalai Lama and Howard Cutler argue that many factors may contribute to happiness, such as good health, wealth, and friendship” (16). Both essays suggest that people are influenced by the myths they are told, the advertisements they see, their outlook on life, and whether or not they are willing to work hard to increase their happiness.

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- 4) Start defining any terms you are using. (For instance, “Lyubomirsky suggests happiness, to her, refers to, “the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good meaningful, and worthwhile” (146) In addition, Cutler and the Dalai Lama suggest that happiness is, “ the highest happiness is, “when one reaches the stage of Liberation, at which there is no more suffering” (24). Therefore, happiness is subjective and based on the individual. As long as the individual has a sense of contentment and feel that life is meaningful, then the individual will consider himself/herself “happy.” In addition, the more people break out of the roles society imposes on them and ignores the myths and advertising, the happier they will be.)

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5) 3-4 sentences explaining and further narrowing down your point.

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6) Thesis Statement – 3 parts – address the prompt, your opinion/argument, and the why. This does not mean that you need three points. This means that there are three parts to the thesis.

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I.E. – Your prompt is: **Write a paper in which you argue if myths and/or advertising prevent people from being happy.**

ADDRESS THE PROMPT (myths)  
YOUR OPINION (prevent people from being happy)  
WHY (because .....)

Example: Although many people readily believe what they are told by their peers, elders, and society about how to achieve happiness, these same myths are what ultimately prevent them from being happy which is a paradox that many people are unaware they are in while they reach for happiness.

**BODY PARAGRAPHS** - Keep in mind that your thesis is a broad idea of your argument and your body paragraphs support it and give specifics.

- 1) First sentence is your topic sentence and must tie into your thesis.
  - a. Topic sentence main points, 1) addresses the point about the topic you will make in the paragraph, gives your opinion, and can state why.
  - b. For example: Covering negatively impacts society because it forces people to hide who they are. (Next answer the HOW, WHY, WHAT)
    - i. How is this important
    - ii. Why is this important
    - iii. What does that mean

iv. Why should I/reader care

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- 2) 2-3 sentences saying HOW, WHY, or WHAT is significant about this point. In other words, how is it true?

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- 3) Set-up and introduce first quote.

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- 4) Explain why that quote is significant to your overall argument. (How does it apply to what you said before the quote?)

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- 5) A sentence that transitions into the next quote.

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- 6) Set-up and introduce second quote.

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- 7) Explain why that quote is significant to your overall argument. (How does it apply to what you said before the quote?)

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- 8) 2-3 sentences wrapping up your point about the topic sentence. Maintain focus on topic at hand.
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- 8) Transition out of this paragraph and into next.

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CONCLUSION

- 1) SO WHAT? - DO NOT EVER REPEAT YOUR THESIS STATEMENT IN THE CONCLUSION. Broad generalization of what your whole point was in the paper.

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- 2) 5-7 sentences showing/saying how your points affect the reader/society (why it is important.)

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