



KEY: Sample outline, thesis statement, and body paragraphs

Thesis statement: Although there are some issues with cell phone use, fortunately, there are ways to deal with the various problems cell phones cause.

Problem paragraph and solution paragraph:

Two negative results of cell phone use are the risk of cell phone addiction and the distractions they cause. Being constantly tied to a cell phone can lead to cell phone addiction, which can seriously interfere with the quality of a person's life. Some people feel that they must be constantly accessible, and if they are away from their cell phones or if people don't immediately answer their call or text message, they feel stress. Some even sleep with the cell phone under their pillow so that they do not miss a call. Another problem with cell phones is that they can be distracting. In public places such as restaurants or movie theatres, it is very annoying when someone's cell phone rings. It is even more rude when that individual answers and enters into a conversation. When driving, using a cell phone has resulted in an alarming increase in the number of accidents caused by driver inattention. When trying to retrieve a ringing phone or attempting to type a text message while driving, the eyes of the driver are diverted and accidents occur.

Even though cell phones create problems, there are effective ways of dealing with these. First, if people limit how much they use their cell phones, many of these problems can be avoided. For instance, unless an urgent call is expected, a cell phone can be turned off. Many calls are not about anything very important. If people less accessible by phone, they might value their face-to-face communication more highly, and put greater thought into their relationships with others. If they are truly unable to limit their cellphone use, people could even buy very basic phones that lack the advanced technological features that are tempting to use. A second idea for dealing with problems created by cell phones is the use of hands-free devices when driving. A hands-free device is a type of technology that can be connected to a cell phone when a person is driving. When the phone rings, the driver can answer it without picking up the phone or looking at it. Of course, this does not solve the problem of texting while driving; individuals must just exercise self-control, and never text while driving.

KEY: OUTLINE

A. Problems created by cell phone use

1. Addiction

- a) interferes with quality of life
- b) feel stress when away from phone or when people don't answer

2. Distraction

- a) annoying, rude
- b) dangerous when driving

B. Solutions for problems with cell phone use

1. Limit their use

- a) turn off when not expecting urgent calls
- b) buy a phone with limited technology

2. Use hands-free devices when driving

- a) definition of hands-free device
- b) explanation of how it works