

## M.E.A.L. Plan

Everything you need for a balanced essay body paragraph.

### M. for Main Idea

The topic sentence of the paragraph that gives a sense of what the paragraph will cover and ties back to the thesis.

Example Main Idea: Initially, there are some concerns involving technology when it comes to its effectiveness.

### E.A. for Evidence and Analysis

The evidence is the quote or paraphrase (example cited in MLA) and analysis that follows it and explains how the evidence is effective. Generally, try for twice as much analysis as evidence.

Example Evidence: “When we evaluated the correlation between reported study strategies and students’ quiz scores, we did not discover any statistically significant results. Therefore, reported study strategy may not influence the efficacy of the guided notes” (Glowdowski and Thompson 113)

Example Analysis: As seen in Glowdowski and Thompson’s article, the incorporation of technology does not necessarily lead to improvement in student outcomes.

### L. for Link

A link or close summarizes what was gone over in the paragraph and transitions to the next paragraph.

Example Link: How and what technology is used is paramount to its effectiveness.

## Now, That's a M.E.A.L.!

A good body paragraph is balanced and well organized. The reader, or the audience, should get a good sense of what the paragraph is about from the beginning. Then, evidence should be presented and analyzed. Finally, you finish the M.E.A.L. with a clear close or a link.

## Complete M.E.A.L.

Initially, there are some concerns involving technology when it comes to its effectiveness. “When we evaluated the correlation between reported study strategies and students’ quiz scores, we did not discover any statistically significant results. Therefore, reported study strategy may not influence the efficacy of the guided notes” (Glowdowski and Thompson 113). As seen in Glowdowski and Thompson’s article, the incorporation of technology does not necessarily lead to improvement in student outcomes. How and what technology is used is paramount in its effectiveness.

## M.E.A.L. Plan Infographic

Infographic of this information available here: <https://prezi.com/i/view/Te7fTal2sOAnkpRacKkK/>



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