

TRIAC: Paragraph and Paper Organization

TRIAC is a writing pattern you can use at the paragraph level for strong organization and effective argument. The same components in TRIAC paragraphs can give entire papers stronger organization. TRIAC has five parts:

- T** Topic Sentence - The first sentence introduces the subject of a paragraph, essentially serving as a miniature thesis statement.
- R** Restatement or Restriction - The second sentence can restate or restrict what was written in the first sentence, making the subject more specific.
- I** Illustration - This section of the paragraph consists of the illustrations (evidence, data, facts, quotes, etc.) that support your topic sentence. This section can contain several sentences.
- A** Analysis - Here, you should explain, interpret, and contextualize the illustrations that have been made. Never leave illustrations by themselves; they are not effective without the writer analyzing them.
- C** Conclusion - The final sentence (or two) might review what the paragraph has discussed, and/or reemphasize what the illustration and analysis suggest. This closing section may also evaluate the connections you've made in your paragraph. Keep in mind that you are also setting yourself up to move smoothly and logically into the next paragraph.

Remember: TRIAC can extend for two or more paragraph, if the analysis part runs long. Also, the illustration and analysis sections can be repeated several times if the paragraph is quite complex.

An Example, Sentence by Sentence, of a Paragraph Illustrating TRIAC:

(**T**) Although vegetarianism has often been associated with issues of ethics and animal rights, for many people it is no more than a means to a healthier lifestyle. (**R**) A vegetarian diet can reduce the risk of health problems such as high cholesterol, arterial clogging, and even cancer. (**I**) Recent evidence indicates that people with diets rich in dark green vegetables had a 40% less chance of developing colon cancer. In addition, cutting out meat can dramatically reduce saturated fat intake (Stewart and Cranshaw 8). Alice, a university student and seven year vegetarian, says, "I recognized my potential for cancer because of my genetic history; when my father's doctor put him on a strict no-meat diet, I decided it was time to give up burgers and pepperoni." (**A**) Choosing to cut out beef and poultry can help many people to become more aware of what they are consuming, and in turn lead to an overall healthier style of cooking and eating. In addition, it is not necessary to become a vegetarian in the strictest sense of the word; for some people, it simply means cutting down on meat intake and increasing the amount of fruits and vegetables included in meals. (**C**) These adjustments alone can be beneficial without completely altering an individual's eating habits, and these changes may prevent a myriad of health problems later in life.