Example Outline: Effects of Smartphones

I. Introduction
• Nancy Colier, “The Power of Off”
• Statistics on smartphone use
• Overview of today’s lecture

II. Physical Effects
• Circadian rhythms and melatonin levels
• Eye strain

III. Mental Effects
• University of Texas, Austin 2018 study
• 3 conditions: phone on desk, in bag, or out of room
• Proposed theory about attentional resources

IV. Emotional Effects
• Jean Twenge, “The Atlantic,” statistics about smartphone use since 2012
• Graphs from articles: More lonely, less dating, less hanging out, less driving

V. Conclusion

Example Outline: Controversies in Prosthetics

I. Introduction
   • Prosthetics in athletics
   • Prosthetics in deaf people

II. Oscar Pistorius
   • Background
   • Description of controversy
     • Argument for disqualification
       • lighter legs $\rightarrow$ less energy used
     • Argument against disqualification:
       • flaw in scientific study
       • more energy to accelerate at the start of a race

III. Deaf community
   • Background: deaf vs. Deaf
   • Deaf culture
   • Cochlear implants
     • Argument for cochlear implants
       • Restores hearing during infancy
     • Arguments against cochlear implants
       • Deafness isn’t a problem—it’s an identity
       • Side effects of cochlear implants
       • Story of Shane Spurlock

IV. Conclusion