



APSU Writing Center
Paragraph Formatting OREO Method



How to Format a Paragraph

- Every sentence in your paragraph should build on your main point with supporting evidence. The OREO method helps you organize your ideas, just like the layers of a cookie, with each part contributing to a well-rounded paragraph.
 - **O - Opinion (Top Cookie)**
 - Introduce your paragraph's main idea with a clear, focused claim.
 - Example: "Oreos are a top snack for college students during study sessions."
 - **R - Reason (Cream)**
 - Provide quotes, facts, and evidence to back up your topic sentence and support the main point.
 - Example: "A recent survey shows that 65% of college students prefer Oreos while studying (Sarah, 2020)."
 - **E - Explanation (Cream)**
 - Explain how the evidence supports your topic sentence and strengthens your claim.
 - Example: "This shows that Oreos are both a tasty and comforting choice."
 - **O - Opinion (Bottom Cookie)**
 - Wrap up by linking back to your main idea and setting up the next paragraph if needed.
 - Example: "Oreos have become a college study staple for good reason."

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| O | (Opinion): The main idea or claim: |
| R | (Reason): Provide quotes, facts, and evidence to support the main idea: |
| E | (Example): Explanation supporting the reason: |
| O | (Opinion): Restate or reinforce the original opinion: |



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References

Flowers, L. (2023, March 19). *The OREO method: An explanation and presentation*. Edison Writing Center. <https://edisonwritingcenter.blogspot.com/2013/03/the-oreo-method-explanation-and.html>

Writing Classroom. (2019). OREO Strategy with Concept Mapping. <https://www.writingclassroom.org/wpcontent/uploads/2019/08/HowToUseOREOConceptMap.docx.pdf>