**Thesis**: A dog is the best pet.

**Reason #1-** Dogs help you live an active lifestyle.

**Support** #1- Dogs need a minimum of 30 active minutes a day, and so do you!

**Support Explanation #1-** The Mayo Clinic says, that the average person needs at least thirty active minutes a day. Having a dog will literally require that you get those thirty active minutes.

**Support #2-** Dogs allow you to be active in a variety of ways.

**Support Explanation #2-** Having a dog does not just confine you to your house for activity. You can take your dog to a park, camping, on the lake, to the beach, the possibilities are endless! Your dog can come with you to pet friendly events and take in a concert, enjoy people watching at an outdoor restaurant, or maybe even shopping!

Conclusion R#1- Having a dog as a pet enables you to be the healthiest you can be, ensuring that they truly are the best pet.

## 1<sup>st</sup> Example Paragraph (BARE MINIMUM; WHAT <u>NOT</u> TO DO) \*\*JUST PUTTING ALL OF THE SENTENCES FROM THE OUTLINE TOGETHER\*\*

Dogs help you live an active lifestyle. Dogs need a minimum of 30 active minutes a day, and so do you! The Mayo Clinic says, that an average person needs at least thirty active minutes a day to keep up a healthy lifestyle. Having a dog will literally require that you get those thirty active minutes. Dogs allow you to be active in a variety of ways. Having a dog does not just confine you to your home for activity. You can take your dog to a park, camping, on the lake, to the beach, the possibilities are endless! Your dog can come with you to pet friendly events and take in a concert, enjoy people watching at an outdoor restaurant, or even shopping at pet friendly stores. Having a pet enables you to be the healthiest you can be, ensuring that they truly are the best pet.

# 1<sup>st</sup> Example Paragraph (USES TRANSITIONS; DONE CORRECTLY) \*\*ADDING INFORMATION, IN TEXT CITATIONS, TRANSITIONAL WORDS AND PHRASES\*\*

Dogs help you live an active lifestyle. As a pet owner, your dog is going to need a minimum of thirty active minutes a day, and coincidently so do humans (Dogtime). In fact, the Mayo Clinic says, an average person should be physically active in some way for at least thirty minutes a day to keep up a healthy lifestyle (Laskowski). Having a dog will require you to get those thirty active minutes that you need! Their quality of care depends on your ability to be active. Once you begin the routine of being active you will realize that, dogs allow you to be active in a variety of ways. Therefore, having a dog does not just confine you to your house for activity. For example, you can

take your dog out to a park, camping, on the lake, to the beach, basically any outdoor activity! Also, if you research places in your local area, your dog can come with you to pet friendly events. Together you can take in a concert, enjoy people watching at an outdoor restaurant, or maybe even shopping! Given this information one can realize that, having a dog as a pet enables you to be the healthiest you can be, ensuring that they truly are the best pet.

**Reason #2-** Dogs provide you with a sense of emotional wellbeing.

**Support** #1- Dogs can be registered to provide you emotional support if you deal with certain mental health issues such as: anxiety, depression, bipolar disorder, panic attacks, and other psychological and emotional conditions.

**Support Explanation #1-** An emotional support dog is not meant to perform special tasks for someone with a disability like a service dog. Their only job is to provide emotional stability for their owner and unconditional love.

Support #2- Dogs have mood-boosting power that can be beneficial for everyone

**Support Explanation #2-** Dogs generally reduce stress and ease common stress issues such as hypertension. Playing with a dog can elevate levels of serotonin and dopamine, which calm and relax. Those over 65 have experienced 30 percent fewer visits to the doctor owning a dog.

Conclusion R#2- Having a dog leads you into a life that if more fulfilled and complete.

## 2<sup>nd</sup> Example Paragraph (BARE MINIMUM; WHAT <u>NOT</u> TO DO) \*\*JUST PUTTING ALL OF THE SENTENCES FROM THE OUTLINE TOGETHER\*\*

Dogs provide you with a sense of emotional wellbeing. Dogs can be registered to provide you emotional support if you deal with certain mental health issues such as: anxiety, depression, bipolar disorder, panic attacks, and other psychological and emotional conditions. An emotional support dog is not meant to perform special tasks for someone with a disability like a service dog. Their only job is to provide emotional stability for their owner and unconditional love (US Dog Registry)! Dogs have mood-boosting power that can be beneficial for everyone. Dogs generally reduce stress and ease common stress issues such as hypertension. Playing with a dog can elevate levels of serotonin and dopamine, which calm and relax. Those over 65 have experienced 30 percent fewer visits to the doctor owning a dog (Lawrence and Segal). Having a dog leads you into a life that is more fulfilled and complete.

## 2<sup>nd</sup> Example Paragraph (USES TRANSITIONS; DONE CORRECTLY) \*\*ADDING INFORMATION, IN TEXT CITATIONS, TRANSITIONAL WORDS AND PHRASES\*\*

Dogs provide you with a sense of emotional wellbeing. To begin with, dogs can be registered to provide you emotional support. For example, if you deal with certain mental health issues such as: anxiety, depression, bipolar disorder, panic attacks, and other psychological and emotional

conditions. However, an emotional support dog is not meant to perform special tasks for someone with a disability like a service dog. Their only job is to provide emotional stability and unconditional love for their owner (US Dog Registry). Not only do dogs give you unconditional love, but they also have mood- boosting power that can be beneficial for everyone. Even if you do not suffer from emotional conditions, dogs generally reduce stress and ease common stress issues such as hypertension. Therefore, playing with a dog can elevate levels of serotonin and dopamine, which calm and relax the body. For instance, those over 65 have experienced 30 percent fewer visits to the doctor in owning a dog (Lawrence and Segal). Having a dog leads you into a lifetime of fulfillment and complete emotional and physical health.

Reason #3- Dogs teach you basic life skills.

**Support** #1- Dogs require mass amounts of responsibility for their care. This allows you as the owner to learn the responsibility it takes to care for another living thing.

**Support Explanation #1-** Taking care of a pet teaches the importance of being reliable. The pet is counting on their owner to provide what they need, so it requires the owner to "show up" for them every day.

**Support #2-** Dogs teach you the importance of patience and consistency.

**Support Explanation #2-** General care for your dog takes time. House-breaking a puppy require mass amounts of patience and understanding. General training for your dog requires you to be consistent in the ways that you discipline and teach your dog how to behave.

**Conclusion R#3-** Having a dog sets you up to be able to lead a life that is geared towards success as it incorporates things that are essential to interact in the world.

# 3<sup>rd</sup> Example Paragraph (BARE MINIMUM; WHAT <u>NOT</u> TO DO) \*\*JUST PUTTING ALL OF THE SENTENCES FROM THE OUTLINE TOGETHER\*\*

Dogs teach you basic life skills. Dogs require mass amounts of responsibility for their care. This allows you as the owner to learn the responsibility it takes to care for another living thing. Taking care of a pet teaches the importance of being reliable. The pet is counting on their owner to provide what they need, so it requires the owner to "show up" for them every day (Williams). Dogs teach you the importance of patience and consistency. General care for your dog takes time. House-breaking a puppy requires mass amounts of patience and understanding. General training for your dog requires you to be consistent in the ways that you teach and discipline your dog. Having a dog sets you up to be able to lead a life that is geared towards success as it incorporates things that are essential to interact in the real world.

# 3<sup>rd</sup> Example Paragraph (USES TRANSITIONS; DONE CORRECTLY) \*\*ADDING INFORMATION, IN TEXT CITATIONS, TRANSITIONAL WORDS AND PHRASES\*\*

There are many thing that one can learn from having a dog, including basic life skills. For example, dogs require mass amounts of responsibility and reliability. In having a dog, this allows

the owner to learn the effort it takes to care for another living thing. Furthermore, it highlights the importance of being reliable. As the owner of this pet, it is their job to know that the pet is counting on them to provide what they need, and to "show up" for them every day. In addition, through this care you give your pet you will also learn patience and consistency. Whether it is house- breaking or general training for your pet patience is required to successfully teach and discipline your dog. Each of these essential units of care also requires you to be consistent. Not only do these things better set up your dog for success, but they also set up their owner for success as well. There are many real-world applications that reiterate the importance of responsibility, reliability, consistency, and patience. Therefore, in having a dog this will transcend to other relationships and allow that person to be geared towards success in life.

### **Counter Claim Example Paragraph**

Not everyone holds the same mindset that dogs are so beneficial and make the best companion. There are some that say that dogs are too high maintenance. They argue that dogs require a lot of attention and they are not independent animals. Although it is true that dogs require a lot of attention, it is the attention and time that you need to devote that makes a dog the pet that they are. Having a dog means that you will always have a companion to interact with. Dictionary.com defines a companion as, "a person who accompanies, assists, or lives with another person in the capacity of a helpful friend" (Companion). From this definition, we can see that there is an interaction needed in order for the companion to do what they are, by definition, meant to do. In contrast, having a fish, hamster, or even a cat requires much less interaction or even no interaction at all. Fish and hamsters simply need fed and their tank cleaned, and cats are quite temperamental with the interactions that they do have. Therefore, these animals do not fulfill the same level of companionship that having a dog does.

#### **Introduction:**

**Hook**: Protective, Adorable, Loving, Loyal—Man's/Woman's Best friend. Now I know what you are thinking: There is no way that any living thing could live up to all of those descriptions. But, you're wrong because DOGS DO.

### **Topic Introduction:**

- Dogs are the leading pet for any household in America.
- Over 84 million people in America own a pet. Of those 84 million, 43 million of them own a dog.
- That is nearly half of that population! Obviously, owning a dog is a popular trend here in the U.S.

**Thesis**: That is simply because, dogs truly are the best pet to own.

## Paragraph:

Protective. Adorable. Loyal, and loving. Man's/Woman's Best friend! All of these words are great attributes for anyone to have. They may even seem hard to live up to. But, you're wrong. Dogs

live up to this description every day! In general, owning a pet is a popular habit here in the United States. Statistics taken from the population found that of the 4 most common pets: dogs, cats, birds, and horses 84 million people in the U.S. own a pet. Of the 84 million that own a pet, 43 million own a dog (US Pet Ownership). That is nearly half of the pet owning population! As you can see, the numbers don't lie, and to put it simply, dogs truly are the best pet to own.

### **Conclusion**:

Thesis Reiteration: Dogs are the best pet to own

### **Closing Statements:**

- Now, many of you are not going to be able to run out and buy a dog today.
- I waited 17 years before I was able to get the dog that I wanted.
- The waiting is worth it!
- Do you wish to live a long, healthy, successful life? Do you want to be loved unconditionally? Then, owning a dog will give you all of that and so much more.

### Paragraph:

As I have stated throughout this speech, I believe (as I hope you do now) dogs truly are the best pet to own. However, many of you are not going to be able to go out and buy a dog today (if you don't already own one). But, you do not have to be sad that this may never happen to you. Personally, I waited 17 years to get the dog that I wanted. Every Christmas I asked for a Golden Retriever puppy. Every house we moved to I asked if that yard was big enough for a Golden Retriever. I watched my sister get fish after fish, cat after cat, and rabbit after rabbit. Then, 17 years later I was able to fulfill that dream for myself and have the wonderful privilege of owning Chance the Pupper. The best Golden Retriever there is. Do you wish to have this same happiness? Do you wish to live a long, healthy, successful life? Then, owning a dog will give you all of that and so much more.

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