Start with a general **area of interest**. One example is psychology.

*Can’t think of anything? Try browsing the content on the CQ Researcher or Points of View databases.*

Next, make a list of **subjects within that area**. For the psychology example, that could include: addiction, depression, psychoanalysis, etc.

Now, you will make another list, this one of the different **aspects of that topic**. For addiction, that could include: effects of dependence, addictive behavior, recovery, causes, impact on loved ones, etc.

From that **list of subjects**, choose just one **topic** to focus on for your project. Let’s choose addiction.

Lastly, you will choose the aspect of your topic that you want to research further and formulate a description of your topic. For our example, that could look like this: “The environmental causes of addiction are greater than the hereditary causes.” **This is the thesis statement.** It’s the argument that you are going to prove with evidence that you gather from your research.