

# Checklist: Narrowing Your Topic

**Directions:** Use this checklist to keep track of your activities as you narrow your topic. You can indicate whether you have completed a particular activity by placing an X in the left-hand column. You can also record your notes at the bottom of the checklist.

Done	Activity
<b>Identifying an Appropriate Conversation within Your Topic</b>	
<input checked="" type="checkbox"/>	1. What recurring ideas and information have you found?
<input checked="" type="checkbox"/>	2. What problems are discussed in your sources?
<input checked="" type="checkbox"/>	3. What similarities and differences have you found among your sources?
<input checked="" type="checkbox"/>	4. What agreements and disagreements have you found in your sources?
<input type="checkbox"/>	5. Have you noticed any gaps--anything that's missing--in the sources you've read?
<input checked="" type="checkbox"/>	6. How do the ideas and information you've found relate to your personal experiences and interests?
<b>Choosing a Conversation by Considering Your Research Writing Situation</b>	
<input type="checkbox"/>	7. How can a particular conversation help you achieve your purposes as a writer?
<input type="checkbox"/>	8. In what ways will joining a particular conversation help you sustain your interest in this project?
<input type="checkbox"/>	9. How will joining this conversation help you address your readers' needs and interests?
<input type="checkbox"/>	10. What limitations will you face if you attempt to join this conversation?
<input type="checkbox"/>	11. What opportunities could you take advantage of if you join this conversation?

## Notes:

- 1. Stress affects us physically and mentally.**
- 2. How stress affects the human body.**
- 3. Not all stress are bad.**
- 4. Some articles argues that stress is completely bad for you, while some say that some stress could be good for you.**
- 5.**
- 6. Stress are caused by a series of chemical releases. Stress symptoms and effects discussed in articles are similar to what I have experienced.**

