

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 → 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