

# Transitions

Transitions are words or phrases that help craft a 'move' within your writing. Transitions can help **guide readers** to understanding the move from one concept/idea to the next. When writing has a clear flow and transition between thoughts it is **cohesive** and **clear**.



## Why Are Transitions Effective?

**Signals a shift  
in tone/focus**

**Avoids repetition by  
using words to  
switch gears**

**Creating a flow of  
ideas that makes  
larger ideas easy to  
see**

## Kinds of Transitions

Transitions can function in different areas of your paper.

- **Syntactical Transitions:** Transitions at the sentence level. A connection of thoughts and concepts between sentences.
- **Paragraph Transitions:** Transitions at the paragraph level. A logical transition from one paragraph to another.



## Applying Transitions

Consider the following sentences and notice how transitions can help clarify ideas.

### Sentence Level

Sleep is crucial to ensuring the body remains sharp and aware, it can enhance your immune system to fight off sickness.

Sleep is crucial to ensuring the body remains sharp and aware. For instance, sleep can enhance your immune system to fight off sickness.

### Paragraph Level

Scientific data has proven that many animal experiments have led to immense medical breakthroughs.

On the opposing side of the debate, scientific data has proven that many animal experiments have led to immense medical breakthroughs.

## Transitional Words/Phrases Examples

Transitions can serve different purposes. While there are extensive lists of transitional phrases, consider the following examples listed on page 2:

# Transitions (continued)

## Addition

- Additionally
- In addition
- Therefore
- Thus
- Furthermore
- Moreover
- Further
- Also

## Contrast

- In contrast
- But
- Rather
- Yet
- Conversely
- On the other hand
- However
- Nevertheless

## Order

- Following
- At this time
- Firstly/Secondly/Thirdly
- Lastly
- Finally
- First and foremost
- Then
- Meanwhile

## Emphasis

- Obviously
- Unquestionably
- Particularly
- Specifically
- Namely
- Importantly
- Crucially
- Necessarily

## Concession

- Although
- Admittedly
- However
- Even so
- In spite of
- Regardless (of)
- Granted
- Whereas

## Consequence

- Consequently
- Hence
- Due to
- Therefore
- As a result
- Accordingly
- For this reason
- As a result

## Summary

- To summarize
- With this in mind
- Overall
- Ultimately
- Thus
- Therefore
- In short
- Briefly

## Example

- For example
- For instance
- To illustrate
- To demonstrate
- Namely
- Specifically
- Notably
- Markedly

## Time

- Sequentially
- Chronologically
- Immediately
- Simultaneously
- Contemporaneously
- Previously
- Eventually
- Concurrently

## Sample

**While** (1) social media use can be beneficial, many studies demonstrate the harmful effects that usage can have on mental health. **Notably** (2), a study on university-age students found that excessive use increases sleep disruptions and social isolation. **Therefore** (3), the more students experienced sleeping difficulties and feelings of loneliness, the more their academic performances suffered. **Overall** (4), the drawbacks of social media usage outweigh the good.

**1 Comparison**

**2 Example**

**3 Consequence**

**4 Summary**