### What-Why-How Graph

This tool will assist you in developing a paragraph and expressing your opinion. Use the prompt below to express yourself in written form. Answer each of the questions below. Using this information, write a paragraph on the back of this sheet or on your own paper.

**Prompt:**

<table>
<thead>
<tr>
<th>What?</th>
<th>Why?</th>
<th>How?</th>
</tr>
</thead>
</table>
| **What do you think?**  
This is your opinion. | **Why do you think it?**  
These are reasons for your opinion. | **How do you know?**  
This is your evidence or examples of your opinion. |

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The Use of Technology in Counseling and Mental Health  
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