A transition lets your audience know that you have finished speaking about one thought, and are about to move onto a related, but different thought or idea.

It is a good idea to use transitions in the following places:
- After your introduction and before your first main point
- Between each main point
- Between sub-points when needed
- After your final point and before your conclusion

If you are in doubt about using a transition, you may want to ask yourself the following questions:
- Does my transition summarize the preceding point?
- Does my transition establish a logical relationship between my preceding idea and the one that follows?
- Does my transition preview my next point?

If your transition does not do these things, then you will want to consider using a different or improved transition.

Here are some “trigger” words and phrases:

- Furthermore
- Moreover
- Therefore
- However
- Consequently
- Notice that
- In addition to
- Looking further
- In view of these facts
- In the first (second) place
- Let us now turn to
- On the other hand
- Similar to this is
- In contrast to
- More important than
- All these are
- Now consider
- Although

These “trigger” words can be used to start a transition. Consider the following examples of effective transitions:

I have just shown you why it is important to vote. However, you need to know more than just why you should vote, so I am now going to tell you how to register.

Now that I’ve explained why you should eat healthy foods while in college, I’d like to turn your attention to some popular and easy diets.