The expression “as follows” is used to introduce a list or description.

**Examples:**

My development goal is as follows:

Our three specific aims are as follows:

What punctuation should follow “as follows”? A colon is common when presenting a list, as in the examples above. A period is sometimes used when “as follows” introduces a description that involves multiple sentences. In both cases, the text that precedes the punctuation mark (colon or period) must be an independent clause (i.e., it could stand alone as a complete sentence).

**Example:**

The surgery was performed as follows.

Notice that the expression is always written “as follows” (rather than “as follow”), regardless of whether the subject of the sentence is singular or plural.

**Example:**

My ducklings’ names are as follows: Eeny, Meeny, and Miny.