Analysis of Personal Narrative

Part One: Personal Narrative (500 words, 35 points)

Write a detailed narrative about an important experience you had as a patient or consumer in the area of health and wellness. Be sure to focus on a SPECIFIC experience.

Your task is to RE-CREATE the experience for your audience by providing plenty of details about what happened.

Examples for brainstorming:

- A visit to the doctor, dentist, chiropractor, or other health care professional
- Hospitalization
- Alternative medicine or treatments
- An exercise/fitness routine
- Physical therapy
- A special diet
- Overcoming addiction
- ____________________
- ____________________
- ____________________

Part Two: Analytical Essay (800 – 1,000 words, 65 points)

Based on your personal narrative from Part One, what generalizations can you make about one or two specific elements of health and health care? Think: What is the moral of my story? The answer to this question will become the thesis of your essay. In the body of your essay, you will use the details of your narrative as evidence to support your thesis.

Examples for brainstorming:

- **What did you learn** from the experience about your own health?
- About the qualities that health care providers should possess?
- About myths or misinformation surrounding a particular aspect of health and wellness?
- About improvements that should be made in the way health care is provided?
- ____________________
- ____________________
- ____________________
- ____________________