Sample Pre-Drafting Assignment Two

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# Sample One: Argument

By Grace Kheireddine, Winter 2021, Shared with permission

## Unit 6

### Item 1 (Summary)

“The time for action is now…” (*Sheridan Sun*, 2020), an opinion piece written by Ramona Leitao, discusses the ongoing mental health crisis in Ontario—and argues about the lack of government involvement. Leitao (2020) contends that although mental health in the province is worsening, there has been little initiative on the behalf of the government in combatting the ongoing crisis. To corroborate her main argument, Leitao (2020) references a variety of statistics that highlight many important indicators of mental health in the province—including those that report worsening mental health during the pandemic, and a significant increase of mental health-related emergency room visits. Moreover, Leitao (2020) provides an anecdote regarding her struggles with mental health and highlights the privilege of being able to access mental health services—something she says that many Canadians don’t have. Leitao (2020) concludes the opinion piece by re-iterating her main argument, which is that the provincial government must step up immediately and begin to adequately address mental health in Ontario.

### Item 2 (Exploration)

“The time for action is now…” (*Sheridan Sun*, 2020) written by Ramona Leitao provides the reader with many statistics and other forms of data throughout the article that help to substantiate her main conclusion—which holds that the government of Ontario must take more action with regards to deteriorating mental health in the province. Leitao’s (2020) references come from many reliable sources, including Toronto’s Centre for Addiction and Mental Health and numbers from Statistics Canada as well that represent the ongoing mental health crisis. Additionally, Leitao’s (2020) argument is fair-minded as she acknowledges that the Ontario government has proposed more mental health funding in the past—however—she still believes that more action is necessary to alleviate this crisis. Moreover, all of Leitao’s (2020) premises are linked together in a coherent fashion that supports her main conclusion. For example, she begins the opinion piece with evidence proving the severity of the mental health crisis—then explains her personal experience and struggles—and finally wraps up by using the aforementioned information to conclude that government support is inadequate, and thus action must be taken.

Leitao (2020) makes the argument that increasing mental health funding and government support would help alleviate the burden of the mental health crisis in Ontario. Although this is generally a fair argument to make, there is an assumption behind this statement that is important to identify and discuss. Leitao (2020) makes the unstated assumption that more support from the government with regards to mental health would help increase the uptake of counselling services, and thereby alleviate the crisis. This assumption is valid to make, given that increased financial support from the Ontario government would likely make mental health services more available and accessible for many citizens. However, it is important to note that such initiatives may still not reach some people for a wide variety of reasons—including stigma, continued lack of affordability, systemic inequities, and so forth.

### Item 3 (Skepticism/ Questioning)

Leitao (2020) talks about the mental health crisis in Ontario from a reasonable perspective—namely, she says that the pandemic is aggravating the formerly-neglected dilemma and proposes that the government takes more initiative regarding mental health. Although more provincial support is a step in the right direction, there are also other ways to view the issue and expand on how we can address mental health in Ontario. As Leitao (2020) states herself, “We know that the mental health crisis has been prevalent for a while…we need to act now.” This statement, along with the general rhetoric of her opinion piece is true, and I believe taking those ideas and incorporating them into a larger, more comprehensive plan would ultimately be beneficial for everyone.

Firstly, it is important to mention that many may avoid counselling services not because of a lack of availability, but rather societal and/or cultural stigma that hinders people from seeking the help that they need. This would have to be addressed in a broader plan, one that perhaps goes beyond increasing the availability of mental health services—but rather seeks to also improve the public’s general awareness of such issues and stigmas. Additionally, improved provincial financing for mental health may increase the availability of services for some, but ultimately this will still be out of reach for many—due to reasons such as systemic inequities, inadequate health coverage, and so forth. Leitao (2020) does address health disparities to a degree, as she mentions that “the unfortunate reality is that many people in Canada are not in as privileged of a position as I am.” Conclusively, we can take Leitao’s (2020) proposition that recognizes the high cost of mental health therapies and expand on that to ensure that we are not just increasing the availability of these services—but also the accessibility.

**References**

Leitao, R. (2020, November 24). OPINION: The time for action is now: Mental health in Ontario can no longer be on the back burner. *Sheridan Sun.* http://sheridansun.sheridanc.on.ca/2020/11/24/opinion-the-time-for-action-is-now-mental-health-in-ontario-can-no-longer-be-on-the-back-burner/

## Unit 7

Locate Sources

1. List a minimum of **FOUR** sources that will be relevant and useful to your critique. For each source, identify the *title*, *author*, *type of source* (e.g. newspaper article), *publisher, date*, and *URL*. You are encouraged to choose a variety of source types, at least TWO of which must be academic/ peer-reviewed.

Source #1

* Title: The alarming state of mental health among youth and children
* Author(s): Rempel, B.
* Type of source: Newspaper article
* Publisher: *Niagara Fall Reviews.*
* Date: (2021, January 26)
* URL: [*https://tinyurl.com/273evca8*](https://tinyurl.com/273evca8)

Source #2

* Title: Experts warn of pandemic’s deepening impact on mental health as caseloads rise
* Author(s): Thibedeau, H.
* Type of source: Newspaper article
* Publisher: *CBC News.*
* Date: (2020, December 17)
* URL: <https://www.cbc.ca/news/politics/pandemic-lockdowns-mental-health-suicide-1.5845803>

Source #3

* Title: The mental health status of ethnocultural minorities in Ontario and their mental health care
* Author(s): Grace, S. L., Tan, Y., Cribbie, R. A., Nguyen, H., Ritvo, P., & Irvine, J.
* Type of source: Academic journal/ peer-reviewed
* Publisher: *BMC Psychiatry*
* Date: (2016)
* URL: <https://tinyurl.com/v884vxra>

Source #4

* Title: Service provision for depressed children and youth: a survey of the scope and nature of services in Ontario.
* Author(s): Watson, P., Mehra, K., Hawke, L. D., & Henderson, J. (2019).
* Type of source: Academic journal/ peer-reviewed
* Publisher: *BMC Health Services Research*
* Date: (2019)
* URL: <https://tinyurl.com/4tzdtxry>

Source #5 (optional)

* Title: Access to mental health services a growing problem in Canada
* Author(s): N/A
* Type of source: Video
* Publisher: Global News/ YouTube
* Date: (2019, October 3)
* URL: <https://www.youtube.com/watch?v=Ax-h2Mi1GJE>

## Unit 8

### Annotated Bibliography

### Note that this sample annotated bibliography would have been submitted as a separate, stand-alone document and is based on **three** of the sources located above.

Global News. (2019, October 3). *Access to mental health services a growing problem in Canada.* [Video]. YouTube. https://www.youtube.com/watch?v=Ax-h2Mi1GJE

This YouTube video published by Global News (2019) analyzes the growing inaccessibility of mental health services in Canada, as the wait times for such therapies are increasing—while anxiety and depression are also on the rise. Speakers from the Canadian Mental Health Association and the Mental Health Commission of Canada make appearances during the video to discuss this developing issue, and also advocate for increased mental health funding (Global News, 2019). This video provides context for the issue that Leitao (2020) discusses in her opinion piece. Leitao (2020) argues that the general state of mental health in Ontario is on the decline—and that the government’s lack of adequate support must be confronted with policy change in order to mitigate the consequences of worsening psychological well-being. The statistics and data that Global News (2019) provide corroborate the overall rhetoric of Leitao’s (2020) opinion piece and shed some light on the severity of inaccessibility in the province and country.

Grace, S. L., Tan, Y., Cribbie, R. A., Nguyen, H., Ritvo, P., & Irvine, J. (2016). The mental health status of ethnocultural minorities in Ontario and their mental health care. *BMC Psychiatry, 16* (47). https://tinyurl.com/v884vxra

Grace et. al (2016) conducted a cross-sectional study that compared the various aspects of psychosocial well-being—including social support, stress, and symptoms of depression and/or anxiety—between different ethnocultural and racial groups in Ontario. Grace et. al (2016) concluded that disparities and inequities in the health care system are evident as ethnocultural minority groups appeared to suffer from greater levels of mental distress than white Ontarians. This study brings a new perspective to the issue that Leitao (2020) wrote about, as she briefly discussed inequalities in mental health services but did not elaborate exactly where those disparities originated from. The information that Grace et. al (2016) found regarding ethnocultural mental health in the province can be coupled with Leitao (2020)’s proposition of increased mental health funding—to create a plan that is comprehensive and effective for all.

Thibedeau, H. (2020, December 17). Experts warn of pandemic’s deepening impact on mental health as caseloads rise. *CBC News.* https://www.cbc.ca/news/politics/pandemic-lockdowns-mental-health-suicide-1.5845803

In this article, Thibedeau (2020) discusses the impact of the coronavirus pandemic on the mental health of Ontarians and particularly highlights the struggle of those who own businesses and have been suffering as a result of the lockdown. Thibedeau (2020) includes statistics from the Canadian Mental Health Association and the Canadian Federation of Independent Businesses that illustrate the deteriorating mental health and the growing number of struggling businesses in the country, respectively. The data that Thibedeau (2020) provides is especially relevant to Leitao’s (2020) main idea, as it further demonstrates the urgent need for more action from the government regarding the mental health crisis in Ontario. Leitao (2020) argues that the government is not doing enough to combat this crisis, and the statistics that Thibedeau (2020) cites shows that it is indeed a significant dilemma that has not been adequately addressed—which is at the core of Leitao’s rhetoric.

# Sample Two: Narrative

By Anonymous, Winter 2021, Shared with permission

## Unit 6

### Item 1 (Summary)

The article “The Day His Journal Went Blank: Modern Love” by Annabelle Allen

published by the New York Times is about the author’s father who is dealing with Alzheimer’s. Allen mentions the difficulties individuals might face when a parent or loved one has acquired this disease and the limitations this could bring to their life. Allen herself experienced and made difficult decisions to accommodate her father’s illness. Because of this she had more responsibilities and a lack of freedom. She also states, how most can feel disconnected from these ill individuals. In the author’s case, she tries to reconnect with her father through his journals, trying to understand the person he once was since he no longer remembered. Allen states that although rummaging through your loved one’s past can provide closure, it can also provide false hope. She states that once you know someone’s vibrant past self-it’s hard to compare that to the fading person sitting in front of you.

### Item 2 (Exploration)

1. Many individuals have loved one’s who suffer from Alzheimer’s disease. The author by writing about her father’s illness can shed light on how these individuals live in their day to day lives. The author by presenting her own struggles and emotions can make

individuals who are in the same position feel less alone. Allen struggles with her own

identity and also tries to understand her father’s past. Some of these individuals might

want answers, some might be afraid of losing their parent/loved one and some might

struggle with the fact that the person they once knew is gone. People who have family

who suffer from this disease can relate and understand to what the author is going

through. The author shares how she gave up a lot to help her family and some might

know the hardships of having to put their life on hold to help someone they love.

2. Allen makes the assumption that anyone associated with someone with this disease has to risk everything and put their life on hold. However, that is not the case for everyone. Some people might not be close to their families and therefore not be concerned with their family members who suffer from Alzheimer’s. The author chose to help her father, but some individuals could send their loved ones to a special home instead of actively taking care of them on their own. Allen also makes it seem as if all individuals’ experience with this disease is the same and as troubling as her father’s. However, not all Alzheimer’s cases are the same, some could have less severe cases and it isn’t always a bad experience. In the overall representation of the article, the author doesn’t provide much hope to those with ailing parents. She makes it seem as if these individuals are miserable and being held back from living their life.

### Item 3 (Skepticism/ Questioning)

After Allen’s father was diagnosed with Alzheimer’s, she thought she had lost her father.

While trying to understand his past self she lost sight of who he currently was. She

wished the same man in front of her was the same as she read in the journals. When

reading the last page in her father’s journal, “she felt afraid of how much he had lost and

would continue to lose” Allen (2021). Instead of embracing who her father had become,

she was “in denial and didn’t want the journaled version of her father to be over” (Allen,

2021). She didn’t try to understand the man sitting next to her and in doing so, also

disregarded the current ways he showed his love and affections. Although it wasn’t in the same way, her father would always find a way to show her and his family how much he cared through his simple actions. When asked how much he loved her mom he answered One quart…” (Allen, 2021). These simple yet powerful words indicate that her father is still capable of expressing some affection and love. The author should stop trying to recapture her dad’s past self and instead should start appreciating him for all that he is in the present moment.

## Unit 7

### Locate Sources

1. List a minimum of **FOUR** sources that will be relevant and useful to your critique. For each source, identify the *title*, *author*, *type of source* (e.g. newspaper article), *publisher, date,* and *URL*. You are encouraged to choose a variety of source types, at least TWO of which must be academic/ peer-reviewed.

Source #1

* Title: The odd encounter that pulled dad out of his Alzheimer’s fog
* Author(s): Stock, D.
* Type of source: Newspaper article
* Publisher: *The Globe and Mail*
* Date: (2019, October 22)
* URL: <https://www.theglobeandmail.com/life/first-person/article-the-odd-encounter-that-pulled-dad-out-of-his-alzheimers-fog/>

Source #2

* Title: Holding fast, letting go
* Author(s): Walton, M.
* Type of source: Newspaper article
* Publisher: *The New York Times*
* Date: (2010, March 12)
* URL: <https://search-proquest-com.ezcentennial.ocls.ca/docview/2219064392/F29D44E1B79B46AAPQ/7?accountid=39331>

Source #3

* Title: Social Problems of Alzheimer Patients and Their Family Members
* Author(s): Verulava, T. et. al.
* Type of source: Academic journal/ peer-reviewed
* Publisher: *Home Health Care Management and Practice*
* Date: (2018, May 17)
* URL: <https://journals-sagepub-com.ezcentennial.ocls.ca/doi/full/10.1177/1084822318775703?utm_source=summon&utm_medium=discovery-provider#_i8>

Source #4

* Title: Analyzing conditions for recognizing pictures of family members in a patient with Alzheimer’s disease
* Author(s): Brograd-Antonsen, A., Arntzen, Erik
* Type of source: Academic journal/ peer-reviewed
* Publisher: *Behavioral Interventions*
* Date: (2019, January 4)
* URL: <https://onlinelibrary-wiley-com.ezcentennial.ocls.ca/doi/full/10.1002/bin.1655>

Source #5 (optional)

* Title: How to meaningfully reconnect with those who have dementia
* Author(s): Basting, A.
* Type of source: Video
* Publisher: www.Ted.com
* Date: (2020)
* URL:<https://www.ted.com/talks/anne_basting_how_to_meaningfully_reconnect_with_those_who_have_dementia/transcript>

## Unit 8

### Annotated Bibliography

### Note that this sample annotated bibliography would have been submitted as a separate, stand-alone document and is based on **three** of the sources located above.

Basting, A. (2020, March). How to meaningfully reconnect with those who have

dementia. (Video File).

https://www.ted.com/talks/anne\_basting\_how\_to\_meaningfully\_reconnect\_with\_those\_who\_have\_dementia/transcript

In the Ted Talk, *How to meaningfully reconnect with those who have dementia,* the guest speaker Anne Basting, talks about ways people can connect with individuals who have dementia and Alzheimer’s. Basting walks the audience through her experience with some of these individuals and mentions which types of questions are appropriate to ask without demeaning the individual. She states how “beautiful questions” are open ended questions with no right or wrong answer. Instead of words, these individuals express themselves in different forms of art. Lastly, Basting, talks about her mother who also suffers from Alzheimer’s and how she approached the situation. This relates to the research driven essay because it shows a way to communicate with those who have Alzheimer’s and dementia without creating shame or isolation towards the individual.

Stock, D. (2019). The odd encounter that pulled Dad out of his Alzheimer’s fog. *The*

*Globe and Mail*.<https://www.theglobeandmail.com/life/first->

person/article-the-odd-encounter-that-pulled-dad-out-of-his-alzheimers-fog/

In this article “The odd encounter that pulled Dad out of his Alzheimer’s fog” published by *The Globe and Mail,* Deborah Stock, talks about a simple encounter she and her father- who suffers from Alzheimer’s had. She and her father were in a medical clinic and a woman across from them starting singing Celine Dion’s My heart will go on. The author mentions her thoughts in those moments and mentions how Alzheimer’s had affected her father over the years. She states, that although this disease can be hard to live with for those experiencing it firsthand and for those there to witness it, the positive side to it is being able to see a brand-new side of the individual. The author got to see her father sit silently in awe due to this woman’s singing- a new side of her father she had never witnessed. This relates to the research driven essay because it shows the small, albeit positive side to Alzheimer’s. This portrays that even though these individuals have lost their past memories, the ability to stay in the moment and be present with them is possible.

Walton, M. (2010). Holding fast, letting go. *The New York Times*.

[https://search-proquest-](about:blank)

com.ezcentennial.ocls.ca/docview/2219064392/F29D44E1B79B46AAPQ/7?accountid=39331

In the article “Holding fast, letting go” published by *the New York Times*, the author, Matt Walton talks about the regrets, anger, and guilt he feels towards his mother after she passes away from Alzheimer’s. The author takes the readers into his past and dives deep into the emotional trauma he experienced. He mentions that while he was a teenager, his mother had mental health issues and made several attempts to commit suicide which resulted in her being in a mental institution. After mentioning his past, Walton talks about the path his life took during adolescence and how his relationship with his mother changed. This relates to the research driven critique because it shows another person’s experience and struggles with a loved one who has Alzheimer’s. This article displays the regrets an individual feels after losing a loved one and notes that time with them is precious.