Unit 3: Choosing a Genre and Mentor Text

I'd like to share my research with the general public. The genre I feel will best display my research is a listicle.

MENTOR TEXT:
https://www.verywellhealth.com/morning-sunlight-exposure-3973908

ANNOTATIONS:
- The writer uses bullet points describing sunlight along with a summary going over what's listed. If you click on the link and scroll to the "Light Therapy" section you will find exactly what I'm talking about.

  " Light therapy, also called phototherapy, has been studied in relation to numerous medical conditions, including:[2]

  Insomnia
  Circadian rhythm disorders
  Dementia and Alzheimer's disease
  Parkinson disease
  Depression
  Post-traumatic stress disorder (PTSD)
  Seasonal affective disorder (SAD)"

TRAITS FOR MY SOURCE:

- I would consider the overall read of this source to be a relatively light read. The writer uses short paragraphs to get his/her points across and includes lots of short and to the point bullet points to help a reading with not too much time still understand what the article is about
- This source didn't use much imagery since its a listicle.
- This source is written in a point of view that tries to show how good sunlight can be for the body. So overall a positive piece.
- The writer tries to keep this piece as informative as they can

- The tone and purpose is positive and informative.
- The author organizes this writing by starting with some short paragraphs about sunlight and uses bullet points for the reader to absorb the information better.
- "Morning production of the stress hormone cortisol". This quote is just one simple example of how the author uses short and concise bullet points for the reader to absorb the information in short and simple ways. The author uses lots of bullet points with all kinds of information regarding sunlight and its benefits throughout the listicle.