

**PERSONAL NARRATIVE ESSAY**  
**Now and Then Brainstorm**

**FRESHMAN YEAR**

<b>BEHAVIOR OR THOUGHT</b>	<b>THOUGHT</b> What I thought was...	<b>BEHAVIOR</b> How I behaved was...	<b>SPECIFIC EXAMPLE OF ONE</b>
<b>SCHOOL</b>			
<b>FRIENDSHIPS</b>			
<b>FAMILY</b>			
<b>MUSIC</b>			
<b>EXTRACURRICULUAR ACTIVITES</b>			
<b>THE ENVIROMENT</b>			
<b>TECHNOLOGY</b>			
<b>SOCIETY</b>			
<b>POLITCS</b>			
<b>THE FUTURE</b>			

**JUNIOR/SENIOR YEAR**

<b>BEHAVIOR OR THOUGHT</b>	<b>THOUGHT What I thought was...</b>	<b>BEHAVIOR How I behaved was...</b>	<b>SPECIFIC EXAMPLE OF ONE</b>
<b>SCHOOL</b>			
<b>FRIENDSHIPS</b>			
<b>FAMILY</b>			
<b>MUSIC</b>			
<b>EXTRACURRICULAR ACTIVITIES</b>			
<b>THE ENVIRONMENT</b>			
<b>TECHNOLOGY</b>			
<b>SOCIETY</b>			
<b>POLITICS</b>			
<b>THE FUTURE</b>			

## Before/After Outline

**TOPIC:** *Identify the aspect of you/your character that you have chosen to explore? Think back to your freshman year of high school. How did you think and behave then, and how is that different from now?*

1. **BEFORE** *Describe the way you used to behave and think.*
  - a. **First Example** *Name a specific way you used to think or behave*
  - b. **Second Example** *Name a specific way you used to think or behave*
  - c. **Third Example** *Name a specific way you used to think or behave*
  
2. **CATALYST/EVENT** *Describe the catalyst that inspired the change in you/your character.*
  - a. **First Example** *Name a specific way you think or behave now*
  - b. **Second Example** *Name a specific way you think or behave now*
  - c. **Third Example** *Name a specific way you think or behave now*