Example of a good critical paragraph

The characteristics of individuals who choose healthy lifestyles are extremely important to the overall understanding of positive health behaviors. A variety of protective factors has been associated with positive health behaviors and practices, including connectedness to family, school and peers, as well as higher self-esteem (Ghassemi and Mansour, 1990; Yarcheski, Mahon and Yarcheski, 1997; Zeitlin, Anteghini et al., 2001). Additionally, recent studies have demonstrated the co-occurrence of health-promoting behaviors (Kulbok and Cox, 2002). Understanding health behaviors of teens requires consideration of many personal and social environmental factors, including the family and school context as well as individual characteristics (Battistich and Hom, 1997; Centers for Disease Control and Prevention, 1998; Neumark-Sztainer, 1999). It may be possible to identify both youth who choose positive health behaviors and the correlates to such activities. Identifying characteristics of adolescents who make positive health choices could improve the ability of health professionals to target at-risk youth, develop innovative preventive strategies, support inherent strengths, and ultimately, modify negative health behaviors.


This paragraph has a clear What (in red), Evidence (in orange) and Do (in blue). Remember, it is not always necessary to have an Example.