TOPICS

Obviously there are an unlimited number of topics for segmented or mosaic essays. The following list is merely suggestive. See the themes handout for other topics.

Mother

Father

Grandparents

Siblings

Ancestors

Other family members

Friendships

Mentors

Places you’ve lived

Your body

Love/lovers/relationships/dating/falling in love

Death

Mistakes you’ve made/lessons learned

Childhood

Aging

Significant places you’ve visited

Animals/pets

Embarrassing moments

Jobs you’ve had/work experiences

Influential art/literature/film/music/television

Race/culture/ethnicity

Health challenges

Regrets

Your most important values

Spiritual/religious experiences

Sports/hobbies/games

Meaningful objects you have collected

Food/cooking/eating

Personal growth/learning/individuation

Holidays and traditions

Influential moments in history you’ve lived through

Passions/obsessions

Mental health challenges

How your views about \_\_\_\_\_\_ have changed over time