1.

**Weekly Summary Scaffold**

*First few weeks:*

Please use the space provided to write a detailed summary of this week’s assigned reading. Remember to include a correctly punctuated **formal introduction** including all the information an uninformed audience – someone who is not in this class – will need if they are to get the main idea of the reading.

*After the 4th week or so:*

Please use the space provided to write a detailed summary of this week’s assigned reading. Remember to include a correctly punctuated **formal introduction** including all the information an uninformed audience – someone who is not in this class – will need if they are to get the main idea of the reading. **Use at least one correctly punctuated quotation from the assigned text and be sure to include an in-text citation.**

|  |
| --- |
| **10/13 points possible:**  Formal Introduction (4):  Punctuation/Grammar (2):  Main idea (4):  Quotation (3)  **Total:** |

2.

**SWA: Mindsets Summary and Reflection**

For this short writing, write one well-organized paragraph summarizing Carol Dweck’s article “Brainology,” and another one using reflection to apply her ideas to your own experience with learning and education.

**SW B: Keystone Habit and Your Brain**

Write a short exploration of a keystone habit, either a good habit that holds together your best habits and patters, or a bad habit that supports a series of other habits you would like to change. In other words, identify one habit in your life that is connected to other habits. For example, going to bed too late (you can’t use this one!) might cause you to oversleep in the morning and miss breakfast, be sleepy in class, have a bad workout at practice, and make you cranky around your friends. That means that one bad habit could affect your nutrition, your schoolwork, your fitness, and your personal relationships. In turn, each of these problems could create other habits – eating on the go, sleepiness during class, sluggishness at practice, offending friends, and so on.

Your job is to examine your own habits and find one that is linked to others. Describe cause and effect relationships – a series of habits – in which one habit starts a chain of consequences. The next step is to explain how your brain creates and stores your habit by summarizing and paraphrasing the science described in Charles Duhigg’s chapter of *Power of Habit*.

Thus, your paper should have two parts, a claim about your own personal keystone habit, and a summary of the relevant brain science.

Since you will be paraphrasing the work of Duhigg, this short writing will require a Works Cited page. You should also use at least one quotation – correctly punctuated and cited in your essay.

**SWC: Nature Deficit Synthesis**

Humanity’s relationship with nature is changing. This has consequences for our mental health, our productivity, and our communities.

Take up this topic in a short essay of at least four (4) paragraphs establishing and supporting a point made by considering two articles, one of your choice (found through library research) and one assigned in class, “Reconnecting to Nature in the Age of Technology” by Richard Louv.

Your four paragraphs should include:

* An introductory paragraph establishing the clear point you plan to make.
* one lengthy, detailed summary of each article
* one paragraph **synthesizing** the main ideas of the two articles you consider
* at least two quotations from each source (total of 4)
* a Works Cited page

You will need to use the library and its databases to find the second article you plan to use in this essay.