

## English 100 – Essay #1 Guidelines

### Creating Good Habits

Habits of Mind Objectives Used:

**Focus, Advance, Link Up, Comprehend, Organize, New Ideas**

Dates:

**15 January: Prewriting on Canvas**

**29 January: Revised draft and mini conference in class**

**31 January – 2 February: Peer review on Canvas**

**3 February: Final draft due, submit electronically to Canvas Assignments by 11:59 PM.**

Creating good habits and sustaining them can be a little tricky. Changing habits that are no longer as beneficial is more difficult – especially in times of stress. When the pressure is on, individuals often turn to previous habits because they've worked before, they don't require a lot of extra thought or effort, and they are familiar. For this unit we are going to explore idea of how to create and maintain good habits, or change existing ones, that will be beneficial for students. We are going focus primarily on the how - process and the result, not the whys. Finally, think about the benefits received and the effort needed to continue working on habits.

**Identify a good habit for students to have. Explain how to create and maintain that habit and the impact that habit will have in their academic and working lives.**

Come up with your opinion on this topic, but present it in third person point-of-view – from an academic stand point. Please use scholarly journals, newspapers (from the list), or peer reviewed articles to support your argument. Wikipedia is not an acceptable resource. This is a pretty vague topic. It is up to you to narrow and focus your argument. Please be specific in your topic and support one side in your argument.

Please support your paper with at least four in-text citations from at least four different sources and there needs to be a works cited page at the end of your essay. Please have your essay in MLA format.

A successful essay will include the following:

- Thesis statement including a claim, reasons, and a counterpoint
- Topic sentences with specific supporting details
- Guidelines followed
- Organized and focused
- In MLA format

- In Standard Formal English
- Third person point of view
- Scholarly Journals, Newspaper articles from acceptable sources, or Peer Reviewed articles that will support your argument (NO Wikipedia)

Have fun with this essay, take this opportunity to explore and learn something new. Use concrete and specific language in your writing. **Focus** on your essay's **Organization** and incorporate **New Ideas**/risks in your writing. Your essay is to be 6 – 8 pages (at least 2,000 words), Times New Roman, 12point font, one-inch margins, and double-spaced. You must have at least four, but no more than eight in-text citations and a works cited page. The works cited page doesn't count toward the page count. If you have any questions, comments or concerns please **Link Up** with me or a group member. Good Luck!

Readings:

Urban "Inside the Mind of a Master Procrastinator"

Cox "College Fear Factor Chapter 2"

Dweck "Brainology"

Gladwell "Outliers – Chapter 2"

Duhigg "Power of Habit – Chapter 3"