

Spring 2024 First-Year Seminar [REDACTED] — Keep, Quit, Start Essay #2

1. For the **final essay**, review your Keep, Quit, Start Essay 1 and note changes you’ve made in **academics, co-curriculars, and living in community** since the start of the semester (Essay #1) or the academic year. As you think about next year, what is something you want to **keep or quit** and also something to **start** in each of these areas? This might be based on what you have already articulated or something new.

- **Keep:** What did you do this semester that worked? What things did you do, when doing your homework, attending class, discussing in a small group--that you want to be sure to do again? Think about specific (and often small) things that you did that worked and explore WHY it worked for YOU. What are the action steps you will need to take in order to keep this practice/habit?
- **Quit:** What do you keep doing which DOES NOT WORK? Think about specific times where you did this action and suffered a negative consequence. What could you do to prevent yourself from doing this going forward? What are the action steps you will need to take in order to quit this practice/habit?
- **Start:** What do you see peers around you doing that you want to try? What has prevented you from doing this thus far? What do you think will be the advantage to doing it this way? What are the action steps you will need to take in order to start this practice/habit?

2. Write about how this course may have impacted your “Keep, Quit, or Start” choices in each of these three areas: **excelling at academics, participating in co-curriculars, and living in community.**

Formatting

- Use 12-pt sans-serif font (Arial, Calibri, etc.), double spacing, and 1-inch margins.
- Use the headings: Academics, Co-Curriculars, and Living in Community.
- Insert page numbers in the header or footer.
- There is no page expectation or limit; make sure that you address all the questions thoroughly.
- Include your name, date, class name, and assignment name in the top right corner, single-spaced
- **Complete the self-assessment rubric below prior to submitting your essay.**

How It’s Scored – 30 points

Complete This Self-Assessment Rubric Before You Submit

Criteria: Standards for the Essays (3 pts each criterion)	Rate Yourself Using a Likert Scale Where 0=Not Present and 3=Present
Choose something specific to keep or quit for academics . Explain why you wish to keep or quit it and the steps you will take to do that.	
Choose something specific to start for academics . Explain why you wish to start it and the steps you will take to do that.	
Choose something specific to keep or quit for co-curriculars . Explain why you wish to keep or quit it and the steps you will take to do that.	
Choose something specific to start for co-curriculars . Explain why you wish to start it and the steps you will take to do that.	
Choose something specific to keep or quit for living in community . Explain why you wish to keep or quit it and the steps you will take to do that.	
Choose something specific to start for living in community . Explain why you wish to start it and the steps you will take to do that.	
Note changes in academics, co-curriculars, and living in community from the start of the semester.	

Note how/why this course impacted keep/quit and start decisions for academics, co-curriculars, and living in community.	
Met formatting guidelines.	
Met with Instructor prior to essay due date.	