# Summary Assignment

## Prompt

A summary conveys the main ideas from a text, leaving out less important information. Your first essay will be a summary of Charles Duhigg’s ideas in chapters 1 - 3 of *The Power of Habit*. Specifically, **I would like you to summarize the habit loop and explain how to change a habit**, **according to Charles Duhigg.**

## Preparation

To prepare to write your summary, make sure you are able to answer the following questions. We will have discussed all of them in class, so you may want to refer to your reading logs and notes.

***The Power of Habit* Chapter 1: “The Habit Loop: How Habits Work”**

* Why does our brain try to create habits?
* How does the habit loop work?

***The Power of Habit* Chapter 2: “The Craving Brain: How to Create New Habits”**

* What is the role of craving in the habit loop?

***The Power of Habit* Chapter 3: “The Golden Rule of Habit Change: Why Transformation Occurs”**

* What is the Golden Rule of habit change?
* What is the role of belief in habit change?

## Essay Structure

In the first sentence or two, introduce the author of the source, the title of the source, and the author’s main idea, or thesis. Then, summarize Duhigg’s ideas in your own words. Don’t forget to use signal phrases to show that you are reporting his ideas. You should write about one full page (200 - 250 words), typed and double spaced.

## Due Dates

First rough draft due in class Tuesday, February 25

Final draft due in class Tuesday, March 3

On Tuesday, March 3, turn in these items, stapled together:

* Rough draft (handwritten is okay)
* Final draft (typed, double spaced, 12-point font)
* Rubric

# Summary Rubric

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Description of Requirements** | **Point Value** | **Score and Instructor’s Notes** |
| **Introductory Sentences** | The author and title of the source are introduced in a clear manner.The author’s main idea is stated accurately in the first sentences.  | 15 |  |
| **Content**  | The summary is objective and faithful to the source.The author's ideas are understood and expressed clearly.The summary includes all key ideas and significant details but excludes minor points. | 2010  |  |
| **Mechanics** | Writer has checkedspelling, capitalization, and other conventions.  | 5 |  |

**Total**: \_\_\_\_\_\_\_\_ /50

# Extra Credit: Learning Center/Writing Center Conference (5 pts)

Writing Conference Mentor/Instructor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Writing Conference Mentor/Instructor’s Initials:\_\_\_\_\_\_\_\_\_

Date and time of your visit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Complete this portion before your conference:**

1. What specific questions do you have for the mentor/instructor?

**Complete this portion after your conference:**

1. Identify the specific elements of the writing assignment you discussed in your conference.
2. Explain what you learned from your conference.