**Weekly Quotes and Insights — An Explanation and Example**

WEEKLY QUOTES AND INSIGHTS (33% of grade). Starting with the required reading assignments for the fourth week of the term complete the components discussed below for week four and any seven of the weekly reading assignments thereafter. A printed hard copy of your quotations, accompanying insights, and questions are due at the beginning of the first class meeting of each of the eight weeks you select to write about. WEEKLY QUOTES AND INSIGHTS are intended to be completed and brought to class before we discuss the reading assignment upon which they are based. They will be counted late if they are turned in at any other time (i.e., later in the class period, later in the day, the following day, etc.). You receive full credit for each of these assignments if you complete all the required components accurately and turn them in on time. Your grade for this part of the class is your completed percentage of the eight possible weekly assignments. I do not attempt to evaluate your reasoning or your writing in these assignments. The required elements of these assignments are listed below and will be discussed in class.

**PART ONE: BASIC DETAILS TO INCLUDE WITH WEEKLY QUOTES AND INSIGHTS**

1. Please word-process (or type) your Weekly Quotes and Insights if at all possible.
2. Please put your name, the name and number of the course, the name of the assignment, and the date of the day you complete the assignment at the top of your first page.
3. Please number your pages and put them in order when you turn in an assignment that is longer than one page.

**PART TWO: RELEVANT INFORMATION FROM THE SYLLABUS.**

The information in this box does not need to be replicated or copied into the Weekly Quotes and Insights that you turn in. This information is included here to clarify and facilitate understanding of the assignment. For example, lets assume that the syllabus has the following information about the reading assignment for Week Nine in the “Class Meetings and Reading Assignments” section. (NOTE: WEEK NINE in your syllabus IS DIFFERENT from this example.)

**WEEK NINE, MEETINGS 15, 16: March 7, 9**

[WQ&I. GILLIGAN: ONE Q, ONE !, ONE ?; BECK: THREE QS, ONE !, ONE ?/ = 8.]


Notice, immediately below the “WEEK NINE…” line above, information is also included that looks like the following:

[WQ&I. GILLIGAN: ONE Q, ONE !, ONE ?; BECK: THREE QS, ONE !, ONE ?/ = 8.]

This line is a summary of what is due for this particular Weekly Quotes and Insights (Q stands for quote, ! stands for insight; and ? stands for question). For Gilligan, your assignment needs to include one quote from the assigned chapter, one relevant 200-word (minimum) insight, and one pertinent question. For Beck, you need to include three quotes, one from each of the three assigned chapters, one relevant 200-word (minimum) insight, and one pertinent question. These quotes and insights would be due at the beginning of class during the first class meeting of Week Nine.
PART THREE: REQUIRED COMPONENTS WITH EXPLANATIONS AND EXAMPLES FOR READING ASSIGNMENTS WHEN ONE CHAPTER IS ASSIGNED FOR AN AUTHOR

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<th>EXPLANATION</th>
<th>EXAMPLE</th>
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<td>1. For each chapter or article assigned, select and word-process a minimum of one quotation (e.g., phrases, sentences, paragraphs) that contain terms, ideas, discussions, assumptions, conclusions, or other information that triggered, inspired, or otherwise helped you discover or realize personally significant insights about the author’s central and most important message, argument, propositions, or findings. Look for passages that are also significant and meaningful to you that you feel are worth learning because of their relevance to you, your increased understanding, and their connection or application to your experience. Long quotations may be photocopied and attached to the page that discusses the relevant insight.</td>
<td>Gilligan, James. (1997). “Civilization and its malcontents” in Violence: Reflections on a National epidemic. New York: Vintage Books (Random House), 245.</td>
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NOTE: Every selected quotation should have a complete reference that includes the following elements: (a) full name(s) of the author(s); (b) the full or complete title of the article or chapter; (c) the full or complete title of the book or publication the article or chapter came from and the names of the author(s)/editor(s) of the book if they are not the same as (a) above; (d) the year of publication; (e) the place (e.g., city, state) of publication; (f) the name of the publisher; and (g) the page number(s) where the quote can be found. Two additional elements are necessary if the reading is on the internet or web: (h) the date that you last retrieved the article or reading on the internet or web; and (i) the URL or address on the web for the article or reading in which the quote is located. In the body of your writing, the reference for the quote should include the last name of the author(s), year of publication, and the page number(s) where the quote can be found. |

Q History is a tragedy, not a morality play; American history, which like all history is largely a story of violence, is a tragedy, not a morality play. …Violence also reveals the tragic flaw of civilization.

2. Immediately following each quotation you choose to discuss, briefly (i.e., minimum of 200 words) but clearly and precisely, explain (a) why you selected the particular quotation and (b) what the specific insight, understanding, or connection was that the particular quotation triggered or helped you see. Include an accurate word-count of the number of words you write in your insight or mark approximately where in your writing the word-count exceeds 200 words. [For example, if you count the words in this paragraph and paragraph “1” before it, there are 245 words.] Both Microsoft Word and Corel WordPerfect have functions (*200 words) that will provide a word-count for a document or block of text. These functions make word-counting relatively easy for you. The number of words in your selected quote and/or your written question do not count toward the 200-word minimum for your insight.

! I like the last part of this quote, the part of violence revealing the tragic flaw of civilization. All throughout history we see how men follow the paths of their predecessors. No matter how often we say we’ll change, or how often we believe in change, the saying that we learn throughout our lives about history holds true — history will always repeat itself. The tragic flaw in history today and then, is violence. War is ever prevalent in our lives, family violence is never ceasing in our lives, and gang street violence continues. Our lives follow the paths that have already been taken, because we have not chosen a new path, because we do not know how. I feel as if civilization is the tragic flaw in violence. If we could only learn to change, to find something that will help us break free from the shadows that continue to follow us, the sun will never set on violence, and the shadows will only remain. I know we have come a long way from the past, we have changed, we have grown, and we have conquered so many things. But in spite of all the good things we have changed(*), violence has not changed for the better, it seems more tolerated in our lives than it has been in the past. Until we change violence, we can never change the world. [Word Count: 231; (*) = 200 words.]
3. For each of the quotations you select and discuss, create at least one original complex question that you feel could be asked and if answered would help you and others understand the quotes, readings, and your related interests, insights, and concerns more thoroughly and at deeper levels.

? If history is doomed to repeat itself, then why even try to run from a shadow?

PART FOUR: REQUIRED COMPONENTS WITH EXPLANATIONS AND EXAMPLES FOR READING ASSIGNMENTS WHEN MORE THAN ONE CHAPTER IS ASSIGNED FOR AN AUTHOR

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<th>EXPLANATION</th>
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| 4. When the reading assignment includes more than one chapter for an assigned author, you need at least one quote from each assigned chapter by that author, but you only need to discuss one insight and ask one question for that author that week. | Beck, Aaron T. (2000). “The prison of hate: How egoism and ideology hijack the mind” in *Prisoners of hate: The cognitive basis of anger, hostility, and violence*. New York: Perennial (HarperCollins), 6.

Q Self protection, as well as self-promotion, is crucial to our survival; both acts help us to detect transgressions and take appropriate defensive actions.


Q There is clearly a difference between victimizer and victim…the aggressor in each case is likely to lay claim to being the victim.…The aggressors are firmly entrenched in their belief that their cause is just, their rights have been violated. The object of their wrath, the true victim (to disinterested observers), is seen as the offender by the victimizers. Aggressive, manipulative people generally believe that their entitlements and rights override those of others.


Q By shifting the explanation for her hurt to her boss’s “unfairness,” she was able to salve the hurt to her self-esteem.…It is much easier to sustain anger or aggression when we drift from specific actions…to overgeneralizations…or labels. |

Insight and Question for quotes from Beck.

! It is my firm belief that most people are guilty of this last quote and I’m not saying that it is necessarily a bad or good thing. I believe that it is a mechanism that some of use to save what is left of our self-esteem. Most of us beat ourselves up as it is or read into situations that they should have done this or they should have done that and when all is said and done after we come out of that closed door where our true emotions lie, we pretend and try to justify why the accusers were wrong to say or do the things that they did. I’ll be honest, I do it. I do it all the time unfortunately. I will tear the situation apart, maybe even have a tear or two to shed over the occasion, but when I am confronted with the problem I become very defensive of my true emotions and sometimes pretend that I have thick skin when it’s probably seen through. I say that it is not a good thing or a bad thing because it has its problems. I believe now that it matters that people understand how others (*) are feeling. I think that expressing your true emotions can be more beneficial than people think. That is the problem. There are not enough people that are willing to express the emotions they are having instead they will deny them and cause more of a problem by debating the situation. It’s exhausting. [Word count: 252; (*) = 200 words]

? Who are we really when others do not know if they are talking to your true identity or false?
COMPLETE EXAMPLE OF WEEKLY QUOTES AND INSIGHTS
BASED ON CONTENTS INCLUDED ABOVE


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