

For this assignment, you will be writing a few paragraphs and formatting in APA style. Make sure you've done your readings on the schedule for this assignment before you begin it.

Instructions

1. Read **one** of these articles:

- [Zanshin: Learning the Art of Attention and Focus from a Legendary Samurai Archer](#)
- [How to Study with INTENSE Focus: 6 Essential Tips](#)
- [7 Practical Steps to Study Long Hours Without Getting Tired or Sleepy](#)
- [Your Concentration Training Program: 11 Exercises That Will Strengthen Your Attention](#) (This article has two authors)
- [Five Ways to Boost Concentration](#)
- [9 Ways to Stay Focused in Class](#)
- [How to Create a Study Schedule](#)
- [8 Strategies for Getting the Most out of an Online Class](#) (The author here is the organization—Northeastern University Graduate Programs)
- [What I Wish Someone Told Me BEFORE Taking Online Classes](#)
- [What Makes a Successful Online Learner?](#) (The author here is the organization—Minnesota State Career Wise)

I think all of these are great and worth reading, but only write about one.

2. Using the instructions in [Writing down the Basics](#) and the video you watched for homework or another good source, format your paper in APA style. Make sure you're using the new 7th edition guidelines.

- Include a title page, the "essay" page, and a References page.

3. Write a 2-paragraph response/"essay."

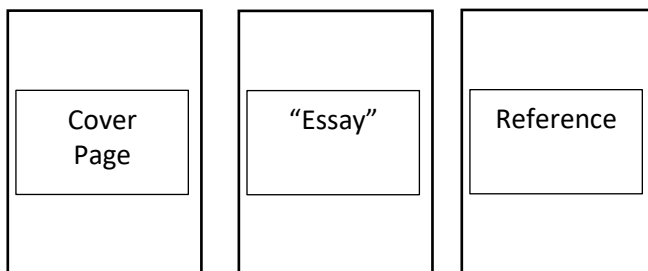
- In the first paragraph, summarize the article you've read. Your summary should be at least 150 words but can be more. Re/read "[How to Write a Summary](#)" before doing this. Do not just list what they talked about. Read/watch and think about the big ideas and main points and then write about that in your summary. **Use at least one quote and an in-text citation in your summary.**
- In the second paragraph, write about what your goals are for your learning during the rest of the semester (not just in this class—overall) and discuss some specific techniques you plan to use as you study. These may be things

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mentioned in the article or things you already do that are working well. *Be very specific.* What very specific things can you do to help you reach your goals. You may use a quote in this part too.

- Though we'll be working toward formal writing that doesn't use the personal pronouns, in this paragraph, you not only can use them, but you should.
4. Cite the article you used on the Reference page. Use the instructions in [Writing down the Basics](#).
 5. Proofread carefully. I recommend you take advantage of going to the writing center—get some of that extra credit while you're there! Make sure to let the tutors know that I allow you to use personal pronouns in the second paragraph. Your best bet is to share the link to this assignment with them.
 6. Upload the paper to Blackboard under the Format Assignments link. Make sure to put it in the APA Format Assignment.
 - Attach the assignment in doc or docx format.
 - Attach your Grammarly report—that will be in pdf format.
 - If there's anything you need me to know about the assignment before I read it, type those comments in the submission box.
 - If you use Apple Pages or Google Docs, make sure to save and upload your documents in Word format: doc or docx.
 - i. [Saving as Word Format in Apple Pages](#).
 - ii. [How to Save a Google Doc file as a Word Doc](#)
 - Don't forget your Grammarly Report (review the [video](#) on how to get that here), and, if you went, include your Writing Center documentation.

All-in-all, you'll have 3 pages (maybe 4 if your paragraphs are long):



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Sample

If you'd like to check out a sample, I did a Walkthrough Video where I write a Summary/Response based on this assignment. [Check that out here.](#)

General Tips

- To insert a new page (for your title page, essay, or Reference page) press CTRL + Enter, or select "Insert Page Break" under the INSERT tab in Word. (Macs use Command + Enter)
 - Use that to insert the blank page for your title page, essay page, and the one for your References, and then you can fill in the information as you write your assignment.
- Make sure the font you use is the same type and size in the paper *and* the header.

Grading

I am specifically looking at these things:

- Margins
- Font
- Header
- Paragraph Spacing
- Title Page
- Title on the first page of the essay
- Completing the assigned writing parts following instructions and being thoughtful
- References Page and Citation

Check your schedule for the due date and instructions on turning it in!