

# The Continuity & Change Essay (LEQ)

[What is it?](#)

[What do I need to do?](#)

[Helpful Videos & Links](#)

[Sample Sentence Starters](#)

[Thesis Statement](#)

[Topic Sentences \(for each paragraph\)](#)

[What should this essay look like? \(Format\)](#)

## What is it?

A continuity & change essay is an essay that identifies and analyzes things that CHANGE and things that REMAIN THE SAME over time.

- Continuity = something that remains that same
- Change = something that changes

## What do I need to do?

I need to explain how things CHANGED and how things REMAINED THE SAME in a particular place during a specific period of time.

## Helpful Videos & Links

[How to write an LEQ \(Heimler\)](#)

[LEQ Rubric \(Tom Richey\)](#)

## Sample Sentence Starters

### Thesis Statement

**Format:** During the time period between (x) and (y) in (geographic location(s)), (category of continuity) remained consistent because (example), but there were many changes in their (category of change), such as (example).

Note: Please feel free to include up to 3 examples for your continuity, and 3 examples for your change.

**Example:** During the time period between 1450 and 1750 in Africa, traditional religious beliefs remained consistent because people continued to practice animism. However, there were many changes in their economic systems, such as the growth of the transatlantic slave trade.

### Topic Sentences (for each paragraph)

**Format:** During the time period (year) to (year), (context: what event in the world led to this continuity or change), causing many things to (remain consistent/change) because (reasons).

**Example:** During the time period (1450-1750), the Columbian Exchange occurred, causing many things to change because the Eastern and Western Hemispheres were connected for the first time.

# What should this essay look like? (Format)

**Note: This is a GUIDE. It is meant to help you if you are stuck. It is absolutely not the only way to write a strong and high-scoring essay. Use it to help you out, but do not sacrifice your own writing style or skills to try to fit your answer into this format. You are in AP for a reason - Trust your instincts.**

- I. Introduction Paragraph
  - A. Contextualization: What happened immediately before the prompt?
  - B. Thesis Statement with two claims
    1. Claim #1 = continuities
    2. Claim #2 = changes
  
- II. Contextualization Paragraph: What is the big picture here?
  - A. Suggestion #1:  
Discuss what happened BEFORE THE TIME PERIOD and how those events LED TO the events in your thesis (how/why)
  - B. Suggestion #2:  
Discuss what happened DURING THE TIME PERIOD, in a place not mentioned in the prompt, and how those events LED TO the events in your thesis (how/why)
  
- III. Body Paragraph 1: Claim #1 = Continuities
  - A. Continuity 1
    1. Evidence (1-3 sentences):
      - a) What was the continuity?
      - b) What facts do you know about this continuity?
    2. Analysis (2-4 sentences):
      - a) Why did this remain the same? Why did it not change over time?
      - b) Why is this continuity important to history? How does it impact other topics?
      - c) How do these ideas connect to your thesis and the prompt?

Repeat for all continuities that you will discuss.
  
- IV. Body Paragraph 2: Claim #2 = Changes
  - A. Change 1
    1. Evidence (1-3 sentences):
      - a) What was the change?
      - b) What facts do you know about this change?
    2. Analysis (2-4 sentences):
      - a) Why did this change? Why did this not remain the same?
      - b) Why is this change important to history? How does it impact other topics?
      - c) How do these ideas connect to your thesis and the prompt?

Repeat for all changes that you will discuss.
  
- V. Conclusion
  - A. Restate thesis statement
  - B. Contextualization: What legacy does this leave behind AFTER the time period of the prompt?