**The Continuity and Change Over Time Essay (CCOT)**

**A Step-by-Step Guide**

**Introduction:**

The CCOT Essay focuses on large global issues (exp: technology, trade, culture, migrations, etc.) and the changes or continuities (things that stay the same) present within these topics in a given time period. It covers at least one, but sometimes more, of the major time periods (for example, the late postclassical and early modern period with dates like 1000-1750 C.E.) and one or more cultures.

You are supposed to budget 40 minutes for this essay. It's recommended that you spend 5-10 minutes of that 40 planning/outlining your answer before you begin writing. You may be given choices such as between different cultures or different time periods.

**Examples from Previous Exams:**

2003: Describe and analyze the cultural, economic, and political impact of Islam on ONE of the following regions in the period between circa 1000 and 1750 C.E. Be sure to discuss continuities as well as changes:

 West Africa

South Asia

Europe

2011: Analyze changes and continuities in long-distance migrations in the period from 1700 to 1900. Be sure to include specific examples from at least TWO world regions.

**Step 1 – Understand the Question**

* Read the prompt carefully. Underline/highlight the verbs and specifics in the prompt. ***What is the prompt requiring you to do?***
* Make sure to pay attention to the time period given and any specific people, places, or events, listed in the prompt so that you stay on task.
* You are basically being asked to do 6 main tasks in the 2003 prompt – YIKES! This is unusual…
	+ First, choose ONE region, then:
	+ Analyze changes **and** continuities in culture that resulted from the spread of Islam between 1000-1750 C.E.
	+ Analyze changes **and** continuities in economics that resulted from the spread of Islam between 1000-1750 C.E.
	+ Analyze changes **and** continuities in politics that resulted from the spread of Islam between 1000-1750 C.E.
* You are asked to do 4 main tasks in the 2011 prompt – A little better!
	+ Analyze changes **and** continuities in long-distance migrations in a first region of your choice
	+ Analyze changes **and** continuities in long-distance migrations in a second region of your choice

The 2013 and 2014 prompts have asked for only one main task so let’s hope for the best for 2015!

Included next is a basic scoring guide for a CCOT Essay

**STEP 2 – Writing the Thesis**

* As with the DBQ, the thesis of the CCOT is one of the most important parts of the essay because you can’t move beyond the basic core points without a solid one.
* Remember, the thesis is your road map. Spend time carefully crafting it and you will have a basic outline for your essay and a solid foundation for your ideas.
* A CCOT thesis can be broken down into a fill-in-the-blank statement

Example: Between \_(beginning date)\_\_ and \_\_(ending date)\_\_, \_\_\_(area you chose to write about)\_\_ changed in the area of \_\_\_\_(category(ies) from the prompt)\_\_\_ but displayed continuities in the area of \_\_(the other category(ies) from the prompt)\_\_.

* This type of fill-in-the-blank statement allows you to emphasize continuity or change, or keep them balanced.
* It is ok if your essay stresses continuities or stresses changes but you must address both.
* Let’s fill in the info from the previous example prompts into this statement:

**2003 Sample Thesis:**

Prompt: Describe and analyze the cultural, economic, and political impact of Islam on ONE of the following regions in the period between circa 1000 and 1750 C.E. Be sure to discuss continuities as well as changes:

 West Africa

South Asia

Europe

*Thesis: Between 1000 and 1750 C.E. Islam entered West Africa and increased its trade (economics), led to the adoption of Islam by African monarchs (culture) and centralized its politics (politics, duh) but many aspects of African gender roles (culture) remained unchanged.*

This thesis addresses both continuities and changes AND it addresses parts of society experiencing those continuities and changes including economic, political, and cultural aspects of society in this particular example.

**2011 Sample Thesis**:

Prompt: Analyze changes and continuities in long-distance migrations in the period from 1700 to 1900. Be sure to include specific examples from at least TWO world regions.

*Thesis: Between 1700 and 1900 C.E. Europeans continued to participate in long-distance migration routes as they had in the Age of Discovery period (c. 1400-1600) using superior weaponry; changes were seen in their reasons for doing so in the rise of Industrialization and Imperialism and new areas were explored such as interior Africa and the colonization of parts of Asia*

This thesis addresses the time period, references continuities with Age of Discovery, changes with Industrialization and Imperialism and references three world regions but you could pick Africa or Asia if time was of the essence. Notice that you can address changes or continuities first in your thesis.

Remember to consider things such as **politics, culture, religion, economics, social issues, gender, militarism, ideologies (nationalism, liberalism, conservatism** for example) when defining changes.

**STEP 3 – Writing the Essay**

Follow this basic template

**Thesis**

Don’t waste time on an intro since Paragraph 1 is already like an intro

**Paragraph 1: Situation at beginning of era \***

*2003: Pre-Islam West Africa’s trade and politics, 2011 areas that Europeans had migrated to already – the New World*

This is fairly short since the essay wants you to focus mainly on the next part

**Paragraphs 2-3: Changes and reasons for the changes during time period**

What happened to certain parts of society and why those things happened

*2003 –How/why Africa changed in trade (Berber routes into W. Africa), how/why in politics (new kingdoms like Mali arising from gold-salt trade)*

*2011 – Rise of Industrialism, Imperialism leading to desire for new forms/areas of colonization by Europeans*

Number of paragraphs will depend on number of changes you address

**Paragraph 4-5: Continuities**

What didn’t change in parts of society and why that might be so

*2003 – African gender roles stayed the same (no veiling of African women, continued matriarchal lineage)*

*2011 – Europeans continue to use technology to dominate*

Number of paragraphs will depend on number of continuities you address

**Paragraph 5: Situation at end of era \***

Wrap-up – kind of like a conclusion but don’t skip this like you might for a DBQ

Take a few sentences to describe the new state of the world at the end of the period

*2003 – Islam is now firmly entrenched in West Africa and new states like Mali will affect world economy for years to come*

*2011 – The majority of the world is now colonized by Europeans which won’t change until the post WWII period*

\* These are important in fulfilling the “Uses relevant world historical context effectively to explain change(s) over time and/or continuities” requirement