

The Values Exercise

Step 1: Pick your top ten values from the list below:

<input type="checkbox"/> Personal development	<input type="checkbox"/> Safety	<input type="checkbox"/> Autonomy
<input type="checkbox"/> Recognition	<input type="checkbox"/> Wealth	<input type="checkbox"/> Loyalty
<input type="checkbox"/> Accountability	<input type="checkbox"/> Creativity	<input type="checkbox"/> Courage
<input type="checkbox"/> Inspiration	<input type="checkbox"/> Knowledge	<input type="checkbox"/> Self-love
<input type="checkbox"/> Music	<input type="checkbox"/> Inclusion	<input type="checkbox"/> Ritual
<input type="checkbox"/> Helping Others	<input type="checkbox"/> Curiosity	<input type="checkbox"/> Purpose
<input type="checkbox"/> Peace	<input type="checkbox"/> Gratitude	<input type="checkbox"/> Privacy
<input type="checkbox"/> Diversity	<input type="checkbox"/> Faith	<input type="checkbox"/> Freedom
<input type="checkbox"/> Expertise	<input type="checkbox"/> Communication	<input type="checkbox"/> Quiet
<input type="checkbox"/> Vulnerability	<input type="checkbox"/> Interdependence	<input type="checkbox"/> Compassion
<input type="checkbox"/> Global Awareness	<input type="checkbox"/> Efficiency	<input type="checkbox"/> Cooperation
<input type="checkbox"/> Hunger	<input type="checkbox"/> Stability	<input type="checkbox"/> Growth
<input type="checkbox"/> My Country	<input type="checkbox"/> Humor	<input type="checkbox"/> Authenticity
<input type="checkbox"/> Sleep	<input type="checkbox"/> Truth	<input type="checkbox"/> Practicality
<input type="checkbox"/> Productivity	<input type="checkbox"/> Order	<input type="checkbox"/> Nature
<input type="checkbox"/> Intuition	<input type="checkbox"/> Excellence	<input type="checkbox"/> Objectivity
<input type="checkbox"/> Culture	<input type="checkbox"/> Religion	<input type="checkbox"/> Leadership
<input type="checkbox"/> Healthy Boundaries	<input type="checkbox"/> Beauty	<input type="checkbox"/> Wisdom
<input type="checkbox"/> Second Chances	<input type="checkbox"/> Meaningful Work	<input type="checkbox"/> Respect
<input type="checkbox"/> Listening	<input type="checkbox"/> Trust	<input type="checkbox"/> Strength
<input type="checkbox"/> Family	<input type="checkbox"/> Self-expression	<input type="checkbox"/> Flexibility
<input type="checkbox"/> Excitement	<input type="checkbox"/> Fun	<input type="checkbox"/> Financial Stability
<input type="checkbox"/> Travel	<input type="checkbox"/> Rationality	<input type="checkbox"/> Empathy
<input type="checkbox"/> Adventure	<input type="checkbox"/> Democracy	<input type="checkbox"/> Belonging
<input type="checkbox"/> Laughter	<input type="checkbox"/> Self-control	<input type="checkbox"/> Equity
<input type="checkbox"/> Entrepreneurship	<input type="checkbox"/> Balance	<input type="checkbox"/> Resourcefulness
<input type="checkbox"/> Wonder	<input type="checkbox"/> Adaptability	<input type="checkbox"/> Decisiveness
<input type="checkbox"/> Health And Fitness	<input type="checkbox"/> Success	<input type="checkbox"/> Competence
<input type="checkbox"/> Love	<input type="checkbox"/> Independence	<input type="checkbox"/> Collaboration
<input type="checkbox"/> Close Relationships	<input type="checkbox"/> Variety	<input type="checkbox"/> Spirituality
<input type="checkbox"/> Humility	<input type="checkbox"/> Community	<input type="checkbox"/> Social Change
<input type="checkbox"/> Art	<input type="checkbox"/> Patience	<input type="checkbox"/> Honesty
<input type="checkbox"/> Responsibility	<input type="checkbox"/> Challenges	<input type="checkbox"/> Mindfulness
<input type="checkbox"/> Grace		

The Values Exercise, Contd.

Step 2: Next, pick your top five values:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Step 3: Once you have those, pick your top three:

- 1) _____
- 2) _____
- 3) _____

Step 4: And then, yes, pick your #1 value. Remember that the other values are not going away, you're just picking the most important value to you today.

My #1 core value: _____

The Five Things Exercise

Step 1: Write the #1 value you chose from The Values Exercise below:

My core value is: _____

Step 2: Brainstorm 5 things in your life that are connected or “linked.” These can be a collection of 5 or more things, 5 things tied to a specific place, 5 things related to a specific person or activity, etc. Try to think of at least 2 different groups of 5 things!

Example Link: <i>5 tshirts</i>	Link 1:	Link 2:
1) <i>Summer camp counselor shirt</i>	1)	1)
2) <i>5K race shirt</i>	2)	2)
3) <i>Dad’s old firefighter shirt</i>	3)	3)
4) <i>Baseball shirt</i>	4)	4)
5) <i>Thrifted shirt</i>	5)	5)

Step 3: Outline how each of 5 things in your links connect to experiences that show different values. Put a star next to any item that’s related to your top value!

Example:	Link 1 Values:	Link 2 Values:
1) <i>Responsibility, growth *</i>	1)	1)
2) <i>Growth, challenges, family *</i>	2)	2)
3) <i>Family, safety</i>	3)	3)
4) <i>Growth, responsibility *</i>	4)	4)
5) <i>Creative, curious</i>	5)	5)

Step 4: Choose the link that connects most closely to your core value. Take 510 minutes to write a short paragraph about each item in that link. This is a free write, so write whatever comes to mind and try not to edit yourself!

Montage Structure Mentor Text

“I Swear I’m Hispanic”

I swear I’m Hispanic.

I made a playlist with this title featuring reggaeton artists like Bad Bunny, Ozuna, and Daddy Yankee after years of seeing people’s shock when they heard me speak fluent Spanish. For some reason, most people associate “Hispanic” or “Latina” with thick-accent-bearing, huge-family-having, fiery bombshells. With English that easily passes as American and an aversion to anything Spandex, I am the opposite. I am an introvert in a family of three who was born and raised in Argentina. The pressure of the expectations for how I should behave, think, and look used to make me feel like I had to prove myself and my identity. While I cherish opening gifts on Christmas Eve instead of Christmas Day and look forward to the World Cup more than Thanksgiving, I’ll only ever dance while alone in my room—and to anything except tango.

I swear I’ll eat anything.

Born into a diverse family of self proclaimed chefs without any accolades, I’m a sucker for all kinds of homestyle cooking and long meals. To sample as many dishes as I possibly can, I annoy my friends with a constant “Can I try what you got?” My Lebanese great-grandmother cursed me with my inability to tan, but she fueled my quest to create my own twist on her famous hummus recipe. My Italian grandma created my love for pasta and *formaggio* and gifted me my Italian citizenship. My Spanish grandparents taught me to appreciate a classic *tortilla de papa* and condemned me with a last name that gets misspelled everywhere I go. And my 10 years in Buenos Aires made me realize that there’s never enough *asado* on a Sunday afternoon. I believe the kitchen is a place where home cooks across the globe use their superpowers to slow down time, helping friends and family craft lasting memories.

I swear I have a superpower.

I don’t know if it’s innate or if I acquired it from watching hours of behavioral analysis and true crime shows, but I am a mini psychological profiler. As a gelato shop cashier, I can predict with near flawless accuracy what flavors customers will order, what type of milk they’ll want in their coffee, or whether they’ll use blue or black pens to sign their receipts.

Montage Structure Mentor Text, Contd.

I associate myself with mostly blue pen users, who I've noticed tend to be creative, intuitive, and perceptive. However, I deeply respect black pen users, who seem to be structured, methodical, goal-oriented, and objective. I annotate the margins of novels, write essays, and take history notes in blue, but take math notes, schedule planner appointments, and complete lab reports in black. The balance I find in my pen ink personalities is what attracts me to behavioral psychology's blend of the social and natural sciences.

I swear I'm 18, but I can't vote (yet).

As a Latina immigrant who's watched her 12yearold sister deal with the repercussions of her open bisexuality and witnessed her cousin's challenges with Asperger Syndrome, I've realized that the fight for equality is far from over. Although I'm still on my path to acquiring a US citizenship, I think it's time to take the historical deconstruction that is currently occurring a step further, and I wish I could include myself in this narrative. I've become more aware of my own role in systemic homophobia and racism, and even though I can't vote in 2020, I actively look for ways to be an ally in the fight for Black liberation and LGBTQ+ and neurodivergent rights.

I don't need to swear anymore.

Although I don't fit the stereotypes of what most people think Latinas should do, eat, love, or believe in, I know and embrace that I'm Hispanic. You can find me in the kitchen making my signature "no-tahini" hummus, buried in an FBI profiling book, or at a protest. My name is Lara A.A.M.: an Argentinian, foodloving, equality-seeking profiler.

1. What is the "thread" of this essay (i.e., the theme that ties everything together)?
2. What are the "beads" (i.e., different parts of the writers' identity)?

Backwards Outline

Create a backwards outline for the mentor text on pages 2 & 3 to discover how the author organized their ideas into the montage structure:

I. Intro / Opening Line: _____

II. Bead: _____

A. Values: _____

B. Details / examples: _____

C. Insights / “So what”: _____

III. Bead: _____

A. Values: _____

B. Details / examples: _____

C. Insights / “So what”: _____

IV. Bead: _____

A. Values: _____

B. Details / examples: _____

C. Insights / “So what”: _____

V. Bead: _____

A. Values: _____

B. Details / examples: _____

C. Insights / “So what”: _____

VI. Conclusion: _____

Your Montage Outline

Use the outline below to map out your thread and beads. As you complete the outline, spend most of your time on the insights or “so what” of each bead — that’s where the magic happens in your essay!

I. Intro / Opening Line: _____

II. Bead: _____

A. Values: _____

B. Details / examples: _____

C. Insights / “So what”: _____

III. Bead: _____

A. Values: _____

B. Details / examples: _____

C. Insights / “So what”: _____

IV. Bead: _____

A. Values: _____

B. Details / examples: _____

C. Insights / “So what”: _____

V. Bead: _____

A. Values: _____

B. Details / examples: _____

C. Insights / “So what”: _____

VI. Conclusion: _____