

**Activity:** This I Believe Essay

**Instructor:** Monica Mullins

**NSE Goal Focus:** Personal growth

**Activity Goal:** The students will be challenged to write a personal essay describing an idea or principle they believe in.

In the 1950s, journalist Edward R. Murrow hosted a weekly radio series inviting listeners “to write about the core beliefs that guide your daily life.” At a time of political and cultural anxiety, the show asked Nobel laureates and everyday citizens to articulate their personal articles of faith even as it called them to listen carefully to the beliefs of others. In 2005 *This I Believe* was revived for NPR as a way “to encourage people to begin the . . . difficult task of developing respect for beliefs different from their own.” Tens of thousands of Americans have written in to join Colin Powell, Gloria Steinem, and Tony Hawk in returning the dialogue of beliefs to American broadcasting. Your final essay should attempt to add your voice to this discussion.

For this essay you will write a personal essay (approximately 500 words) describing an idea or principle you believe in. For this exercise to be meaningful, you must make it wholly your own. This short statement isn’t all you believe; it’s simply a way to introduce others to some things you value. You may decide to focus on commitments to family, service, political action, or the arts. As you look for a focus, try to choose concrete language and to find something that helps others understand your past, present, and future choices.

### ***Writing Instructions***

We invite you to contribute to this project by writing and submitting your own statement of personal belief. We understand how challenging this is—it requires intense self-examination, and many find it difficult to begin. To guide you through this process, we offer these suggestions:

**Tell a story:** Be specific. Take your belief out of the ether and ground it in the events of your life. Consider moments when belief was formed or tested or changed. Think of your own experience, work, and family, and tell of the things you know that no one else does. Your story need not be heart-warming or gut-wrenching—it can even be funny—but it should be *real*. Make sure your story ties to the essence of your daily life philosophy and the shaping of your beliefs.

**Be brief:** Your statement should be between 350 and 500 words. That’s about three minutes when read aloud at your natural pace. The shorter length forces you to focus on the belief that is central to your life.

**Name your belief:** If you can’t name it in a sentence or two, your essay might not be about belief. Also, rather than writing a list, consider focusing on one core belief.

**Be positive:** Say what you do believe, not what you don’t believe. Avoid statements of religious dogma, preaching, or editorializing.

**Be personal:** Make your essay about you; speak in the first person. Avoid speaking in the editorial “we.” Write in words and phrases that are comfortable for you to speak. We recommend you read your essay aloud

to yourself several times, and each time edit it and simplify it until you find the words, tone and story that truly echo your belief and the way you speak.

For this project, we are also guided by the original *This I Believe* series and the producers' invitation to those who wrote essays in the 1950s. Their advice holds up well and we are abiding by it. Please consider it carefully in writing your piece. In introducing the original series, host Edward R. Murrow said, "Never has the need for personal philosophies of this kind been so urgent." We would argue that the need is as great now as it was 50 years ago. We are eager for your contribution.