

**HILLMANTOK UNIVERSITY**

**COURSE GUIDE**

**FOUNDER: DR BARLOW**

Welcome to History 4.1: Breaking the 400-Year Cycle

Instructor: Professor Rev. Dr. Christina Clement

Semester: Spring 2025

Start Date: February 1, 2025 **EVERY SATURDAY**

Documents: [www.stateoflocnation.com](http://www.stateoflocnation.com)

Videos: <https://www.youtube.com/@dynastyhealingcorp>

Tiktok: Clement for President 2024 @dynastyhealingcorp

Instagram: @dynastyhealing

**Course Texts and references:**

1. Revealed the Kingdom of Locs: Nazirite Vow Continues Vol. 1 ISBN-13

**979-8218228460**

2. Revealed the Kingdom of Locs: Nazirite Vow Continues Vol. 2 ISBN-13: **979-8218228460**

3. Locs Linked to Spirituality **ISBN-13:** 979-8402061118

4. Reference point for all: [www.stateoflocnation.com](http://www.stateoflocnation.com)

5. Youtube Channel: Dynasty Healing Corp

<https://www.youtube.com/@dynastyhealingcorp>

These texts are available on Amazon, and you will need them for weekly readings and discussions.

## **Welcome to History 4.1, Course Overview**

Welcome to History 4.1, a transformative exploration of history, spirituality, and personal empowerment. This semester, we will dive into the concept of "breaking the 400-year cycle," challenging the boundaries of conventional historical narratives, and examining the intersection of history and spirituality. Through a study of historical events, beliefs, and practices, we will uncover how systems of power have shaped our present realities—and how we can reclaim our spiritual and cultural identity.

Our focus will be on empowering you to think critically about history and to break free from limiting beliefs. This course will provide you with tools to reconnect with your passions, rather than being driven by fear, and to explore how spirituality can serve as a catalyst for personal and collective growth.

### **Assignments & Grading**

- Weekly Readings & Discussions (40%): Active participation in class discussions, reflecting on the readings.
- Midterm Paper (20%): A 5-page paper on the significance of locs and the Nazirite vow in breaking the 400-year cycle. What is your 400 year family story?
- Personal Empowerment Project (30%): A creative project demonstrating how you will challenge limiting beliefs and embrace a passion-driven life.
- Final Reflection (10%): A 1-2 page reflection on what you've learned in the course and how you plan to apply it in your life moving forward.

We're excited to have you on this journey toward deeper knowledge, self-awareness, and spiritual growth. See you in class!

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**1 ANNOUNCEMENTS:** (This is where you will find what's due or other useful information throughout the semester.)

Familiarize yourself with the Black USA Constitution and the establishment of State of Loc Nation Global Public Benefit Corp's Defacto/Dejuro and Protective Acts. Read on [www.stateoflocnation.com](http://www.stateoflocnation.com)

Watch any of the videos on Dynasty Healing Corp Youtube channel and journal write your response, reflective thoughts on what you've heard. What can you show gratitude for?

(Keep in mind you are witnessing real life events that are currently happening. Professionalism is required.)

Consistency is key; a relationship with GOD directly is required.

Until you follow God's will for your life; nothing will work out for you.- said, someone's Auntie

**2. Professor's Introduction:** Professor Rev. Dr. Christina Clement, President of Black United States of America, Intl

Greetings, students! I'm Rev Dr. Christina Clement I am not only your professor I am also President of Black United States of America.

I am so excited to welcome you to History 4.1: Breaking the 400-Year Cycle. This course is not just about studying history—it's about reclaiming it, understanding it through a spiritual lens, and using that knowledge to empower ourselves and the generations to come.

My work is deeply rooted in both historical research and spiritual practices, and I believe that true liberation can only be achieved when we understand the fullness of who we are—our history, our culture, and our connection to the divine. This class is designed to challenge limiting beliefs, explore the wisdom of our ancestors, and help you reconnect with your passions, rather than living from a place of fear.

Throughout the semester, we will dive into topics like the Nazirite vow, the cultural and spiritual significance of locs, and how the 400-year cycle of oppression has shaped our worldview. But most importantly, we'll explore how to break free from these cycles—not just as a community, but as individuals who are empowered to walk in their purpose. I look forward to exploring these important topics with each of you and creating a space where we can all learn, grow, and challenge the narratives that no longer serve us. Let's embark on this transformative journey together, and may it lead us to a deeper understanding of ourselves and our shared history. See you in class on February 1st!

Blessings,



Professor Rev. Dr. Christina Clement, President of Black United States of America



### **3. Ice breaker**

#### **Ice Breakers for History 4.1: Breaking the 400-Year Cycle**

To set the tone for a collaborative and open learning environment, we'll begin each session with an icebreaker to encourage connection, reflection, and dialogue. These activities will help you get comfortable with each other while also exploring key themes of the course.

#### **Ice Breaker 1: "Who Am I? Cultural Connection"**

Objective: To create a sense of belonging and highlight the diversity of cultures within the class.

- Instructions: Each person shares their name, a brief description of their heritage or cultural background, and one interesting fact about their culture or family history that they are proud of or feels connected to their identity.

Example: "I'm [Name], and I am of [Cultural Background]. One thing I'm proud of is my family's tradition of [insert family or cultural practice]."

- Reflection: After sharing, invite the group to reflect on how cultural identity plays a role in our spiritual journeys and how this connects to breaking cycles of oppression.

#### **Ice Breaker 2: "The 400-Year Cycle in One Sentence"**

Objective: To get students thinking about the central theme of the course.

- Instructions: Each student will be asked to describe the 400-year cycle in just one sentence. The sentence can be an interpretation of what it means to them, how they think it has impacted the African diaspora, or a personal reflection on the theme.

Example: "The 400-year cycle represents a deep, ancestral struggle for liberation and reclamation of cultural identity."

- Reflection: After each person shares, ask the group how their thoughts align or differ from one another. This can spark deeper conversations on personal and historical connections to the 400-year cycle.

#### **Ice Breaker 3: "Passion vs. Fear: Which Will You Choose?"**

Objective: To encourage self-reflection about personal growth and breaking free from limiting beliefs.

- Instructions: Present a simple choice: Would you rather: 1. Live a life based on passion, but filled with uncertainty? 2. Live a life based on security, but filled with fear? Each student will choose one side and briefly explain why.

- Reflection: Tie the discussion back to the course theme of spiritual empowerment and breaking cycles. How does fear hold us back from stepping into our true purpose, and how can we learn to choose passion and purpose over fear?

#### **Ice Breaker 4: “Locs in Your Life: Symbolism and Meaning”**

Objective: To start the discussion around locs as symbols of spirituality, identity, and resistance.

- Instructions: Ask each student to reflect on how they see the symbolism of locs in their life. Even if they don't have locs, what do they think of when they see someone with locs? How might locs be a representation of spiritual strength, identity, or resistance?

Example: “I don’t have locs, but I admire how they represent a connection to heritage. They remind me of the resilience of our people.”

-Reflection: Discuss the collective power of self-expression through hair and its spiritual significance across cultures. How do our outward appearances and choices reflect our inner selves and resistance to societal norms?

#### **Ice Breaker 5: “If You Could Break One Limiting Belief Today…”**

Objective: To help students start identifying their own limiting beliefs and break free from them.

- Instructions: Ask each person to think about one belief they’ve held about themselves or the world that has limited them in some way. It could be a belief about their own capabilities, their potential, or how they see the world around them. Have them finish this sentence: “If I could break the belief that I’m [insert limiting belief], I would feel [insert feeling of freedom].”

- Reflection: Lead a brief discussion about the impact of limiting beliefs and how recognizing them is the first step to breaking free. Share that throughout the course, we will be unpacking and challenging these beliefs, much like breaking the 400-year cycle.

#### **Ice Breaker 6: “Historical Figure You’d Like to Have Dinner With”**

Objective: To spark interest in history and connect personal interests to historical figures.

- Instructions: Ask each student to choose a historical figure (Afro, Indigenous, or otherwise) they would love to have dinner with and why. The figure doesn’t have to be

from the course material; it could be anyone from history that has inspired them or shaped their perspective.

Example: “I would love to have dinner with Sojourner Truth because her speeches on freedom and equality resonate deeply with my own beliefs about justice.”

Reflection: Encourage a brief discussion about how we can learn from the wisdom of historical figures and how their legacies continue to influence us today in our fight for spiritual and personal liberation.

### **Ice Breaker 7: “What’s Your Power Symbol?”**

Objective: To reflect on personal power and the symbols that represent that strength. -

Instructions: Have each student share a symbol that they feel represents their personal power or spiritual strength. It could be an object, animal, color, or even an element of nature. They’ll explain why that symbol resonates with them.

Example: “My power symbol is the lion because it represents courage and strength in the face of adversity.”

- Reflection: Link this activity to the broader themes of the course. Just like each person has a symbol of personal strength, so do our communities and histories. What is your personal "symbol" of resistance or spiritual freedom?

### **Ice Breaker 8: “Your Spiritual Journey in One Word”**

Objective: To encourage self-reflection and open the door for deeper discussions about spiritual growth.

- Instructions: Ask each student to describe their spiritual journey or current state in one word. It could be a word that sums up their experience or something they’re striving toward. Example: “Healing” or “Empowerment” or “Awakening.”

- Reflection: Invite a few students to share why they chose their word and explore how these personal journeys align with the course theme of breaking the 400-year cycle and reclaiming spiritual freedom.

These icebreakers aim to create an inclusive environment where every student feels encouraged to share their voice, while also introducing key themes of the course in a reflective and engaging way. They’ll help set the stage for the deep, meaningful discussions ahead, allowing students to connect personally to the material and to each other.

## **4. Weekly Breakdown**

### **Week 1: Introduction to History 4.1: Understanding the 400-Year Cycle**

- Overview of the course and expectations.
- Introduction to the concept of the "400-year cycle" in the African diaspora, its origins, and its significance.
- Discussion on how historical patterns of oppression and resilience are interconnected.
- Reading: Chapter 1-4 of Revealed the Kingdom of Locs Vol. 2.

### **Week 2: The Nazirite Vow: A Path to Personal and Collective Liberation**

- Understanding the Nazirite vow in its historical and spiritual context.
- How the vow symbolizes personal and collective commitment to spiritual freedom.
- Reading: Chapter 1-4 of Revealed the Kingdom of Locs Nazirite Vow Continues Vol. 1.

### **Week 3: Locs as Spiritual Symbols**

- The history of locs in African and African diasporic cultures.
- Examining locs as symbols of strength, spiritual connection, and cultural identity.
- Reading: the entire book Locs Linked to Spirituality.

### **Week 4: Breaking the 400-Year Cycle: The Roots of Fear and Limiting Beliefs**

- Historical analysis of the psychological and cultural impacts of slavery, colonization, and systemic oppression.
- How limiting beliefs are created and perpetuated over time.
- Discussion on the concept of generational trauma and healing.
- Reading: Chapter 4-8 of Revealed the Kingdom of Locs Nazirite Vow Continues Vol. 2.



### **Week 5: Empowering the Self: Breaking Free from Fear**

- Tools and practices to overcome fear-based thinking and behavior.
- The role of spirituality and self-awareness in personal empowerment.
- Reading: Chapter 5-9 of Revealed the Kingdom of Locs Nazirite Vow Continues Vol. 1.

(Optional: Obtain Journal: Ancestor Speaks: Write to GOD on Amazon  
<https://a.co/d/2mmA28e>)

### **Week 6: Spiritual Reclamation: Reclaiming Your Passion Over Your Fear**

- How to align your life with your passions rather than fear.
- Understanding spiritual guidance in moments of doubt and confusion.
- Reading: Read Chapter 10-14 Revealed the Kingdom of Locs Nazirite Vow Continues Vol. 2

### **Week 7: Connecting with Ancestors and Spiritual Wisdom**

- The importance of ancestor veneration in African spirituality.
- How ancestral knowledge and wisdom can guide us in breaking the cycle.
- Group discussion: How can we honor our ancestors and their sacrifices while breaking the cycle of oppression? Is there a difference between this practice and having a direct relationship with GOD for the same intent?
- Reading: Chapter 15-21 of Revealed the Kingdom of Locs Nazirite Vow Continues Vol. 2.

### **Week 8: Personal Empowerment Project**

- Students will present a project where they outline a personal journey of breaking free from a limiting belief.
- Incorporating elements of history, spirituality, and identity as tools for transformation.
- Reading: Complete all readings of suggested books—prepare for project presentations. Continue writing in your journals. Find a Somatic Yoga class for trauma. Participate in the exercise. The next day journal your thoughts, experience and 3 things of gratitude.

### **Week 9: The Road Ahead: Creating a New Cycle of Freedom**

- Wrap-up discussion on what it means to live beyond the 400-year cycle.
- Developing a personal roadmap for breaking the cycle of fear and embracing one's true path.
- Group discussion: What is your spiritual and historical purpose moving forward?
- Reading: Review Chapters from Revealed the Kingdom of Locs Nazirite Vow Continues Vol. 1 & 2, Locs linked to spirituality and any journal entries you'd like to share.

### **Week 10: Final Reflections & Course Conclusion**

- Reflecting on the key learnings from the semester.
- Final group discussion on how to continue the journey of spiritual and historical reclamation.
- Closing thoughts on the power of knowledge, culture, and spirituality in shaping a more liberated future.

**The Black United States of America, Preamble to the U.S. Constitution is often seen as the foundational statement of purpose for the nation, outlining its guiding principles and commitment to public benefit. It reads:**

**Preamble to the Black U.S. Constitution:**

**"We the People of the United States of America, in Order to form a more perfect Union, establish Justice, insure domestic and international Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the Black United States of America. adopting the US codes. The core purposes and responsibilities of the government, emphasizing justice, peace, security, public welfare, and liberty as the nation's guiding principles against tyranny of the minority and the circulation of the Black USD.**

**(DC 1:24 cv 00479 RC and DC Court of Appeals 24-5263) UCC reference 044-2025-000334; 044-2024-004422; Revealed the Kingdom of Locs Nazirite Vow Continues Vol 1 ISBN 13 979-8373658195 & Vol 2 ISBN 13 979-8218228460**

**Professors script**

Weekly Discussion Script: History 4.1 – Breaking the 400-Year Cycle

**--- Week 1: Introduction to the 400-Year Cycle**

Discussion Prompt: This week, we're diving deep into the concept of the "400-year cycle" and how it shapes our history and current experiences. We'll look at the effects of slavery, colonization, and systemic oppression on the African diaspora and how these cycles have continued to influence us today. As we explore these patterns, let's remember that history is not just something we look back on—it's something we actively break and transform.

Motivational Quote: Good for the goose is good for the gander." This means what's true for one is true for the other. If oppression and limitation are real for one group, they are real for all of us. Our collective liberation requires shared responsibility. What can we do today to break these cycles, not just for ourselves but for our communities?

Historical Afro-Indigenous Fact: Did you know that the Gullah Geechee people—an African-descended group in the coastal regions of South Carolina, Georgia, and Florida—have managed to preserve African cultural practices and language more than any other group in the U.S.?

Despite being enslaved and separated from their African roots, they held onto their language and spirituality, a powerful testament to resilience and cultural survival.

## **Week 2: The Nazirite Vow & Spiritual Liberation**

Discussion Prompt: This week, we'll explore the Nazirite vow and its deep spiritual and historical significance. The vow involves dedicating oneself to spiritual growth, with practices like abstaining from certain substances, not cutting one's hair, and maintaining physical and mental purity. It's a powerful symbol of personal transformation. In the context of breaking the 400-year cycle, how can we apply the lessons of the Nazirite vow in our own lives?

Motivational Quote" When you change the way you look at things, the things you look at change. – Wayne Dyer

We're not just changing our actions; we're changing our perceptions of ourselves and the world. Just as the Nazirite vow calls for transformation, we too are called to transform our mindset to break free from limiting beliefs.

Historical Afro-Indigenous Fact: Did you know that the Yoruba people of Nigeria have a rich tradition of spiritual practices that have influenced the African Diaspora, particularly in the Americas? The Yoruba religion, with its deities called Orishas, heavily influenced the development of Afro-Caribbean religions such as Santería and Candomblé, showing the persistence of African spirituality across time and space.

## **Week 3: Locs as Symbols of Spiritual Identity**

Discussion Prompt: Locs are more than just a hairstyle; they are deeply symbolic of spiritual identity, resistance, and cultural pride. This week, we're examining how locs represent a connection to history, culture, and personal transformation. How can we view locs as more than just a physical expression, but a spiritual one?

Motivational Quote: "In the midst of chaos, there is also opportunity." – Sun Tzu Just as locs are formed over time through natural processes, so is spiritual growth—sometimes through struggles, sometimes through stillness. Let's talk about the growth we see in our lives when we confront challenges.

Historical Afro-Indigenous Fact: Did you know that Queen Nzingha, the powerful 17th-century warrior queen of the Mbundu people in Angola, is often depicted with her natural hair in various forms, including locs? Her fierce resistance to Portuguese colonization and her leadership continues to inspire today's movement for African liberation. ---

#### Week 4: Breaking Limiting Beliefs & Overcoming Fear

Discussion Prompt: This week's focus is on fear and limiting beliefs. Throughout history, we've seen how fear—of oppression, of the unknown, of failure—has kept us from living freely. But it's time to break free. How can we reframe fear and use it as fuel for empowerment? Let's discuss personal strategies for overcoming limiting beliefs.

Motivational Quote: "The only thing we have to fear is fear itself."— Franklin D. Roosevelt Fear can hold us back from our truest potential. This is not just a political statement, but a spiritual truth. The cycle of fear is a barrier we need to break.

Historical Afro-Indigenous Fact: Did you know that the Maroons—runaway enslaved Africans in the Americas—successfully established free communities in places like Jamaica and Suriname? Their resistance and refusal to live in fear against colonial powers created some of the earliest forms of African autonomy in the New World. –

#### Week 5: Spiritual Reclamation & Reclaiming Your Passion

Discussion Prompt: Now that we've addressed fear, it's time to embrace passion. Spiritual reclamation is about returning to our authentic selves—free from the limitations placed on us by external forces. How can we reconnect to our passions and live a life guided by our true purpose?

Motivational Quote: "Do what you love, and you'll never work a day in your life." – Confucius Living with passion doesn't just ignite the soul—it creates waves of change in the world around us. Let's talk about how reclaiming our passions can guide us in this journey of breaking the cycle.

Historical Afro-Indigenous Fact: Did you know that Harriet Tubman, in addition to being a conductor on the Underground Railroad, was also a deeply spiritual woman? She credited her spiritual beliefs and visions with guiding her actions, making her one of the most powerful symbols of courage and resilience in American history.

#### Week 6: Ancestors & Spiritual Wisdom

Discussion Prompt: This week, we focus on our ancestors—their struggles, their wisdom, and their resilience. How can honoring our ancestors help us break the 400-year cycle and connect more deeply to our spiritual purpose? What practices can we adopt to honor their legacy?

Motivational Quote: "We stand on the shoulders of those who came before us." We are not just the products of our immediate surroundings but of a long line of history, wisdom,

and sacrifice. Let's discuss how we can honor the journeys of our ancestors in our own lives.

Historical Afro-Indigenous Fact: Did you know that the Anishinaabe (Ojibwe) people have a practice called the "Seven Fires Prophecy," which speaks to the challenges and transformations that Indigenous peoples would face over time? The prophecy also highlights a return to spiritual strength and unity, a powerful example of how ancestral wisdom continues to guide future generations.

### **Week 7: Personal Empowerment & Living in Purpose**

Discussion Prompt: Empowerment isn't just an external achievement; it's a spiritual practice. This week, we'll focus on how to align our personal actions with our spiritual purpose and walk a path of empowerment. How can we take the lessons of this course and apply them to our everyday lives?

Motivational Quote: "You are not your circumstances, you are your possibilities." Your potential is infinite. Let's talk about how we can manifest our true power by aligning our daily actions with our deepest purpose.

Historical Afro-Indigenous Fact: Did you know that Crispus Attucks, a Black and Indigenous man, was the first person killed in the Boston Massacre in 1770? His death marked the beginning of the American Revolution, a powerful reminder that our ancestors played pivotal roles in shaping history.

### **Week 8: Creating a New Cycle of Freedom**

Discussion Prompt: We've spent the semester learning how to break free from limiting beliefs and historical cycles. Now, we're asking: What does the new cycle of freedom look like for you? Let's share what steps we're taking to continue this journey of empowerment and spiritual growth.

Motivational Quote: "The future belongs to those who believe in the beauty of their dreams."— Eleanor Roosevelt We are co-creators of the future. The new cycle we're building starts with the choices we make today. What kind of world will you help create?

Historical Afro-Indigenous Fact: Did you know that Marsha P. Johnson, a Black and trans activist, was one of the key figures in the Stonewall Uprising of 1969, which ignited the modern LGBTQ rights movement? Her courage in the face of oppression paved the way for future generations of activists.

Conclusion of Weekly Discussions These discussions are a place for us to connect, learn, and grow together. Every week we challenge ourselves to think critically about history,

spirituality, and empowerment—and how these concepts are woven into the fabric of our daily lives. Let's continue to support each other on this journey of breaking the 400-year cycle and reclaiming our power.

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### Quizzes for History 4.1: Breaking the 400-Year Cycle

To help solidify your understanding of the course material and keep track of your progress, there will be a series of quizzes throughout the semester. These quizzes will focus on key concepts from the readings and discussions. Each quiz will be a mix of multiple-choice, true/false, and short-answer questions to ensure a well-rounded assessment of your comprehension.

#### Quiz 1: Introduction to the 400-Year Cycle & Historical Context

Week 2: Due by the end of Week 2 (Feb 8)

Topics Covered: - The concept of the "400-year cycle" in African diasporic history.

- The effects of colonialism, slavery, and systemic oppression on the African diaspora.
- Introduction to spiritual cycles and their historical significance.

Quiz Format: - 10 Multiple-Choice Questions - 5 True/False Questions - 2 Short Answer (2-3 sentences each) ---

#### Quiz 2: The Nazirite Vow & Spiritual Empowerment

Week 4: Due by the end of Week 4 (Feb 22)

- Topics Covered :
- History and significance of the Nazirite vow.
- How the vow connects to spiritual freedom and personal transformation.
- The role of the Nazirite vow in breaking cycles of oppression.

Quiz Format: - 8 Multiple-Choice Questions - 4 True/False Questions - 1 Short Essay (100-150 words): Discuss how the Nazirite vow can be seen as a spiritual tool for breaking cycles of trauma.

#### Quiz 3: Locs as Symbols of Spirituality and Identity

Week 6: Due by the end of Week 6 (Mar 8)

Topics Covered:

- The history and cultural significance of locs in African and African diasporic communities.
- The symbolic meaning of locs in the context of spirituality, identity, and empowerment.
- How locs can represent the spiritual connection to ancestral wisdom.

Quiz Format: - 10 Multiple-Choice Questions - 5 True/False Questions - 1 Short Answer (2-3 sentences): What is the spiritual significance of locs in the context of breaking the 400-year cycle?

Quiz 4: Breaking Limiting Beliefs & Empowering the Self

Week 8: Due by the end of Week 8 (Mar 22) -

Topics Covered:

- How fear-based beliefs are created and perpetuated over generations. - Tools for breaking free from fear and living a passion-driven life.
- Connecting personal transformation with spiritual practices. –

Quiz Format: - 8 Multiple-Choice Questions - 5 True/False Questions - 1 Short Essay (100-150 words): Share one personal limiting belief you are working to overcome and how this course has helped shift your perspective.

Quiz 5: Ancestors, Spiritual Wisdom, and Breaking the Cycle

Week 9: Due by the end of Week 9 (Mar 29)

Topics Covered:

- The importance of honoring ancestors and their role in our spiritual growth. - How ancestral wisdom can guide us in breaking the 400-year cycle.
- Reflections on how spiritual practices can deepen our connection to both history and our purpose.

Quiz Format : - 10 Multiple-Choice Questions - 5 True/False Questions - 1 Short Answer (2-3 sentences): What is one way you can honor your ancestors in your daily life?

Quiz 6: Final Review Quiz

Week 10: Due by the end of Week 10 (April 5)



### Topics Covered:

- A comprehensive review of all topics covered in the course.
- Key spiritual and historical concepts, such as the 400-year cycle, the Nazirite vow, locs as symbols of identity, and tools for personal empowerment.

Quiz Format: - 15 Multiple-Choice Questions - 10 True/False Questions - 2 Short Essay Questions (100-150 words each):

1. Reflect on the idea of breaking the 400-year cycle and how it resonates with you.
2. How can you apply what you've learned in this course to continue breaking cycles in your life?

Quiz Grading - Each quiz will be graded on a scale of 100 points. - Multiple-Choice/True/False questions: 1 point each. - Short Answer/Essay questions: 5-10 points each, based on the depth and clarity of your response.

Note: - Quizzes are designed to be reflective and thought-provoking, so take your time and think deeply about each question. - You may reference your textbooks and notes, but I encourage you to answer in your own words to best capture your understanding of the material. I look forward to seeing how you all engage with the material—each quiz is an opportunity for you to deepen your journey of self-empowerment and historical understanding.