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Things to Remember

What is it?

Continuity and Change Over Time: historical analysis of how things have changed, and how things have stayed the same, throughout history.

What do I need to ask myself?

1. What are continuities and changes that occurred during the time period of study?
2. Were there more changes or continuities? Why were there more of one than the other?
3. For both changes and continuities:
 - Were they more positive or negative? Why?
 - Which was most significant*? Why?

Historical significance can be determined in several ways. Use the acronym **ADE to help you:*

- **Amount:** How many people's lives were affected by the continuity/change?
- **Depth:** Were people living in the time period being studied deeply affected by the continuity/change?
- **Endurance:** Were the changes people experienced as a result of this continuity/change long-lasting and/or recurring?

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