

TOK Essay Checklist

Step 1: Select a prescribed title.

- ☐ The title engages me.
- ☐ The title aligns with my existing subject knowledge.

Step 2: Choose your Areas of Knowledge.

- ☐ I have checked if any AOKs are included in the prescribed title.
- ☐ I have chosen two contrasting areas of knowledge.

Step 3: Conduct preliminary research to check there is enough scope for your essay.

- ☐ I can find sufficient resources to support my arguments.
- ☐ There are contrasting perspectives on this topic.
- ☐ I have identified some gaps in the existing knowledge or some questions that I would like to investigate.

Step 4: Write your introduction.

- ☐ I have assumed a position in relation to the title.
- ☐ I have defined the key topic-specific terms.
- ☐ I have introduced my chosen AOKs.
- ☐ I have explained which aspects of the topic my essay will explore.

Step 5: Write an argument for your first AOK.

- ☐ I have made a claim linking this AOK with the prescribed title.
- ☐ I have given a real-life example to support my claim.
- ☐ I have evaluated how the example supports my claim.
- ☐ I have referenced some of the 12 key concepts.
- ☐ I have made links to other academic subjects.

Step 6: Evaluate a contrasting perspective.

- ☐ I have introduced a contrasting perspective.
- ☐ I have given a real-life example to support this perspective.
- ☐ I have evaluated this in relation to my main claim.
- ☐ I have referenced some of the 12 key concepts.
- ☐ I have made links to other academic subjects.

Step 7: Summarize your insights so far.

- ☐ I have briefly summarized my insights in relation to my claim and this AOK.

Step 8: Repeat steps 5–7 for your second AOK.

- ☐ I have two complete sections that each focus on a different AOK.

Step 9: Write your conclusion.

- ☐ I have integrated the different AOKs and perspectives.
- ☐ I have explained my new insights.
- ☐ I have explained the implications of my insights.
- ☐ I have referred to any limitations or unresolved questions.

Step 10: Organize your citations.

- ☐ I have cited my sources according to my teacher's instructions.
- ☐ I have used a consistent citation format.