

Possible ...		Continuities ¹	Turning Points/Changes
1	8,000-600 BCE	<ul style="list-style-type: none"> Patriarchy (<i>can be used in all periods!?</i>) 	
2	600 BCE-600 CE	<ul style="list-style-type: none"> Rulers' use of religion to reflect/promote power 	
3	600-1450 CE	<ul style="list-style-type: none"> Silk Roads ² Islam (after 622 CE)² Large, Regional Empires 	<ul style="list-style-type: none"> Silk Roads ² Mongols Islam (after 622 CE)²
4	1450-1750 CE	<ul style="list-style-type: none"> Trans-Regional Empires 	<ul style="list-style-type: none"> Columbian Exchange
5	1750-1900 CE	<ul style="list-style-type: none"> Racism Industrialization Population Growth² 	<ul style="list-style-type: none"> Industrialization Imperialism Population Growth²
6	1900-Present	<ul style="list-style-type: none"> Globalization 	<ul style="list-style-type: none"> Globalization

1. Ideally, any continuity should be present for 100% of the time period, but history doesn't always conform to "neat and tidy numbers." The longer the time period, the more "wiggle room" there is to be a few years 'off.' Example: Islam was founded in 622 C.E. Use your interpretative skills as a historian. Could you make a plausible argument that 622-1450 is "enough" of 600-1450 to be considered a continuity? Could you also be able to make a plausible interpretation that Islam is a "change" during the same time period? You'll probably need to be more specific to make a such sophisticated argument, but if you can make a reasonable argument that " % of the time" is a change/continuity, your Reader will be happy to grant credit for your work.
2. Be careful *how* you describe these terms/trends. Many are inherently changes, so you have to be super-specific about what *part of* is a continuity or change. See below for examples.

Continuity

Islam's existence is a continuity from 600-1450.

but

the presence of Islam in India is certainly a change (Islam didn't 'arrive' in India in substantial numbers until c. 1000 C.E.)

The Industrial Revolution continuously promoted food production since c. 1750 C.E.

but

the rate of technological innovation has accelerated since 1750.

Change**Change**

Ugly, Unacceptable Writing:
"There was continuous change."

or

"X was continuous because it changed, and then changed back."

"Continuity is LACK of change, not CONTINUOUS change."

(Direct Quote from AP World History Chief Reader)