# TransitionU – Inquiry and Academic Literacy Reflection Responses

After viewing the resources about the Blessed Unrest phenomenon described by Paul Hawken in the [Bioneers segment](https://youtu.be/Xkz2OjMOg88) and the [Democracy Now! interview](https://www.democracynow.org/2007/5/23/author_paul_hawken_on_blessed_unrest) (both available under "View"  in the Seminar Topic section of the course), write a short summary of the key takeaways based on your understanding of the phenomenon. When you have completed your summary, refer to your Course Syllabus to determine what tool your class will use for reflection entry response submissions or postings.