Step 1: Create a quick list of topics for students to choose from.

Step 2: Allow students to choose their topic.

1. I wish I could go to Japan.
2. It has really cool food.
3. It also has great games.
4. That's why I want to go.

Step 3: Set up kernel essay.

Step 4: Write kernel essay.

Step 5: Go over structure of the kernel essay.

Step 6: Students read their kernel essays aloud.