Browse the https://thesocietypages.org/trot/ blog to get a sense of how TROT posts are written. They usually start with a summary of a current event, then provide cultural ideas relevant to the matter at the hand and includes citations for each source. journal articles no more than five years old   
Choose four recent news events or pop culture trends related to societal change to analyze. And choose a topic to investigate for each event, such as the impact of societal construction, institutions, or networks etc.   
Evaluate. Read the methods sections of any journal articles, or reviews of books. Ask yourself, "What would a philosopher have to say about this that the rest of the media may be missing?" Do you find the conclusion(s) convincing, based on the evidence provided? Is the method/approach of high quality? Which pieces provide the best takeaways for a general reader?   
Write a TROT essay for each of the four topics/news events in the style of the website. Remember the main components: a short summary of the news, including links to media coverage