



Emerging | Exemplar Essay

## Naps: Healthy or Not?

### Are Naps Good?



#### Claim and Focus

Although simplistic, the essay takes a stance on the issue in the introduction (“In my opinion, I think naps are a healthy part of life”). However, the essay does not address the prompt fully or expand on the main idea. The writer does not remain objective and inserts personal opinions (“In my opinion, I think naps are a healthy part of life”).



#### Support and Evidence

The essay begins to show evidence to prove the claim (“a minute nap on average gave a lower blood pressure to people”), but the evidence is not fully developed. The writer attempts a counterclaim (“on the other hand, people thinks naps are bad for you”), but it is not clear or supported with adequate evidence.



#### Organization

The essay has an introductory sentence and a concluding sentence, but they are not clearly developed. Minimal transitions are present (“In my opinion” and “Finally”), but they do not add to the structure or clarity of the essay.



#### Language and Style

In this essay, word choice and sentence structure are simplistic (“all of these reasons show that naps are healthy and good for people”). Sentences are awkward and could be expanded and varied to create a stronger sense of voice and style (“but extra sleep on days off might make you feel better”).



### Using Exemplars in Your Lessons

Exemplar essays are tools to take abstract descriptions and make them more concrete for students. One way to use them is to print the clean copies of the essays and allow students to use the rubric to make notes or even find examples of important elements of an essay - thesis statements, introductions, evidence, conclusions, transitions, etc. Teachers can also use exemplars to illustrate what each score point within a trait ‘looks like’ in an authentic student essay. For additional ideas, please see “25 Ways to Use Exemplar Essays” by visiting the Curriculum Resources page in Help.

## Naps: Healthy or Not?

### Are Naps Good?

Are naps good for you? Some people think that naps are good for people and some think that naps are not good for people. In my opinion, I think naps are a healthy part of life. Naps are good because it could help your brain and your health. According to source 2, it states that "a minute nap on average gave a lower blood pressure to people." Naps also help improve mental performance. I think that naps are good because it makes kids more active. On the other hand, people think naps are bad for you because there isn't time to take a nap. But extra sleep on days off might help you feel better. Finally, all of these reasons show that naps are healthy and good for people.



Notes

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