



Developing | Exemplar Essay

Naps: Healthy or Not?

Naps are Good for You



Claim and Focus

This essay introduces a claim (“Naps provide many benefits for people”) and attempts to offer valid reasons for it (“it makes one more alert and able to focus”). A counterclaim is attempted (“although some people say napping is an unproductive habit...”), but it is not fully developed in the essay.



Support and Evidence

Some evidence is offered in this essay (“naps provide a short-term boost in alertness and performance”). The writer attempts to explain the issue, but does not fully develop the explanation (“This is a very important thing in napping because in school and at work you have to be alert to do your job correctly”). No evidence is provided to support the attempted counterclaim.



Organization

Although simplistic, this essay has a basic organizational structure (introduction, body, and conclusion). The writer attempts transitions throughout (“in addition,” “although,” and “first”), but they are basic and do not add to the essay. The conclusion sentence adds nothing new to the essay and restates what is already in the introduction.



Language and Style

The sentences are very simple in the essay, providing no variety to the structure. There is repetition in the word choice throughout the essay (“napping is beneficial” and “naps provide many benefits”), which proves to be unengaging.



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?



Naps are Good for You

Since the beginning of time, people have been taking naps. Even presidents like John F. Kennedy, Ronald Reagan and Bill Clinton took naps to deal with all the stress of running America. Naps give many benefits for people. Napping is good because it makes you more alert and able to focus.

First, according to source 1, "naps provide a short-term boost in alertness and performance." By napping, you are able to stay on task when before you might be sleepy. The article "The Secret Truth about Napping" says that naps are useful for people with uncommon work schedules such as an astronaut or doctor. By taking naps, people with unusual jobs are able to focus more at work. This is a very important thing in napping because in school and at work you have to be alert to do your job correctly.

In addition, by taking a 24-30 minute nap, one can easily be refreshed. Taking long naps do not help and can make you groggy. Although some people say napping is a bad habit and it's only for little children, napping has many pros. Napping has been proven good and helpful.