



Grade 8 WRITING Section 1

Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

Before you begin planning and writing your paper, read the two passages:

1. "Changing Your Mind—One Thought at a Time"
2. "Our Brain: For Better or For Worse"

Changing Your Mind—One Thought at a Time

The Plastic Brain

- 1 Your brain is always changing. It will continue to transform throughout your entire life. Whether your brain changes for better or worse is up to you. This has not always been the popular belief, however.
- 2 Historically, it has been thought that the brain developed until a certain age and then became fixed. However, research over the last several years has shown that the brain is not rigid at all, but has the ability to be flexible, or plastic, and is able to change and learn throughout a person's lifetime. The official term for the brain's ability to grow, change, and learn is called plasticity.

Learning

- 3 Learning occurs when new knowledge is gained through instruction or experience. Memory is what allows this new knowledge to be remembered over time. Knowledge and experience, however, are not all that is involved in learning. Long ago, Albert Einstein made a statement about learning that science has only recently begun to understand. Einstein said, "Imagination is more important than knowledge. Knowledge is limited."
- 4 Think of knowledge as a tool and imagination as the hand that uses the tool. The more tools the hand has to use, the more it can build. Using your imagination exercises your brain and increases its ability to use multiple tools for learning.



- 5 Some studies suggest that imagination plays a key role in memory, as well. In one study, people were asked to remember a list of words using several different strategies, imagination being one of them. Those asked to use imagination as a memory tool were told to imagine that they were acting out the word. Those that used this approach were able to better remember details than those who used other methods of recall.

A Library of Memories

- 6 Memory and learning go hand in hand. Understanding requires the use of memory: to understand something you must remember it. On the other hand, when something is understood, it also becomes easier to remember. It is important to have a sense of how memory works in order to recognize how memory and learning help each other.
- 7 Think of the human brain as a vast library. Instead of shelf after shelf of books, this library is full of memories. The hippocampus is the part of the brain that acts as a librarian. It is responsible for deciding what to do with short-term memories. It is also in charge of organizing and storing long-term memories. If the brain decides that new information stored in short-term memory is useful, it will deposit the memory into long-term storage. In other words, the brain's librarian will permanently "shelve" the memories your mind deems important enough to remember.
- 8 Not only does the brain store memories in the library of the mind for the use of learning, but it constantly redesigns the physical structure and organization of the library itself, creating pathways for quicker access to "important" information.

The Ability to Think

- 9 Humans have the ability to be aware of their own thoughts. Although the brain remembers information we do not always *choose* to remember, we can decide what information is important by being aware of our thoughts. Some scientists report that because of this, humans who pay attention to their thoughts should be able to *choose* which thoughts will become a part of their long-term memory. Not only can the brain decide which thoughts are worth keeping, but it can choose how it wants to organize its library.
- 10 The thoughts you think about *most* will create the dominant pathways on which the librarian of your brain will travel and build upon. Your thoughts create physical routes in your brain. The more you think a thought, the more you establish the path for that same thought to be more easily repeated. These thoughts are "stored on the shelves" of your long-term memory.



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Creating Awareness

- 11 Although we are often unaware of the pathways being built in our brain, the very act of being focused and purposeful about what we are thinking and learning can change the way our brain stores and uses information. In other words, we can give the libraries in our heads an upgrade by simply choosing to focus on what we want to think about.
- 12 How does this work? You have approximately 70,000 thoughts per day. Interestingly, many of those thoughts will be the same ones looping around again and again. The more you think “I can’t do this,” for example, the more likely that experience will become true for you. This is because thinking these thoughts over and over creates a route for easy access to the shelves that contain the memories of all the things you “cannot do.”
- 13 Learning how to exercise your mind and use tools to increase learning is therefore only a part of the learning process. Do you have what it takes to improve your brainpower? The first step is to simply believe that you can.



Our Brain: For Better or For Worse

INTRODUCTION

- 1 The human brain has been the topic of many studies, due to advancement in technology and medical science. Scientists at the American Research Institute of Human Learning want to know what influences the brain, for better or for worse. This study looks at three different experiments conducted throughout the country. The following is a brief summary of what was learned.

EXPERIMENT 1: "What effect does exercise have on how the brain performs?"
Performed at NRC Laboratories in Spokane, Washington

Subjects and Procedure

- 2 The study included 80 subjects (40 females and 40 males between the ages of 30–40) of similar educational background and intelligence. The subjects were randomly assigned to Group A and Group B. There were 40 subjects in each group. Group A participated in 10 minutes of exercise on a treadmill before completing mazes of varying levels of difficulty within a given period of time. Group B did not exercise and was simply asked to complete the same mazes within the given time period.

Results and Discussion

- 3 Overall Group A performed better in successfully completing all levels of the mazes. Additionally, subjects in Group A reported greater satisfaction with the ability to focus. There was a significant difference in mental performance between the two groups.

EXPERIMENT 2: "What effect does sleep have on mental function?"
Performed at Sleep Research Studies in Hastings, Nebraska

Subjects and Procedure

- 4 The study included 20 subjects (10 females and 10 males between the ages of 20–30) of similar educational background and intelligence. All subjects reported they were good sleepers. The subjects stayed in the lab for four nights in a row. Ten (10) subjects were assigned to Group A. They continued to sleep their normal sleep schedule. Ten (10) subjects were assigned to Group B. They were allowed less sleep each night. Each day, subjects were asked to complete mental tasks of a similar level of difficulty.



Results and Discussion

- 5 Subjects in Group A received average scores on the daily tasks. Subjects in Group B scored below average. The more sleep lost by subjects in Group B, the longer it took them to complete the tasks and the less accurate their results were. Group A reported greater satisfaction with the ability to focus on the tasks.

EXPERIMENT 3: "What effect does positive or negative expectation have on academic performance?" Performed at Smith College in Northampton, Maine

Subjects and Procedure

- 6 The study included 500 subjects (250 females and 250 males between the ages of 17–19) entering their freshman year of college. Based on their high school grades and college entrance exams, the college used a formula to predict what each student's first year grades would be. The same students were given Expectation Tests to determine whether they thought positively or negatively. The tests also measured the way students explained the reasons for outcomes in their lives, both good and bad.

Results and Discussion

- 7 Those who scored higher on the "positive expectation" scale were overall more successful than their peers. The Expectation Tests better predicted student success than did the formulas used by the college. Additionally, those who explained failures as being "unavoidable" were less successful than those who described the same failures as being "lessons learned."

OCCT Grade 8
Oklahoma C³ Standards Writing Rubric

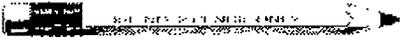
Transitional

Most notations are aligned to the Common Core State Standards and are to be read as follows: 8 (grade level), W (Writing standard,) L (Language standard), and number/letter (objective).

	Argument	Informative	Narrative
Score	IDEAS AND DEVELOPMENT		
4	<ul style="list-style-type: none"> The content is appropriate for audience and purpose. (8.W.4) The writer addresses the prompt with a fully developed argument using relevant, compelling claim(s) and counterclaim(s), accurate text-based evidence, and logical reasoning. (8.W.1.b) The writer quotes and paraphrases evidence avoiding plagiarism. (8.W.8) Writer expresses an insightful perspective towards the topic.(from prior SDE rubric) 	<ul style="list-style-type: none"> The content is appropriate for audience and purpose. (8.W.4) Topic is clear and fully developed using relevant text-based facts, definitions, concrete details, quotations, or other examples. (8.W.2.b) The writer quotes and paraphrases evidence avoiding plagiarism. (8.W.8) Topic is consistently sustained throughout the composition. (from prior SDE rubric) 	<ul style="list-style-type: none"> The content is appropriate for audience and purpose. (8.W.4) A real or imagined story or experience with a narrator and characters is fully developed using descriptive details. (8.W.3) A context and point of view are clearly defined. (8.W.3.a) Narrative techniques such as dialogue and description are used effectively to develop experiences, events, and/or characters. (8.W.3.b)
3	<ul style="list-style-type: none"> The content is largely appropriate for audience and purpose. The writer addresses the prompt with a partially developed argument using claim(s) and counterclaim(s), text-based evidence, and reasoning. The writer attempts to quote and paraphrase evidence. Writer sustains a perspective though most of the argument. 	<ul style="list-style-type: none"> The content is largely appropriate for audience and purpose. Topic is stated and partially developed using text-based facts, definitions, concrete details, quotations, or other examples. The writer attempts to quote and paraphrase evidence. Topic is sustained throughout the composition. 	<ul style="list-style-type: none"> The content is largely appropriate for audience and purpose. A real or imagined story or experience with a narrator or characters is adequately developed using some details. A context and point of view are present. Some narrative techniques such as dialogue and description are evident.
2	<ul style="list-style-type: none"> The content is limited for audience and purpose. The writer addresses the prompt with an insufficient argument with claim(s) and counterclaims (s), and limited use of text-based evidence, and reasoning. The writer does not attempt to quote or paraphrase evidence. Writer has difficulty expressing or sustaining a perspective. 	<ul style="list-style-type: none"> The content is limited for audience and purpose. Topic may be inferred and has limited development using weak text-based facts, definitions, concrete details, quotations, or other examples. The writer does not attempt to quote or paraphrase evidence. Writer does not sustain the topic throughout the composition. 	<ul style="list-style-type: none"> The content is limited for audience and purpose. A real or imagined story or experience with a narrator or characters is minimally developed with few details. A context and point of view may not be clearly defined. Narrative techniques may be minimally used.
1	<ul style="list-style-type: none"> The content is inappropriate for audience and purpose. Writer’s response to the prompt is not developed. Little evidence is elicited from the text. Writer has little or no perspective. 	<ul style="list-style-type: none"> The content is inappropriate for audience and purpose. Topic is unclear and is not developed. Little evidence is elicited from the text. 	<ul style="list-style-type: none"> The content is inappropriate for audience and purpose. A real or imagined story or situation is not developed. A context and point of view are missing. Narrative techniques are missing.

	Opinion	Informative	Narrative
	ORGANIZATION, UNITY, AND COHERENCE		
Score 4	<ul style="list-style-type: none"> • Introduction presents a clear topic and establishes the argument. (8.W.1.a) • Sustained focus on content and structure (prior SDE rubric) • Reasons and information that support the writer’s purpose are logically ordered. (8.W.1.a) • Transitions between ideas are coherent and link reasons. (8.W.1.c) • A formal style is established and maintained. (8.W.1.d) • Conclusion is compelling and supports the opinion. (8.W.1.e) 	<ul style="list-style-type: none"> • Introduction is engaging and presents a clear topic. (prior SDE rubric and 8.W.2.a) • Text-based facts, details, and examples are presented in a well-executed progression. (8.W.2.b) • Transitions are appropriate and clearly link ideas. (8.W.2.c) • A formal style is established and maintained. (8.W.2.e) • Conclusion clearly flows from the information presented. (8.W.2.f) 	<ul style="list-style-type: none"> • Introduction engages and orients the reader. (prior SDE rubric and 8.W.3.a) • Well-structured event sequence unfolds in a natural and logical manner and moves the reader through the story or experience. (8.W.3.a) • A variety of transitions signal shifts in time and settings and show relationships among experiences and events. (8.W.3.c) • Conclusion naturally flows from narrated experiences and events. (8.W.3.e)
Score 3	<ul style="list-style-type: none"> • Introduction presents a topic and an argument. • Focus on content and structure • Reasons and information that support the writer’s purpose are partially ordered. • Transitions support and link reasons. • A formal style is established but may be inconsistent. • Conclusion is satisfying and supports the argument. 	<ul style="list-style-type: none"> • Introduction and topic are evident. • Text-based facts, details, and examples are presented in a logical progression. • Transitions link ideas. • A formal style is established but may be inconsistent. • Conclusion is apparent and relates to the information presented. 	<ul style="list-style-type: none"> • Introduction interests and orients the reader. • Event sequence is logical and moves the reader through the story or experience. • Transitions signal shifts in time and settings, and show relationships among experiences and events. • Conclusion follows from narrated experiences and events.
Score 2	<ul style="list-style-type: none"> • Introduction does not present a clear topic or argument. • Lack of focus on content and structure is evident. • Reasons and information that support the writer’s purpose are ordered in random progression. • Transitions are limited and do not link reasons. • A formal style may be attempted. • Conclusion is incomplete with little support for the argument. 	<ul style="list-style-type: none"> • Introduction is incomplete and topic is not clearly stated. • Some text-based facts, details, and examples are presented randomly. • Transitions are limited and fail to link ideas. • A formal style may be attempted. • Conclusion is incomplete with little support of the information presented. 	<ul style="list-style-type: none"> • Introduction may leave the reader with questions. • Event sequence is unclear or limited which makes it difficult for the reader to follow the story or experience. • Ineffective transitions are used. • Conclusion may be missing or irrelevant. • Lacks logical direction.
Score 1	<ul style="list-style-type: none"> • Lacks logical direction. • No evidence of organizational structure 	<ul style="list-style-type: none"> • Lacks logical direction. • No evidence of organizational structure 	<ul style="list-style-type: none"> • Lacks logical direction. • No evidence of organizational structure

All Modes Grades 5 and 8			
	WORD CHOICE	SENTENCES AND PARAGRAPHS	GRAMMAR, USAGE, AND MECHANICS
Score 4	<ul style="list-style-type: none"> Figurative language, word relationships, and nuances in word meanings are demonstrated effectively. (5.L.5 and 8.L.5) Concrete words and phrases, sensory details, and domain-specific vocabulary are used effectively to clearly convey ideas. (5.L.6 and 8.L.6) 	<ul style="list-style-type: none"> Rich variety of sentence structure, type, and length (prior SDE rubric and 5.L.3.a) Few, if any, fragments or run-ons (prior SDE rubric) Evidence of appropriate paragraphing (prior SDE rubric) 	<ul style="list-style-type: none"> Effectively demonstrates command of the conventions of standard English grammar and usage as well as capitalization, punctuation, and spelling. (5.L.1, 5.L.2 and 8.L.1 and 8.L.2) Errors are minor and do not affect readability. (prior SDE rubric)
Score 3	<ul style="list-style-type: none"> Figurative language, word relationships, and nuances in word meanings are demonstrated. Concrete words and phrases, sensory details, and domain-specific vocabulary are used to convey ideas. 	<ul style="list-style-type: none"> Variety of sentence structure, type, and length Few fragments or run-ons Evidence of paragraphing 	<ul style="list-style-type: none"> Demonstrates command of the conventions of standard English grammar and usage as well as capitalization, punctuation, and spelling. Errors may be more noticeable but do not significantly affect readability.
Score 2	<ul style="list-style-type: none"> Figurative language, word relationships, and nuances in word meanings are limited. Concrete words and phrase, sensory details, and domain-specific vocabulary are limited. 	<ul style="list-style-type: none"> Limited variety of sentence structure, type, and length Several fragments or run-ons Little or no attempt at paragraphing 	<ul style="list-style-type: none"> Demonstrates limited command of the conventions of standard English grammar and usage as well as capitalization, punctuation, and spelling. Errors may be distracting and interfere with readability.
Score 1	<ul style="list-style-type: none"> Figurative language, word relationships, and nuances in word meanings are not evident. Concrete words and phrases, sensory details, and domain-specific words are lacking. 	<ul style="list-style-type: none"> No clear sentence structure Many fragments or run-ons Little or no attempt at paragraphing 	<ul style="list-style-type: none"> Demonstrates little or no command of the conventions of standard English grammar and usage as well as capitalization, punctuation, and spelling. Errors are numerous and severely impede readability.



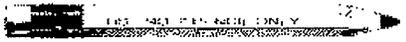
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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

How do you picture your brain? Many people would answer that your brain is a three-pound organ that only develops until a certain age, and then simply stops expanding. But those people would be wrong. According to recent research, your brain continues to change and learn throughout the course of your entire life. Your brain is never rigid, but is always able to be flexible, or in other words, plastic. This ability to go through these changes is called plasticity. Plasticity is an amazing ability, so it should never be overlooked. Humans should constantly be attempting to learn something new and to increase our brain power every day. I mean, don't we all wish we could be the smartest kid in our class?

We have all heard the famous quote, "Knowledge is power". haven't we? Well, this quote applies to our brains. Knowledge is necessary for every single thing that we do in our lives, even sports and recreational activities. For example,



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Knowledge tells a boater to make sure that the plug is in the boat before shoving off, to avoid sinking the boat.

Knowledge is gained through experience and instruction, and is then remembered through memory. But knowledge does not increase our brain power. It is simply a part of

something larger that does increase our brain power:

learning. Learning is not simply programmed into our brains

when we are born, we have to achieve learning. It is achieved

through a combination of knowledge, imagination, and memory.

Here's another 'for example': we learn not to touch a hot

stove when we are older, because we experienced that

burning sensation when we were young. By that experience,

our brain gained enough knowledge and brain power to not

repeat the mistake later in life. The older we get, the more

we learn, thus the more brain power we gain. That's pretty

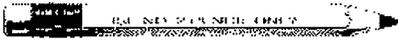
amazing!

Since our goal is to increase brain power, we want to

increase it in every possible way. So, we move on to using

memory and thoughts. Memory works together with

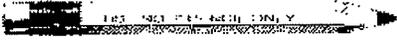
learning because you must remember what you learn and



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you must learn by memory. Since the human brain is similar to a library filled with books, it is usually easy to find something to learn from. Our memories are stored by the hippocampus, a section of the brain that sort of represents a "librarian". Memories are "shelved" from most "important" to least "important", with the things we think about most being long-term and the things we think about least being short-term. All humans can control which of their 70,000 daily thoughts will be long or short term, the brain simply organizes them. The human brain works in strange, mysterious ways.

According to various studies over the years, we know that there are many different ways to increase brain power. Positive thinking and controlling of thoughts are a few ways. If we think positively of ourselves and center our thoughts on important things, we should have better focus and much more brain power than we would have without these things. A few other examples are sleeping more and exercising. Both of these things greatly increase focus, and if you exercise, as a bonus, you won't have to be



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that obese kid who sits on his sofa all day long eating potato chips and chocolate bars. Who wants to be that kid? So, we should always be attempting to improve our brain power for the better.

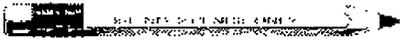
In conclusion, the brain is a powerful and extremely vital organ for our bodies. It is always growing, changing, and learning, so we should always try to increase the mental capacity that God gave us when he planted brains in our heads. We now possess the tools to change our brain power, so let's start using them. If we have the willpower, we can do anything we set our minds to.

ID Score Point: 4

The content is appropriate to audience and purpose.

Writer uses his own examples as well as material from the text to illustrate key points.

The writer paraphrases evidence from the passage avoiding plagiarism.



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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

Using your brain is something you do every single day. You could be wondering about what flavor of ice cream you should choose or if you should go over to Jimmy's house today. People can learn and enhance their power to think and to discover new things in many different ways. Three of those ways are by exercising, sleeping, and having higher expectations of themselves.

The first way you can enhance your brain power is by exercising your brain and body. By using your imagination you open up new pathways in your brain. Getting the gym will help you stay focused when learning too. Also, by learning new things, you can really increase your brain power.

The second way you can learn and

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Increase your brain power is by getting more sleep. In an experiment, studies shown that people who got less sleep weren't able to think and took more time to do things. ~~Those~~ who got more sleep learned more and didn't take so long to do things.

The third and final way people can learn and enhance their brain power is by having higher expectations. In a recent study, freshmen's in college who had high expectations had better grades than those who had low expectations. When asked about their failures in their life, those who explained them as "unavoidable" were less successful than those who considered them "lessons learned."

So if people would give their brain a workout, go to bed earlier, and would think more positively about themselves, they would increase their brainpower. Who knows? Maybe enhancing your brain's power might make you as smart as Albert Einstein. All anyone has



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to do is start thinking.

Ideas & Development: 3

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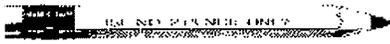
Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

Every time you learn in a classroom, your brain locks it away in a safe place to where you can find it if you need it again someday. Your brain will get bigger as you grow older, the bigger it gets the smarter it gets. A brain is just like a cat, it thinks and learns on its own the bigger it gets, You dont have to train it. Your brain can help you just have to use it, your brain even stores away your best thoughts and memories you have went through. To gain extra brain power, you have to make your brain think and you have to pay attention in class, because the more you pay attention in class the more you know and the more you know the more your brain knows, your brain can help you through 1st - 12th grade you just have to make it.

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You can use your brain for anything that involves thinking or learning, for example: You can use your brain to help you discover new things, and you could also use your brain to help you write and publish a book that you wrote. Some people think that their stupid and I don't believe that, as long as you have a brain you're smart, but your brain is not what always helps you, it's you that's helping yourself. Your brain is just telling you what you already know, and some of the things that you learned a while back. My mom always told me that I would be the smartest one out of all of the kids, if I tried in school, I only try to the point of passing. I don't care what my grades are as long as there are not F's. I do care sometimes though because I want to go into high school with my best friends and my boyfriend so that we can all stay together in one group, nobody gets left behind.



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I'm actually trying in school right now because I don't want to be the kid that's left out of everything. I am using my brain right now to tell you what I feel about school, my friends, and my Scholarship I want to make. I do want to go to _____, because I hear they have great training for veterinary services (for animals), back to getting Brain power, brain Power is easy to get you just have to pay attention and write what you know. You have to ask questions if you don't understand it, and she will answer it unless you taking a very serious test. that is worth a lot of points.

ID _____ Score Point: 2

The content is limited. The topic is inferred and has limited development using general/weak text-based material. Writer does not attempt to quote or paraphrase evidence. Writer does not sustain the topic throughout the composition. The discussion moves away from the topic into a discussion of the writer's grades and college plans.

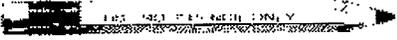
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How people learn is by what they want to do. They can goof off and do what they want. I mean people do stuff then when they think there like what have I done I should of did this and this. But now i cant go back they have to use the brain before they go on. You always need to plan a goal Before they graduate High school. People have to increase there brain by writing down on a piece of paper.

What you going to do in just think its called imagination you can see the images in your head. All of the fun things you can do Before messing up. Always make a



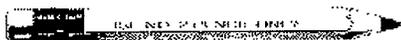
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goal, and Always make good choices.

Always take your time and do stuff. Your brain will change during life when your little to grown up. Being good in school is good you have to remember things the teachers say and study for things like tests. Use your brain slow down and think of how your going to do this.

When you go to college make good choice get a good job in life make good money use your brain. think what your going to do when you get out of college.

When you get out of college or if you want to stay remember you always want to make good choice on what your going to do make good decisions. Always want to have a



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goal to do when your in
Highschool and Imagining what your
going to do when you graduate
Highschool. Always make good choices.

ID

Score Point: 1

The content is inappropriate for the audience and purpose. Topic is unclear and undeveloped. No evidence is elicited from the text.

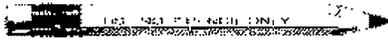
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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

The human brain is an amazing thing. It is what allows mankind to be different in ways other than appearances. It's what forms ideas that were then formed into any object not formed by nature alone. It is even active while we are asleep, hence dreaming. The brain improves itself by learning, exercising its natural abilities, and several other methods used by all daily.

To begin with, the brain learns by remembering knowledge and teachings received through experience or instruction. The memories of the knowledge are then stored in either short-term or long-term memory, but it is only put in long-term memory if it is considered particularly useful or important. The hippocampus is the part of the brain in charge of choosing and sorting memories. A human's ability to "choose" memories first originates from



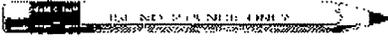
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their ability to be aware of their thoughts; it has been proven that humans who are more aware of their thoughts have better control over memories. The brain uses this process of choosing and storing memories to learn.

Though they may remain unnoticed, the brain is ever-changing. Previously it was thought that the brain matures until a certain age, but studies have shown the brain morphs. It alters continuously until the person's life is over; this process is called "plasticity." Learning is one of the reasons behind plasticity. Due to it, the brain is not dormant; it is constantly evolving.

However, the brain, according to studies, does not grow on its own; exercising, a good night's sleep, and optimism are key methods to improving brain power. At the American Research Institute of Human Learning, it was proven that people who exercise are more likely to have better focus. Also, at Sleep Research Studies in Hastings, Nebraska, people who received more sleep were able to

GO ON ►



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focus on the mental challenges given to them post-sleep. In Northampton, Maine, at Smith College, students were given tests, and it was proven that students more optimistic about the future were more likely to succeed in life. All of these factors can change the brain for the better.

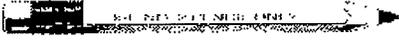
In conclusion, the human brain learns through memory, changes constantly, and improves itself through several methods. Using memory, the brain stores knowledge, it changes and adapts continuously. Studies show that exercise, sleep, and positive expectations improve the brain's abilities. The human brain truly is amazing.

OUC Score Point 4

Engaging introduction and conclusion that clearly flows from the information presented.

Transitions are appropriate and clearly link ideas.

Conclusion flows from the information presented.



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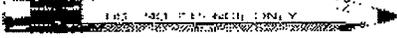
Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

Have you ever felt like you aren't intelligent? There are many ways to increase your brain power. You probably just don't know what to do. There are ways to increase and learn easier. Some people know what to do and some don't.

First, you can sleep more. More sleep means more intelligence. You can greatly increase your brain power by sleeping. Sleeping also helps you learn and pay more attention. You are also refreshed in the morning. You are more ready, if you get enough sleep.

After you wake up, you can start exercising. Exercise will also help you raise your intelligence. You can do just a little work out and it will make a difference. You will very greatly increase in your learning skills too.



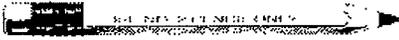
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Most important, you have to be in a positive mood. Other than being in a negative attitude, people with better attitudes are more likely to get better grades. Better grades means a good college. A good college could get you into your dream job. You could be rich or even famous.

Those are the ways to get better at learning. You could try them, if you want to. It could make you smart and successful. These are just some of the ways to increase your intellect. Are you going to try them out or are you going to be lazy?

OUC Score Point 3

Introduction and topic are evident.
Text-based facts are presented in a logical progression.
Transitions link ideas.
Conclusion is apparent.



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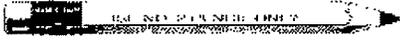
Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

There are many different ways to help your brain grow, like homework, study groups, and even flashcards, you just have to push yourself to excel and grow to become a great learner. Another way to help your brain to grow is, gain as much knowledge as you can through class, community, or even at-home projects and even just doing work in class can help to expand your brain. Also you can't come into a project or test thinking you can't do it or that your going to fail, because if your thinking and worrying about failing, it most likely will make you more intensive to failing and you won't be able to

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think as well. Another thing is, get a lot of sleep and exercise cause you'll be more alert and ready to learn, cause your brain is constantly changing, and if your learning it's constantly growing, so you need to be active and get sleep so it will change in a positive way. The most important thing to expand your brain and make it work harder is to focus and dedicate yourself to what your learning and challenge yourself as much as possible by learning stuff from a higher grade level or age and even reading will help you to think and clear out your brain so you can learn new things and help you think cause a human has 70,000 thoughts a day so you need to be able to



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clear out you brain and think.

OUC Score Point 2

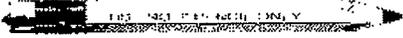
- Introduction is incomplete and topic is not clearly stated.
- Some text-based facts, details, and examples are presented in random fashion.
- Lacks transitions.
- Lacks a conclusion.

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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

People can read to increase their brain power and to learn. People learn by doing things like work and listening. To increase your brain power you need to do different things. And you need to do stuff you don't know yet and learn how to do it. So you can learn or increase your brain power by more things you do. It is so much better if you do more than not a lot. If you don't repeat then you can learn more by doing things you've never done before. And if you don't get it right the first time you can do it again. Or you can do something different but do something you don't know how to do. So you can learn how to do it.



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If you are young you can
 learn for when you get older.
 So you know what you are doing so
 you don't have to ask someone.
 That no it if they tell you are
 going to learn anything.

OUC Score Point 1

Lacks logical direction.
 No evidence of organizational structure.

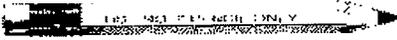
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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

The brain itself is a "malleable" object. With the right tools, we can mold our brains to create a positive impact on our ability to learn, and strengthen our mindpower. These certain practices are memory and awareness, using your imagination, enough sleep and moderate exercise, and an overall positive mindset. With these tools, you can unleash the power of your mind.

To be able to remember what we learn is vital to expanding our knowledge. The more you remember something, the easier it is to be understood. And when something is understood, it is easier to remember. Being imaginative can exponentially make the ability to remember easier. In group studies, people were asked to use different skills to better remember things. The group that used imagination



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better remembered the information provided. Using imagination to remember can mean the difference between remembering or forgetting important knowledge.

Being aware of how we learn can be helpful in changing the way our brain stores and uses information. Being focused in the learning process makes it easier for that knowledge to stick in our heads. Also, when you have a purpose in mind, learning will come easier. When we think a certain thought over and over again, it creates a "pathway" in our minds. So if you constantly say, "I can't do it," then the result will be failure in the end. Thinking more helpful thoughts will ultimately lead to a positive outcome.

We can strengthen our minds with sleep and exercise. Sleep is the time when our brain recovers from the day's challenges. With the proper amount of sleep, our minds will be able to take on the day each morning. But, with



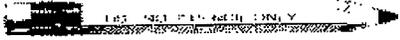
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lack of sleep, our minds will become sluggish and less productive. Tests have shown that those who got less sleep than usual performed mental tasks at a slower and less accurate rate than those who slept as they normally do. Exercise can increase clarity and productivity in daily tasks. Studies showed that people who participated in 10 minutes of moderate exercise performed better in tasks than those who didn't. Those who exercised claimed that they had more focus and clarity during these tasks. So, with proper amounts of sleep and exercise, our mind will be more focused and understanding with the task at hand.

Our mindsets also affect our learning ability. Having a positive look on things will increase the interest and efficiency of your work.

Being a so called "negative nancy" will do no good in learning and/or strengthening your mind.

The first step in learning is believing that you can. We can improve our brainpower by focusing on the task and believing we can



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accomplish it successfully.

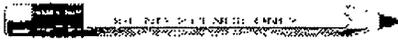
Therefore, we do have the power to change our minds for the better. Knowing how our brain works can help us in developing skills to benefit our intake of knowledge. Sleeping right and exercising reboot our brains for more mental challenges. And believing in yourself can make all the difference when it comes to learning.

The power to change the way you think is inside of you. The question is whether you believe enough in yourself to use it.

WC Score Point 4

Effectively demonstrates figurative language, word relationships and nuanced meanings.

Ideas clearly conveyed by effective use of concrete words and phrases.



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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

The Brains Functions

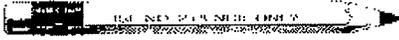
What are ways that the brain functions? The human brain functions in many ways. The functions can give a person the abilities to think, learn, and create awareness. These things are what gets people through the day.

One way the brain functions is by learning. The ability to learn can be affected by the amount of sleep that a person gets. The more sleep a human gets the better they learn. Learning occurs when new knowledge is being presented. Memory allows a person to remember the things that they have learned. Learning is the big reason how the brain functions.

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The next way the human brain functions is by the ability to think. The human brain uses the ability to think to organize and decide if thoughts are important enough to keep. Humans can decide what is important by being aware of their thoughts and the things that they hear. When a human pays attention to their thoughts the thoughts can become long-term. An example of that could be an injury or a fun day. By having the ability to think a human can become very smart.

Another way a humans brain can function is by creating awareness. The average human can have at least 70,000 thoughts per day. Some of the thoughts that a person has can occur multiple times a day. A human can help their



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brain by focusing on what they want to think about. By creating awareness the brain can stay focused and on task.

In conclusion, the human brain functions in many different ways. Learning, thinking, and awareness are only three of the many ways that the human brain functions.

WC Score Point 3

Demonstrates word relationships and nuanced meanings. Ideas conveyed by use of concrete words and phrases.

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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

Is your brain like everyone else's? The answer to my question is yes. Except certain things like some people have good memories that other people don't have. As far as learning it stores most of the things you learn unless you don't pay attention.

Your brain changes it's mind. If you don't think you can do something your brain automatically makes it where you can't do it. The brain also remembers the stuff you don't really need. There are also things you don't want to remember but you do.

Human brains have their own personal library. It stores what you need to know about stuff. Brains have anuff room for more stuff as you continue learning. The brain is a very

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important body part.

Brain's do good and bad things. Bad for example they keep memories that you don't ever want to remember. But on the bright side they help you remember the stuff you learn. Then you will be able to use those tools again.

Some people don't realize it but your brain works everyday. Even when you aren't thinking about anything or paying attention. For example when you are at school not paying attention it really picks up a few things your teacher tells you. But when you are in class you need to pay attention.

Word Choice: 2

Concrete words and phrases, sensory details, and domain-specific vocabulary are limited.

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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

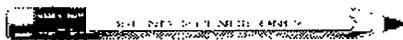
Through out your life, your brain changes. You choose if you want it to be better or worse. When you learn something, imagine it a couple times so it will stay in your brain. Imagining things is exercise for your brain. Imagination is a very big part in your brain. If you learn something and you use your imagination with it, you will remember it for along time. Everytime you learn something it is stored in your brain. If you keep downing yourself, it's going to stick in your brain untill you stop downing yourself and saying positive thing about yourself. Getting sleep is the most important thing for your brain. People who get plenty of sleep can take on more.

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tasks than people who don't get enough sleep. People who get plenty of sleep can also perform better on things. People who exercise can perform more tasks than people who don't. When you don't exercise you feel dull and don't want to do anything. When you do exercise you feel like you can do any task. When you keep thinking of the negative you don't do as good. When you think of the positive, you can do it.

Word Choice: 2

Concrete words and phrases, sensory details, and domain-specific vocabulary are limited.



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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

How people learn is by what they want to do. They can goof off and do what they want. I mean people do stuff then when they think there like what have I done I should of did this and this. But now i cant go back they have to use the brain. before they go on. You always need to plan a goal Before they graduate High school. People have to increase there brain by writing down on a piece of paper.

What you going to do in just think its called imagination you can see the images in your head. All of the fun things you can do Before messing up. Always make a

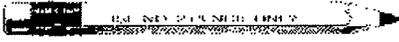
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goal, and Always make good choices.

Always take your time and do stuff. Your brain will change during life when your little to grown up. Being good in school is good you have to remember things the teachers say and study for things like tests. Use your brain slow down and think of how your going to do this.

When you go to college make good choice get a good job in life make good money use your brain. think what your going to do when you get out of college.

When you get out of college or if you want to stay remember you always want to make good choice on what your going to do make good decisions. Always want to have a

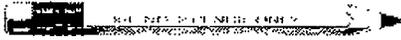


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goal to do when your in
Highschool and Imagining what your
going to do when you graduate
Highschool. Always make good choices.

WC Score Point 1

Figurative language, word relationships and nuances are not evident.
Lacks concrete words and phrases, sensory details, and topic-specific language.
Very weak vocabulary.



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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

Do you ever wonder how your brain keeps a track of all your thoughts? Do you think about how your brain retains information? Have you ever wanted to know if a great night's sleep helps your brain function properly? Brains are spectacular machines; crafted to ~~store~~ store wisdom. They help you learn new, exciting things, they assist you with remembering your favorite memories, and brains can do all these things even better if you do what you need to do.

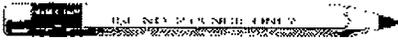
To begin with, learning is one of the many important strategies that your brain deals with on a daily basis. Brains never stop transforming. They will keep changing for the rest of your life. As stated in the article, "Learning occurs when new knowledge is gained through instruction or experience." To learn new material, you need wisdom and experience, but there is still one more thing that

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will send your brain soaring. Imagination is a key concept to learning. Without it you will never reach the "full capacity of learning."

Frankly, memory is another step in learning. From "Changing Your Mind - One Thought at a Time," "Think of the human brain as a vast library. Instead of shelf after shelf of books, this library is full of memories." Since brains are always changing the brain's libraries are transformed to. They are rearranged, so we can access our important thoughts quicker and easier. Memory helps us remember all the things we have learned. It is the key to understanding different concepts. Without memory we do not retain the information that is necessary to help us learn.

Lastly, increasing brain function is a surprisingly easy thing to do. One of the main steps of increasing brain power is exercise. It has been scientifically proven that people who exercise before completing a task have a higher success rate. Another step is getting a good night sleep. People who sleep for



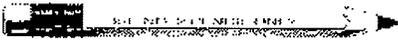
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the required amount of time for their age. It function better the next day than someone who didn't sleep well. The last step in improving brain function is positive feedback. If you tell yourself that you can do it then it motivates your brain to help you do it. Increasing brain power will help you have a better lifestyle.

In conclusion, brains help you learn new things, they assist you with reminiscing, and they can upgrade their performance with a little help from you. Learning is the most important thing your brain does. Memory is a step that helps complete the experience of learning. Increasing brain function can be done with three simple objectives. Could you do that?

S & P Score Point: 4

Rich variety of sentence structure, type, and length.
 Few fragments or run-ons.
 Appropriate paragraphing.



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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

Your brain can do outstanding things, things that you would never think it could do. Our brains are designed to make decisions, accomplish task, and do the unthinkable. Even scientist make observations almost everyday to find out what we are capable of.

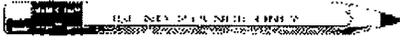
Do you remember what time you got up this morning? What about what you ate for breakfast. See this is the difference between short-term memory and long-term memory. You most likely forgot what time you got up this morning because you didn't find it important. You

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probably remember what you had for breakfast though. But in about five to ten days this will become short-term memory, because it will most likely become useless information. Humans have approximately 70,000 thoughts in just one day. But what are all these thoughts? Believe it or not they are just the same thoughts looping through your mind. It is amazing how much information we can store in our brain.

Humans make decisions in everyday life. It can go from little decisions such as, choosing what you want to wear that day. To big decisions such as, what you're going to write on your exam for school. The choices that you make are all decided with the help of your brain.

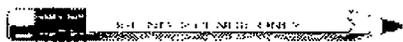
Whether you choose to exercise or

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sleep, your are still helping your brain. Remember to always stay positive and have a wonderful imagination. Like Einstein said "Imagination is more important than knowledge. Knowledge is limited."

S & P Score Point: 3

Variety of sentence structure, type and length.
Evidence of paragraphing.



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Writing Topic:

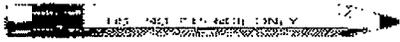
Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

The Brain for many years has been the topic people bring up.

Your brain is always changing day by day even hour by hour. wheater its good or bad you learn something new everyday!

learning is gained people say through experience and also through instructions as Albert Einstein said "Imagination is more important then knowledge" And what i think he is saying is yes it is good to be smart but stressing your self on what test your taking next, you have to let loose and have fun and dream about pigs flying on an air plane or cats and dogs talking, It all startes with imagination.

people run test. on how the brain works. like obes sleep effect your mentel Function



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and it does! people who get less than 8 hours of sleep can't function the next day. But the brain is the most interesting thing i've studied, the brain can hold up to 70,000 thoughts per day thats alot of thoughts!

learning how to exercise you mind is a step everyone should take.

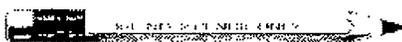
But you have to work for it. So do you have what it takes to get smarter?

It all starts with you, all you have to do is believe in yourself and it will come true.

S & P

Score Point: 2

Several fragments and run-ons.

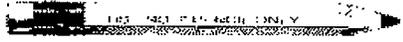


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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

Sleep how is it important will it's important because it helps you learn more, Studies show that if you get enough sleep it helps you stay more focused on the subject that your being taught. What are some other ways to increase our brain power some scientists say by getting enough exercise it helps increase our brain's power and helps you stay focused, and visual and active. Sometimes by acting out what your taught, it helps remember that specific thought and increase knowledge and is helpful when remembering that subject. While being what your taught it is more helpful and is most successful and is more used then any other method using teachers they teach they give use the knowledge we have come to know they are what's increasing our brain power. without them who would show us that $2+2=4$, sure there are other way but it's teachers that



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give us brain power.

S & P Score Point: 1
No clear sentence structure.
Many run-ons.
No paragraphing.

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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

How do people learn? Humans learn everyday through both instruction, and day-to-day experiences. A key element of learning is being able to recall information, and memory requires the brains concentration. There are many beliefs about how to allow your brain to focus, and studies have proven a majority of them to be true. Learning is a process, but the first step is finding sources of knowledge.

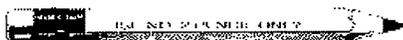
"Knowledge is gained through instruction or experience." (Changing Your Mind, #3) Our brains are constantly learning and memorizing almost everything that we see and do. Knowledge surrounds us, but in order to truly learn something you must understand it. Understanding comes with memory and the analyzing of a subject. The more you think about a particular thing, the better chance you have of recalling it later. This is why imagination is such an important tool your brain uses. The simple act of binding knowledge to an experience you think about allows you to hold onto the information better. Thoughts are drilled deeper into our brains

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the more we think about them, eventually we create a library full of memories and beliefs.

Consequently, the way we think about things influence our actions. In the passage "Our Brain: For Better or For Worse" scientists at Smith College conducted a study to determine the effects of positive and negative thinking. 500 subjects (250 female and 250 male) were given "Expectation Tests" to evaluate how they thought about themselves. Beforehand, the college plugged their high-school grades and entrance exam scores into a formula to predict the students' future grades as a college freshman. Overall those who scored higher on the "Expectation Tests" were had a better success rate than their peers. The tests proved more accurate than the formula used by the college. Thinking positively is good, but there are many physical activities your brain needs to focus.

Another way you control your personal performance is by concentrating, but concentration requires the brain to be well rested and ready for the task at hand. The passage "Our Brain: For Better or For Worse" includes information on a study performed by scientists at Sleep Research Studies in Hastings, Nebraska. The study had 20



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subjects (10 female and 10 male) between the ages of 20-30 sleep in the lab for four nights. Each morning they were judged on their performances of daily tasks. 10 subjects were given less time to sleep each night, while the other 10 were kept on their regular sleeping schedule. Those who had a regular amount of rest scored average scores and were better able to focus than those who had less sleep. Like the rest of the body, our brains need energy to be able to retain information.

In the end, our brains are constantly in action. They sort through information and keep what we think is important. In order to keep up, we must prepare our brains by thinking positively and getting enough rest so that our brains can function at a higher level. The process of learning takes time, but the more you know, the easier knowledge is to attain.

GUM Score point: 4

Capitalization and Spelling are correct throughout the paper.
Correct use of internal and end punctuation.
Hyphens, quote marks and parentheses used.

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Writing Topic:

Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

Our brain has been developing from the time of our birth. We have been doing many things to help it develop. For example, we have made memories over the years and every new memory is a wrinkle on our brain. We have learned to use our environment to our advantage. But, most of all, we have slept.

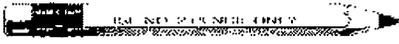
Sleep is the focal point of us being able to accomplish tasks and learn. At my school probably ten to twenty percent get eight hours of sleep each night. Because of this their brain is not learning and most of them are failing. I get exactly eight hours of sleep each night and

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I am a straight A student. I have a lot more energy to focus on learning than most of them combined.

From the beginning of time man has been learning and focusing on their brain power. We have learned to use fire, electricity, and even the sun to our advantage. Some of our greatest minds have used their imagination to invent things we use today. Those people were praised with compliments and that's why they did so well.

These compliments were stored in the short term memory. The brain picks and chooses which memory will go in short or long term part of your brain. If it thinks the memory is important it will put it in long term if not it goes in short term. If you think about that one memory several times a day your brain will follow your orders and

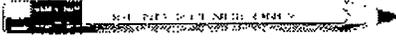


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put it in the long-term memory section.
Learning, memories, and imagination is only a small part of your hippocampus. That is why the brain is the most complex organ on Earth. But your brain still needs help. You can do simple things every day to increase your brain power. Like taking a class you never heard of, learn a recipe, or even reading a book. But most of all remember to get at least eight hours of sleep a night. Your brain and yourself will be thankful.

GUM Score point: 3

Some minor errors that do not significantly affect readability.
Spelling is correct.
Some comma usage.
End punctuation used correctly.



Grade 8 WRITING Section 1

Writing Topic:

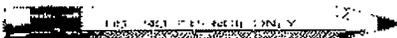
Write an informational paper that examines the topic of how people learn and how they can increase their brain power. Be sure to use information from both sources in your paper.

The ability to think makes the desire to create. Our Brain is like a library. It has so many thoughts in one day it is insane. The more you think of one thing, it starts making pathways so you think of them more.

Having the ability to think makes it to where you are the only one knowing what your thinking about. We have the power to think of new ideas. Everyone thinks of 70,000 things in one day. Most the time it's over the same thought.

Only we have the desire to create new things. We all have a imagination that is unique in it's own way. Imagining things is a work of fiction but without knowledge we wouldnt make fiction into real life. We have the power to create anything we imagen.

Our Brain is like a library but instead of books it's memory's. Without hippocampus it would be impossible to



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Remember any of the knowledge that helps us in life
all the time. With out memory we would do the
same thing over and over never nothing new. No memory means
we remember nothing.

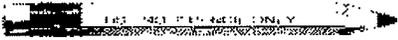
GUM Score point: 2
Limited command of conventions.
Spelling errors.
Marks plural forms of words as possessives.
Capitalization errors.

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Step how is it important will it's important by because it helps you learn more, Studies show that if you get eniff sleep it's helps you stay more focuas on the subject that your being taught. What are some other way's to increase our brain power Some scientists say by geting eniff exerise it helps increase our brain's power and helps you stay focused, and usial and active. Sometimes by acting out what your taught, it helps remember that specific thought and increase knowledge and is helpful when remembering that subject. While ~~being~~ ~~in~~ what your taught it is more helpful and is most successful and is more used then any other method using teacher's they tech they give use the knowlege we have come to know they are what's increaseing our brain power. with out them who would show us that $2+2=4$, sure there are other way but it's teachers that



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give us brain power.

GUM Score point: 1

Little or no command of conventions
Numerous spelling errors.
Errors in internal and end punctuation.
Marks plural forms of words as possessives.