

Argument for “Mindfulness” Student Sample

Scores = 3 Idea Development, 3 Standard English Conventions

ARGUMENTATIVE WRITING TIPS AND INSTRUCTIONS

For this question, you will write an essay based on the passage(s). Your writing should:

- Present and develop a central idea/thesis.
- Provided evidence and/or details from the passage(s).
- Use correct grammar, spelling, and punctuation.

ARGUMENTATIVE PROMPT

Based on “When Mindfulness Meets the Classroom” and “Instead of Detention, write an editorial for your local newspaper in which you argue why it is important for teachers in your school to be trained in mindfulness. Be sure to use information from **both** articles to develop your editorial.

SCORES

Ideas and Development: **3**

Standard English Conventions: **3**

STUDENT RESPONSE

Mindfulness is an up and coming technique that is being used by students to help them focus their mind and become aware of their emotional state. Certain schools have adopted this method and have significant improvement in the student’s behavior and academic performance. In Arturo A. Schomburg Satellite Academy, Lauren Cassani Davis reports in her article, *When Mindfulness Meets the Classroom*, that an ELA teacher name Argos Gonzalez practices mindfulness with students for the first five minutes of ELA class. Davis says, “... Gonzalez’s students were familiar with these five-minute mindfulness exercises...that he uses to help train their attention, quiet their thoughts, and regulate their emotions,” (paragraph 11. Davis).

Studies have shown that Middlesex school-which is located in Massachusetts-recommends the course that they have taken because their sleep has improved as well as their stress levels have deceased. Davis reports on an author named Paul Tough who wrote *How Children Succeed*. Davis reports that, “...stress early in life can prompt a cascade negative effects, psychologically and neurologically-poor self-control and underdeveloped executive function, in particular,” (paragraph 14, Davis).

The students written about in *Instead of Detention, These Students Get Meditation* by Deborah Bloom, have faced many hardships that negatively impact their academic performance. “Some of our children are homeless...so we’re trying really hard here to make this a place where children feel safe and where their needs are met,” (paragraph 8, Bloom). However, mindfulness creates a space where the children are able to make better decisions and reflect on their character. A certain student had four suspensions in the last year, but after working in the Mindful Moment Room she no longer faced those consequences. Even the principal reported that the amount of children coming to her for help had lessened.

School requires a student’s mind for the majority of their day and their lives. This can take a toll on the way a human being functions. With mindfulness, mental health can improve which creates successful students. Not only in their academics, but in their everyday lives.

SCORERS’ COMMENTARY: Why this essay got a 3 for Idea Development

This essay is moderately developed. The writer begins by stating that mindfulness “is an [up-and – coming] technique that is being used by students to help them focus their mind and become aware of their emotional state” and introduces a general claim that “schools have adopted this method and have significant improvement in the [students’] behavior and academic performance.” Support for this claim is provided through information that is either quoted or paraphrased from the articles, such as “mindfulness creates a space where the children are able to make better decisions and reflect on their character.” There is some evidence taken from each article, but the evidence is fairly brief and not well explained or expanded upon. Organization is moderate and based primarily upon each of the two schools described in the articles. Ideas are expressed adequately, though the argument is weakened by a lack of focus. The brief conclusion repeats points already stated. Overall, however, the essay exhibits sufficient awareness of task and writing mode.

SCORERS’ COMMENTARY: Why this essay got a 3 for Standard English Conventions

The writing is sufficiently long and complex to demonstrate control of conventions. Though sometimes awkward, sentences are mostly correct and show a variety of forms: “A certain student had four suspensions in the last year, but after working in the Mindful Moment Room she no longer faced those consequences.” Relatively minor mistakes are balanced out by the amount of overall correctness shown in sentences such as “In Arturo A. Schomburg Satellite Academy, Lauren Cassani Davis reports in her article, When Mindfulness Meets the

Classroom [“When Mindfulness Meets the Classroom”], that an ELA teacher name[d] Argos Gonzalez practices mindfulness with students for the first five minutes of ELA class.”