

REMember the Importance of Sleep 6th-12th Grade Rubric

Student ID: _____ Evaluator: _____ Total Score: _____/42

| Category | 0 | 1 | 2 | 3 | Weight |
|--|--|---|--|---|--------|
| Organization | <p>None of the following are true:</p> <ul style="list-style-type: none"> - The journal is organized. - The information is laid out in a logical manner. - The journal is concise. | <p>One of the following is true:</p> <ul style="list-style-type: none"> - The journal is organized. - The information is laid out in a logical manner. - The journal is concise. | <p>Two of the following are true:</p> <ul style="list-style-type: none"> - The journal is organized. - The information is laid out in a logical manner. - The journal is concise. | <p>All of the following are true:</p> <ul style="list-style-type: none"> - The journal is organized. - The information is laid out in a logical manner. - The journal is concise. | X2 |
| Writing | <p>None of the following are true:</p> <ul style="list-style-type: none"> - Writing is easy to follow, and grammar and spelling are grade-level appropriate. - Written responses are neat and legible. - Entry leaves the evaluator interested and impressed. | <p>One of the following is true:</p> <ul style="list-style-type: none"> - Writing is easy to follow, and grammar and spelling are grade-level appropriate. - Written responses are neat and legible. - Entry leaves the evaluator interested and impressed. | <p>Two of the following are true:</p> <ul style="list-style-type: none"> - Writing is easy to follow, and grammar and spelling are grade-level appropriate. - Written responses are neat and legible. - Entry leaves the evaluator interested and impressed. | <p>All of the following are true:</p> <ul style="list-style-type: none"> - Writing is easy to follow, and grammar and spelling are grade-level appropriate. - Written responses are neat and legible. - Entry leaves the evaluator interested and impressed. | X2 |
| Connecting Quality of Sleep to School Day | <p>None of the following are true:</p> <ul style="list-style-type: none"> - Student identifies and explains the science behind sleep patterns. - Student explains how healthy and unhealthy sleep habits affect an individual. - Student connects what they have learned about sleep to their own lives | <p>One of the following is true or all are somewhat true:</p> <ul style="list-style-type: none"> - Student identifies and explains the science behind sleep patterns. - Student explains how healthy and unhealthy sleep habits affect an individual. - Student connects what they have learned about sleep to their own lives | <p>Two of the following are true or all are mostly true:</p> <ul style="list-style-type: none"> - Student identifies and explains the science behind sleep patterns. - Student explains how healthy and unhealthy sleep habits affect an individual. - Student connects what they have learned about sleep to their own lives | <p>All of the following are true and well done:</p> <ul style="list-style-type: none"> - Student identifies and explains the science behind sleep patterns. - Student explains how healthy and unhealthy sleep habits affect an individual. - Student connects what they have learned about sleep to their own lives and | X3 |

| | and personal experiences by writing about it in their journal. | and personal experiences by writing about it in their journal. | and personal experiences by writing about it in their journal. | personal experiences by writing about it in their journal. | |
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| Content Criteria: Journal Entries 1-13 | <p>None of the following are true:</p> <ul style="list-style-type: none"> - Student expresses what they have learned about the science of sleep in their journal through illustrations or words. - Student has written a total of 14 journal entries. - Student both explains the science between sleep patterns as well as shares about their own personal experiences with sleep. | <p>Two of the following is true or all are somewhat true:</p> <ul style="list-style-type: none"> - Student expresses what they have learned about the science of sleep in their journal through illustrations or words. - Student has written a total of 14 journal entries. - Student both explains the science between sleep patterns as well as shares about their own personal experiences with sleep. | <p>Three of the following are true or all are mostly true:</p> <ul style="list-style-type: none"> - Student expresses what they have learned about the science of sleep in their journal through illustrations or words. - Student has written a total of 14 journal entries. - Student both explains the science between sleep patterns as well as shares about their own personal experiences with sleep. | <p>All of the following are true and well done:</p> <ul style="list-style-type: none"> - Student expresses what they have learned about the science of sleep in their journal through illustrations or words. - Student has written a total of 14 journal entries. - Student both explains the science between sleep patterns as well as shares about their own personal experiences with sleep. | X3 |
| Content Criteria: Journal Entry 14 | <p>None of the following are true:</p> <ul style="list-style-type: none"> - Student identifies healthy sleep habits that they are going to continue. - Student identifies unhealthy sleep habits they need to change. - Student lays out a plan to keep healthy habits and to stop or change unhealthy sleep habits | <p>Two of the following is true or all are somewhat true:</p> <ul style="list-style-type: none"> - Student identifies healthy sleep habits that they are going to continue. - Student identifies unhealthy sleep habits they need to change. - Student lays out a plan to keep healthy habits and to stop or change unhealthy sleep habits | <p>Three of the following are true or all are mostly true:</p> <ul style="list-style-type: none"> - Student identifies healthy sleep habits that they are going to continue. - Student identifies unhealthy sleep habits they need to change. - Student lays out a plan to keep healthy habits and to stop or change unhealthy sleep habits | <p>All of the following are true and well done:</p> <ul style="list-style-type: none"> - Student identifies healthy sleep habits that they are going to continue. - Student identifies unhealthy sleep habits they need to change. - Student lays out a plan to keep healthy habits and to stop or change unhealthy sleep habits | X2 |
| Research | <p>None of the following are true:</p> <ul style="list-style-type: none"> - The student uses at least 2 reliable resources for research. - Student cites research as evidence. | <p>One of the following are true or all are somewhat true:</p> <ul style="list-style-type: none"> - The student uses at least 2 reliable resources for research. - Student cites research as evidence. | <p>Two of the following are true or all are mostly true:</p> <ul style="list-style-type: none"> - The student uses at least 2 reliable resources for research. - Student cites research as evidence. | <p>All of the following are true and well done:</p> <ul style="list-style-type: none"> - The student uses at least 2 reliable resources for research. - Student cites research as evidence. | X2 |

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| | - The students' research is appropriately used to explain facts about the science behind sleep and how this affects their day. | - The students' research is appropriately used to explain facts about the science behind sleep and how this affects their day. | - The students' research is appropriately used to explain facts about the science behind sleep and how this affects their day. | - The students' research is appropriately used to explain facts about the science behind sleep and how this affects their day. | |
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The 0-3 score for each criterion will be multiplied by the multiplier number in the final column then added together to find the final score.