



Proficient | Exemplar Essay

Screen Time

Reducing Screen Time to Stay Healthy and Active



Claim and Focus

Overall, this essay provides a clear and arguable claim for the reader (“While everybody has their own view, in this situation, I agree that AAP will maintain the screen time of two hours a day”). Additionally, the essay maintains a clear focus on the topic throughout the response.



Support and Evidence

The essay addresses a healthy balance of evidence from all three sources, and explanations of those pieces of evidence are attempted. A brief attempt at a counterclaim is acknowledged but is not clearly explained or distinguished from the claim (“Although, it can also be distracting at times”).



Organization

This essay includes a reasonable organizational structure with a good progression of ideas from beginning to end. Transitions between ideas are included (“To get started,” “Although”), but could clarify relationships between ideas more precisely.



Language and Style

This essay exhibits a clear perspective and voice throughout, generally free from errors in conventions. A generally formal style is maintained throughout the response, with some exceptions (“To get started,” use of “you”). Word choice and sentence structure are varied and attempt to keep the reader’s attention.



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.

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Reducing Screen Time to Stay Healthy and Active

Recently there have been many debates as to whether The American Association of Pediatrics (AAP) should uphold or abolish the prescribed two-hour average screen time limit. While everybody has their own view, in this situation, I agree that AAP should maintain the screen time of two hours a day.

To get started, the first reason I think AAP should keep the recommended two-hour daily screen time limit is because students without technology improve their social skills. Researchers from UCLA studied 2 groups of 6th grade students, one group was sent to a technology-free camp, while the other group was simply living their daily lives. "Researchers found that the students who went to camp scored significantly higher when it came to reading facial emotions or other nonverbal cues than the students who continued to have access to their media devices" (Source 2). The explanation for this is that students will start getting health issues with so much screen time. Some of these causes may be obesity, sleep patterns, and social / behavioral, all of this happens because there is a problem when a child is texting in bed, rather than interacting in real life. For example, "The sixth-graders who made up the sample in the UCLA study self-reported that they spent an average of more than four hours on a typical school day texting, watching television and playing video games" (Source 2).

Technology is also a good means of keeping children interested in learning (source 3). For example, if a student has an error in spelling it lets the student know so the student can correct it. It can give you literacy skills, numeracy skills, and many other educational benefits (source 1). "For example, children can develop problem-solving and critical thinking skills by playing computer games designed to develop these skills" (source 1).

Although, it can also be distracting at times, which leads me to my third and final reason why screen time should be restricted. Students could learn how to play technology games or sports, but if you practice online, that will take away all the excitement when you will connect with your friends and family in person.

Now that you know why the screen time should be limited, start to limit your screen time every day. It will help you stay healthy, interact with others and minimize distractions.