



THE B.E.S.T. STANDARDS

Benchmarks for Excellent Student Thinking

GRADE 10

2022 B.E.S.T. Writing

SCORING SAMPLER



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INTRODUCTION

The Florida Department of Education Test Development Center is publishing the Benchmarks for Excellent Student Thinking (B.E.S.T.) Writing Scoring Sampler in an effort to maintain transparency of the scoring process for the B.E.S.T. Writing assessments. This sampler can be used as a resource for Florida educators, schools, and districts regarding the scoring of student responses on the B.E.S.T. Writing assessments.

Each spring, students in grades 4–10 are administered a set of source texts and a writing prompt based on those sources. Students respond to one of two possible modes—expository or argumentative—and must draw on reading and writing skills while integrating information from the source materials in order to develop and draft a typed, cohesive essay response.

Each sampler contains sample student responses that illustrate the score points described in the rubric of one of the two possible writing modes. As with all B.E.S.T. content, the sample passage set and prompt were reviewed by a committee of Florida educators to ensure appropriateness for the intended grade in terms of the text complexity, topic, and wording.

In this sampler, examples of student responses represent some of the various combinations of the score points across three scoring domains: *Purpose and Structure*, *Development*, and *Language*. As a basis for developing a common understanding of the scoring criteria, a bulleted annotation follows the response to explain the prominent characteristics of the response described in the rubric. These responses are not meant to describe a full spectrum of examples for each score point in each domain. Moreover, they do not necessarily represent the highest or lowest example of each score point in each domain.

All responses are scored holistically; however, responses at any grade level that do not include source citation cannot earn a score higher than 2 in the *Development* domain.

It should be noted that in addition to responses that receive the scores described in the rubric for each domain, some responses earn a score of “0” due to certain conditions as follows:

- The entire response is written in a language other than English.
- The response is illegible, incomprehensible, or includes an insufficient amount of writing to be evaluated.
- The majority of the response is copied from the source material and/or prompt language to the point that original writing is not recognizable or sufficient for scoring.

Grade 10 2022 B.E.S.T. Writing

A response must go through a minimum of three levels of review before any condition code can be applied. Many responses formulate a claim/position or central idea by rewording the prompt, and due to the expectation that evidence will be incorporated in the response, some degree of exact wording from the sources is expected and allowable. However, responses receiving a “0” for copied text are comprised of source material and/or prompt language that dominates the response to the point that original writing is not recognizable or sufficient.

Because a response that is left completely blank does not meet attemptedness criteria for the B.E.S.T. Writing assessment, no Writing score can be earned or reported.

To access additional resources related to B.E.S.T. assessments, please visit <https://www.fldoe.org/accountability/assessments/>.

The Benchmarks for Excellent Student Thinking (B.E.S.T.) describe what students should know and be able to do at each grade level. For more information about the benchmarks, please visit CPALMS at <https://www.cpalms.org/>.

Writing Prompt

Write an argumentative essay about whether leisure time is better scheduled or unscheduled.

Your argumentative essay must be based on this prompt and topic, and it must incorporate ideas and evidence found in the sources provided.

Use your best writing to complete an essay that

- is focused on your position;
- combines evidence from multiple sources with your own elaboration to develop your ideas;
- rebuts counterclaims with evidence;
- is organized and includes transitions within and among ideas;
- provides citations for quoted material and source ideas; and
- demonstrates correct use of grammar and language appropriate to the task.

Write your multiparagraph essay to an academic audience in the space provided.

Scheduling Leisure Time

Source 1: Don't Leave Your Free Time Up to Chance

by Denise Hanzwick

- 1 According to recent statistics, most people spend more time attending to responsibilities than relaxing. From homework to meetings to chores, afterschool activities, school clubs, and sports, the list of things we need to do never seems to end. In today's world, many people say that in order to have meaningful leisure time, you can't just hope for it—you need to plan it.
- 2 Admittedly, sitting down at a table with a pen and calendar isn't exciting, especially if you already spend a lot of time thinking about all the things you have to do in a week. However, giving yourself time to plan may offer real benefits in the long run.
- 3 One crucial benefit is that we begin to re-evaluate our definition of leisure time. When you last had an hour of time to yourself, what did you do? Chances are, if you're like most Americans, you texted friends or toggled between different apps on your phone. While this act may distract your mind from the pull of daily responsibilities, it does not provide the renewing and refreshing effects of true free time. Planning in advance helps us be more mindful of the activities we decide to engage in when we come upon a spare moment, thereby allowing us to trade low-quality leisure time like texting for higher-quality time like sketching outside in a park. This allows us to maximize the enjoyment and the positive health benefits of giving ourselves time to relax.
- 4 A 2013 survey by the U.S. Department of Health & Human Services found that, on a typical weekend, high schoolers spend the majority of their time on various activities and approximately 2 hours per day engaged in leisure time. Many people have a wish list of things they would do if they only had a bit of extra time, but packed days can make it hard to follow through.
- 5 It can be easy to relax with activities that require low activation energy. For example, watching a video online is much simpler than deciding to travel to a museum. Although those less demanding activities can also help your brain recuperate, they can easily become your default way of spending your leisure time. Humans, after all, are creatures of habit. Advance preparation can prevent you from falling in the trap of habit. In fact, it keeps you accountable to the goals, wishes, and dreams you may have for your leisure time. Researchers say simply writing the plan down makes you much more likely to actually follow through.
- 6 The benefits of advance planning don't end there, however. Adding fun events to your calendar can fill you with a sense of anticipation that helps you to move through the less exciting work or responsibilities more quickly. Even if the act of planning does not excite you, you'll benefit from knowing something fun is to come.

7 Of course, many people simply dread the act of scheduling. Others like to keep things more spontaneous. Experts say that when you set a plan for your leisure time it does not have to be intensely detailed. In fact, they say you should leave room for spontaneity. This means instead of assigning every moment of your trip to the swimming pool, you should just block off a couple of hours. Writing your plan down on the calendar helps you envision what you might do, and keeping some of the details vague ensures you don't take all of the fun out of the activity you've planned. Planning in advance is a great idea for any busy person, but you've got to remember to be flexible. Things can change. The point is to have fun and relax.

"Don't Leave Your Free Time Up to Chance" by Denise Hanzwick. Written for educational purposes.

Source 2: Want to be happier? Stop scheduling your free time.

by Allison Klein

8 Your social calendar might be sucking the joy out of activities that are supposed to be fun or relaxing, according to an upcoming paper co-written by a professor who studies time management.

9 The paper argues that when a leisure activity is planned rather than spontaneous, we enjoy it less.

10 That's because we tend to mentally lump all our scheduled activities in the same bucket—whether it's a dentist appointment or grabbing coffee with a friend. And that makes the pleasurable activities more of a chore.

11 "It becomes a part of our to-do list," wrote Selin A. Malkoc, one of the study's authors, in an email to The Washington Post. "As an outcome, they become less enjoyable." The paper, to be published in the journal *Current Opinion in Psychology* in April, is written by Malkoc, an associate professor of marketing at Ohio State University, and Gabriela N. Tonietto, an assistant professor at Rutgers Business School. It notes that there are many things grabbing at our free time.

12 We schedule activities back-to-back for fear of not accomplishing them all. Malkoc—who has an expertise in how people perceive and consume their time—links the over-scheduling of free time to the value that we place on achievement over contentment.

13 "The focus on productivity is so widespread that people even strive to make leisure productive and brag about being busy," reads the paper.

14 So we do more and enjoy less.

15 "When scheduled, leisure tasks feel less free-flowing and more forced—which is what robs them of their utility," Malkoc explained in her email.

- 16 The paper draws in part on research they described in a 2016 paper published in the *Journal of Marketing Research*, in which Malkoc and Tonietto wrote about 13 studies they conducted that analyzed the enjoyment of leisure activities. They concluded that scheduling the activities—which included things such as a carwash, test-driving a car and watching a fun video—had a “unique dampening effect.”
- 17 In one study, 163 college students were given a hypothetical calendar of classes and activities. Some of the students were asked to schedule a frozen yogurt outing with a friend two days in advance, and add it to their calendar. The rest were told they bumped into a friend and ended up going on a spontaneous yogurt run. Then they were asked how they felt about it.
- 18 “Those who scheduled getting frozen yogurt construed it more like work,” according to the paper.
- 19 So if we’re not supposed to schedule our free time, how are we expected to get anything done? Or see our friends?
- 20 The answer, according to Malkoc, is “rough scheduling,” meaning meeting for lunch . . . but not assigning it a time.
- 21 “As trivial as the change might seem, it has an important effect on human psychology: It reintroduces the flexibility to the leisure tasks,” she wrote in her email.
- 22 And if making a loose plan results in the meetup not happening, it might be a better outcome in some instances, she said.
- 23 “If things don’t work out, in all likelihood at least one of the parties was forcing themselves to make it happen—and thus would enjoy it less. So, maybe things worked out for the best, right?” she wrote in her email.
- 24 In her own social life, when her friends try to pin her down to a specific time, she said she cites her research and finds “they are willing to play along.”
- 25 One of the studies she and Tonietto wrote about supports the idea of successful rough scheduling.
- 26 In the study, they recruited 148 college students during finals time who agreed to take a break for free coffee and cookies. Half of them were assigned a specific time for the snack and half were given a two-hour window. The students who were given a specific time reported less enjoyment in the coffee break than those who were given a window, according to the study.

Excerpt from “Want to be happier? Stop scheduling your free time” by Allison Klein. Copyright © 2018 by the Washington Post. Reprinted by permission of the Washington Post via Copyright Clearance Center.

Source 3: Overwhelmed: Why we need to take back leisure time

by Zosia Bielski

27 Brigid Schulte has often put off leisure time, like it’s something she needs to earn first. “Too busy to live,” is how she puts it.

28 Like many of the subjects in her new book *Overwhelmed: Work, Love and Play When No One Has The Time*, Schulte never used to slow down long enough to consider what true, unencumbered leisure time would do for her. Now, her book charts the strained relationship that so many North Americans have with their leisure time. Schulte argues that we are suffering from “time sickness,” and that our culture, our technology and our employers are making it difficult to experience anything but “contaminated time.” Health, quality of life, productivity and, not least of all, curiosity are taking a hit.

29 Schulte cites contemporary complaints about how, for so many, time has shrunk to a life of work and caregiving. And that while technology was supposed to liberate us, it has instead created a sense of ceaseless responsibility and basically spelled the end of a truly work-free environment. . . .

30 So just what is true leisure? Having studied everything from the relatively nascent¹ field of time research to the ancient Greek philosophers, Schulte offers this answer: It involves being in the moment, cultivating yourself and connecting with people. The idea is to do something for its own sake, without obligation. It is meaningful human experience—refreshing the soul, if you will. . . .

What do North Americans tend to do with their free time?

31 When we get a square of free time we’re usually preoccupied and worried about the next thing we have to do, these laundry lists of stuff. We’re also tired. That’s how you get such huge TV-watching numbers in North America. We use our leisure to turn off rather than to prospectively choose to do something. True leisure requires freely choosing something. We’re not really making anything of that time. . . .

32 How many times have you seen a group of young people hanging out and yet everyone is silent and on their devices—kind of an alone-together moment? If you’re distracted and not paying attention to where you are, you’re not fully in the moment. And being fully present is how the Greeks would have described true leisure.

¹ nascent: coming or having recently come into existence

Writing Prompt

Write an argumentative essay about whether leisure time is better scheduled or unscheduled.

Your argumentative essay must be based on this prompt and topic, and it must incorporate ideas and evidence found in the sources provided.

Use your best writing to complete an essay that

- is focused on your position;
- combines evidence from multiple sources with your own elaboration to develop your ideas;
- rebuts counterclaims with evidence;
- is organized and includes transitions within and among ideas;
- provides citations for quoted material and source ideas; and
- demonstrates correct use of grammar and language appropriate to the task.

Write your multiparagraph essay to an academic audience in the space provided.

ARGUMENTATIVE TEXT-BASED B.E.S.T. WRITING RUBRIC

| Grades 7–10 Argumentative Rubric | | | |
|--|--|--|---|
| Responses are scored holistically by domain and earn scores by demonstrating <i>most</i> of the descriptors in a given score point.* | | | |
| Score Point | Purpose/Structure | Development | Language |
| 4 Above grade-level accomplishment demonstrated. | <ul style="list-style-type: none"> Position** is focused on the task and consistently maintained throughout. Organizational structure strengthens the response and allows for the advancement of the argument. Purposeful transitional strategies connect ideas within and among paragraphs, creating cohesion. Effective introduction and conclusion enhance the essay. | <ul style="list-style-type: none"> Skillful development demonstrates thorough understanding of the topic. Effective elaboration may include original student writing combined with (but may not be limited to) paraphrasing, text evidence, examples, definitions, narrative, and/or rhetorical techniques as appropriate to enhance the argument. Smoothly integrated, relevant evidence from multiple sources lends credibility to the argument. Grade-level expectations for counterclaim(s) are fully addressed. Evidence is appropriately cited. | <ul style="list-style-type: none"> Integration of academic vocabulary strengthens and furthers ideas. Skillful use of varied sentence structure contributes to fluidity of ideas. Use of standard English grammar, punctuation, capitalization, and spelling demonstrates consistent command of the communication of ideas. Tone and/or voice strengthens the overall argument. |
| 3 Within the range of grade-level performance. | <ul style="list-style-type: none"> Position** is focused on the task and generally maintained throughout. Organizational structure is logical and allows for the advancement of the argument. Purposeful transitional strategies connect ideas within and among paragraphs. Sufficient introduction and conclusion contribute to a sense of completeness. | <ul style="list-style-type: none"> Logical development demonstrates understanding of the topic. Adequate elaboration may include (but may not be limited to) a combination of original student writing with paraphrasing, text evidence, examples, definitions, narrative, and/or rhetorical techniques as appropriate to support the argument. Relevant, integrated evidence from multiple sources lends credibility to the argument. Grade-level expectations for counterclaim(s) are sufficiently addressed. Evidence is appropriately cited. | <ul style="list-style-type: none"> Integration of academic vocabulary demonstrates clear expression of ideas. Sentence structure is varied and demonstrates grade-appropriate language facility. Use of grammar, punctuation, capitalization, and spelling demonstrates grade-appropriate command of standard English conventions. Tone and/or voice is appropriate for the overall argument. |

* Citation is not a holistic consideration. Without citation, the highest score possible in Development is 2.

** Claim in Grade 7 benchmarks

| Grades 7–10 Argumentative Rubric Responses are scored holistically by domain and earn scores by demonstrating <i>most</i> of the descriptors in a given score point.* | | | |
|--|--|---|---|
| Score Point | Purpose/Structure | Development | Language |
| <p align="center">2</p> <p>Approaching the range of grade-level performance.</p> | <ul style="list-style-type: none"> • Position** may be unclear, loosely related, or insufficiently sustained within the task. • Organizational structure may be repetitive or inconsistent, disrupting the advancement of ideas. • Transitions attempt to connect ideas but may lack purpose and/or variety. • Introduction and conclusion may be present but repetitive, simplistic, or otherwise ineffective. | <ul style="list-style-type: none"> • Development may demonstrate partial or incomplete understanding of the topic. • Elaboration may attempt to develop the argument but may rely heavily on the sources, provide loosely related information, be repetitive or otherwise ineffective. • Evidence may be partially integrated and/or related to the topic but unsupportive of or disconnected from the argument. • Grade-level expectations for counterclaim(s) are insufficiently addressed. • Lacks appropriate citations. | <ul style="list-style-type: none"> • Vocabulary and word choice may be imprecise or basic, demonstrating partial command of expression of ideas. • Sentence structure may be partially controlled, somewhat simplistic, or lacking grade-appropriate language facility. • Inconsistent use of correct grammar, punctuation, capitalization, and/or spelling; may contain multiple distracting errors, demonstrating partial command of standard English conventions. • Tone and/or voice may be inconsistent. • May be grammatically accurate but too brief to demonstrate grade-appropriate command of language skills. |
| <p align="center">1</p> <p>Below grade-level performance demonstrated.</p> | <ul style="list-style-type: none"> • Position** may be absent, ambiguous, or confusing, demonstrating lack of awareness of task. • Demonstrates little or no discernible organizational structure. • Transitions may be absent or confusing. • Introduction and conclusion may be unrelated to the response and/or create confusion. • Too brief to demonstrate knowledge of purpose, structure, or task. | <ul style="list-style-type: none"> • Response may demonstrate lack of understanding of the topic and/or lack of development. • Elaboration may consist of confusing ideas or demonstrate lack of knowledge of elaborative techniques. • Evidence from the sources may be absent, vague, and/or confusing. • Counterclaim(s) are absent or confusing. • Lacks appropriate citations. • Too brief to demonstrate knowledge of elaboration, topic, or sources. | <ul style="list-style-type: none"> • Vocabulary and word choice may be vague, unclear, or confusing. • Sentence structure may be simplistic or confusing. • Use of grammar, punctuation, capitalization, and/or spelling may contain a density and variety of severe errors, demonstrating lack of command of standard English conventions, often obscuring meaning. • Tone and/or voice may be inappropriate. • Brevity with errors demonstrates lack of command of language skills. |

* Citation is not a holistic consideration. Without citation, the highest score possible in Development is 2.

** Claim in Grade 7 benchmarks

SAMPLE STUDENT RESPONSES

When one finally gets a spare bit of time in their day, the way someone spends that time is crucial to both their present and future enjoyment of life. Life can get bogged down with an overabundance of mandatory activities and the hopes or dreams of enjoying time away from daily stresses can get overshadowed by one's need to simply unwind instead of do something more memorable. Thus, humanity's attitude towards leisure time needs to change as to get more valuable experiences out of life to maintain a general excitement that will get them through each day. Depending on the length of leisure time and the individual who has said time, scheduling or mapping out free time in advance may be necessary. However, while specifically planning out leisure time can maximize one's opportunity of getting free time with pre-planned fun events, ultimately, the spontaneity of having extra time to spare and spend doing whatever one wants, coupled with the dread and burden-esque quality of scheduling, outweighs the benefits of planning leisure time.

To begin, scheduling out one's leisure time in advance to having it can have great benefits for the individual who does so, ranging from a more renewed sense of well-being or refreshment to having more of a general direction in daily life. Keeping to plans is easier when one writes it down, and, in the busy lives of people across the world, the sanctity of free time can be substituted for an easy way to rest that doesn't truly give one fulfillment. As Source 1 explains, "planning in advance helps us be more mindful of the activities we decide to engage in" which gives more purpose to the leisure time one has and lets people value or look forward to that time more when they see it coming up on their schedule. Pre-planning free time allows people to fall out of the habits of simply wasting away hours on their phone (Source 1) and gets more individuals to go outside to explore their neighborhood in ways they didn't have the energy or commitment to before. Additionally, the strictness of scheduling can be replaced with more vague assertions of what one should do on a day off which still allows for the benefits of maximizing and committing to enjoying oneself while still being guiding enough to give the schedule's creator a general idea of what their day has in store. Source 1 states, "planning in advance is a great idea... but you've got to remember to be flexible". When an element of rigidity or work is added to the planning of one's life it decreases the possibility for relaxation and replaces it with anxiety about hitting every goal. Thus, it is beneficial to schedule out leisure activities but an area of uncertainty should be added to the mix within that schedule to allow for fun.

However, the act of scheduling out free time can lead to more stresses than maximized activity benefits for its recipients, even if said schedule isn't too strict with its timings. According to Source 3, the act of pre-planning spare time comes down to the true meaning of leisure which dates back to the times of Ancient Greek philosophers. According to an amalgamation of the ancient and modern understanding of free time, leisure can be defined as an enjoyment of life as it

happens, not looking back on it or looking forward towards it, and surrounded by those one will have the most enjoyment with (Source 3). In spite of sounding too spiritual or unrealistic, schedules do not always help with rejuvenating one's spark for life and can instead lead to individuals going out together but not interacting fully because of the constraints of having planned too much ahead of time without realistic oversight. Source 2 details a scenario where a group makes loose plans to spend time together, a plan with some flexibility added in, but those plans ultimately fell through which Selin A Malkoc, author of a paper on time management and associate professor at Ohio State University, explains could be due to "one of the parties... forcing themselves to make it happen- and thus would enjoy it less". Further, the dread of planning out one's life, due to a common 'chore-association' between schedules and activities, prevents individuals from doing what they please and instead makes them more likely to revert back to bad habits of spending all their spare time in front of their TV or phone (Source 3), effectively wasting time and feeling guilty about not checking off every box from their schedule.

Furthermore, a key aspect of getting the most out of leisure time while one has it is spontaneity, or an aspect of the unknown in what one wants to do which builds anticipation and creates more memories. In a study by Malkoc and Tonietto, co-authors of an analysis paper about the link between scheduling and enjoyment, they provide a scenario where 163 college students were either told they had a scheduled or spontaneous frozen yogurt outing with a friend and asked what they felt about it (Source 2). According to their findings, given in Source 2, the paper found "those who scheduled getting frozen yogurt construed it more like work" which rids the event from the possible enjoyment of not knowing something pleasurable would happen in one's day, regardless of whether the activity of event itself was pleasant. A solution to the burden of rigid scheduling at a specific time but not wanting to live completely lost day-to-day comes from another study by Malkoc and Tonietto where 148 college students participated in taking a break during finals week to get free cookies and coffee, half of which had an allotted time and the other half with two-hour time frame to come in whenever (Source 2). The results from said study come out to more enjoyment being had in the vague two-hour time frame where one can decide for themselves when they want to stop by (Source 2), thus allowing for more freedom and autonomy over one's decision-making. Malkoc has termed this solution "rough scheduling" where an event can be listed for the day but a specific time in which it should be carried out is omitted (Source 2). Therefore, direction is obtained without scheduling leisure time and enough spontaneity and choice is maintained to keep the fun aspects of life prevalent and thriving.

Ultimately, getting spare time within the hectic daily life of people in the modern era can be seen as a gift only if it is treated properly and with realism.

Instead of relishing about what one could do with extra time on their hands and creating daunting schedules that group in fun with the chores and responsibilities of life, a spontaneous approach to free time should be more implemented. Although schedules can provide needed direction in one's day, the pressure of sticking to them and the consequential less enjoyment of activities outdoes the benefit of having one. Thus, spontaneity creates more freedom in the choice of getting to pick what one wants to do on any given day according to their present mood. In all, predetermined events reduce the memorability and exhilaration of getting spare time and sticking to not scheduling this time allows for individuals to participate in to the true meaning of leisure- enjoying life in the present with freedom, autonomy, and those one values.

4 – Purpose/Structure

- A position is focused on the task and consistently maintained throughout in favor of unscheduled leisure time (*However, while specifically planning out leisure time can maximize one's opportunity of getting free time with pre-planned fun events, ultimately, the spontaneity of having extra time to spare and spend doing whatever one wants, coupled with the dread and burden-esque quality of scheduling, outweighs the benefits of planning leisure time*).
- The comprehensive organizational structure strengthens the response and allows for thorough advancement of the argument, establishing a qualified basis for the opposing view in the first body paragraph, then solidifying support for the position in the second and third body paragraphs.
- Purposeful transitions skillfully connect ideas within and among paragraphs, creating cohesion (*Thus; Depending; ranging from; Additionally; When an; even if; In spite of; Further; Therefore; Instead; Although*).
- An effective introduction provides informed context while providing a clear plan of direction, and a thorough conclusion skillfully enhances the response.

4 – Development

- Skillful development demonstrates a thorough understanding of the topic.
- Effective elaboration includes thoughtful student commentary and analysis to enhance the argument (*the dread of planning out one's life, due to a common 'chore-association' between schedules and activities, prevents individuals from doing what they please and instead makes them more likely to revert back to bad habits of spending all their spare time in front of their TV or phone (Source 3), effectively wasting time and feeling guilty about not checking off every box from their schedule*).
- Smoothly integrated, relevant evidence from multiple sources lends credibility to the argument (*According to their findings, given in Source 2, the paper found "those who scheduled getting frozen yogurt construed it more like work" which rids the event from the possible enjoyment of not knowing something pleasurable would happen in one's day, regardless of whether the activity of event itself was pleasant*).
- Counterclaims are fully addressed in the first body paragraph, which gives several benefits of scheduling leisure time (*Keeping to plans is easier when one writes it down; As Source 1 explains, "planning in advance helps us be more mindful of the activities we decide to engage in" which gives more purpose to the leisure time one has and lets people value or look forward to that time more when they see it coming up on their schedule*); these benefits are then rebutted using source evidence to offer an alternative solution that finds a balance between the positions (*the strictness of scheduling can be replaced with more vague assertions of what one should do on a day off which still allows for the benefits of maximizing and committing to enjoying oneself while still being guiding enough to give the schedule's creator a general idea of what their day has in store. Source 1 states, "planning in advance is a great idea... but you've got to remember to be flexible*).
- Evidence is appropriately cited (*Source 1; Source 3; Source 2*).

S-1 Annotation

Score Point 4/4/4

(page 5 of 5)

4 – Language

- Integration of academic vocabulary strengthens and furthers ideas (*mandatory; overshadowed; renewed; sanctity; constraints; oversight; prevalent; relishing; daunting*).
- Skillful use of varied sentence structure contributes to fluidity of ideas (*Although schedules can provide needed direction in one's day, the pressure of sticking to them and the consequential less enjoyment of activities outdoes the benefit of having one*).
- Command of standard English conventions is consistently demonstrated, with relatively few errors compared to the amount done correctly.
- Tone and voice strengthen the overall argument, evidenced particularly by the introduction and conclusion.

In today's society where everyone is always so busy, people don't really get much free time. Leisure time is important for everybody, because it gives the brain time to recuperate and prepare for whatever challenges it will tackle later on in the week. It is the common opinion that free time is a necessity, but it is still under debate whether free time should be planned in advance, or left completely unscheduled. Scheduling time for yourself is a much better solution than just waiting for something to come up. When leisure time is scheduled, people become more involved in activities, pass time quicker, due to the anticipation, and are more likely to actually follow through in participating. Life doesn't wait for people, so people shouldn't wait for it.

To begin with, scheduled free time makes people become more involved in activities. When people get in to the habit of planning things, they are more likely to plan more and more fun things to do. Leaving free time up to chance isn't worth the risk of wasting the only time available to spend time away from work and stress. There is more of a sense of purpose when you choose to plan activities to experience the world. According to Don't Leave Your Free Time Up to Chance, "In today's world, many people say that in order to have meaningful leisure time, you can't just hope for it - you need to plan it" (Hanzwick 1). Planning makes sure people aren't left dumbfounded, just waiting for something interesting to happen. Also, when planning something, it is easier to get others involved in the fun. Setting up a date and time for something lets people know exactly when they get to leave the stress behind and spend time with some people they hold dear to themselves. It is completely normal to want time to do nothing as well, but doing absolutely nothing everytime time you get free time can start to form a habit. Also coming from Hanzwick's article, Don't Leave Your Free Time Up to Chance, "Advance preparation can prevent you from falling in the trap of habit" (Hanzwick 5). It not only breaks that habit, but it holds you responsible for doing the things you want to accomplish in your personal time. It is very important to have something holding you accountable, or else things would never get done!

Furthermore, planning things gives you anticipation, which helps pass the time that poses as a source of stress and hardship. Everyone is excited for something at some point in their lives, so why not make it a more reoccurring thing? Taking time to enjoy life gives us many benefits to our mental health that goes unnoticed. As said in the first article, "Adding fun events to your calendar can fill you with a sense of anticipation that helps you to move through the less exciting work or responsibilities more quickly" (Hanzwick 6). Planning may not be a fun activity for some people, but the thought of having fun activities to partake in later on is what really gets someone through their day quicker. Leaving room for spontaneity isn't always a bad idea, but not planning to do anything doesn't give you the excitement needed to push you past the tasks involved in maintaining all your responsibilities. Planning is especially great for a busy person because they

struggle to maintain the flexibility in their life to take time away from working. Life is so short to spend all of it working, so taking action and enjoying life is important.

Moreover, people are more likely to following through with participating in an activity when it is set in stone; on a calendar. Writing things down keeps you down to Earth, realising what is capable in the amount of free time available to you, yet it keeps you accountable to complete the goals and wishes that you had for that specific set of time. The struggles of everyday life can become overwhelming, so it is not possible to stress the importance of an escape from such things enough. As people, it would not be right to let time shrink to just “work and caregiving” (Bielski 29). Taking time to do something for yourself can be seen as one of the most important things in life. Anyone that never gets time to themselves will just eventually drive themselves insane from the hard work and stress that they consistently deal with. People that have hard jobs must already have a high level of resiliency, so without breaks is utterly horrific. Planning things will give the extra little push needed to get someone o go and enjoy life. A purpose for life is what we all must eventually search for, and surely working all the time could not be the answer. “True leisure” is the time we set aside for ourselves to do the activities of our dreams (Bielski), which is what gives our lives meaning.

On the other hand, some may argue that we enjoy activities less when they are planned, rather than it being spontaneous. If this were true, how would activities even be possible. Everyone needs to be on the same page if they plan on meeting up for their free time. Most of the time, activities have set times and dates, so even attending those require some planning. Waiting for something to happen is just wasting valuable time that could have been spent doing something much better, like a planned activity. Setting goals for things to do later on make them seem so much more reasonable (Hanzwick). Also, people who keep themselves organized by scheduling things can organize things together. They know when they are free, just by having a look at their calendar. Based on their observations, they can free up time to enjoy life, rather than picking and choosing events as they comes along. Planning something just gives it the little bit extra needed to make it actually happen.

In essence, leisure time is much better scheduled rather than unscheduled. Planning out free time provides many more benefits to a person than leaving options open does. Preparing in advance makes people more involved, more likely to follow through, and more excited for what they know is upcoming. Free time is important for physical and mental health, so making the most out of the escapes from stress is very important. Scheduling makes greater things possible, not waiting for life to pass on by. If you let life slip and you turn into a person that just works and attends to responsibilities non-stop, then life has no meaning. So taking everything into account, planning is a much better idea for living life to the fullest!

4 – Purpose/Structure

- The position is focused on the task and consistently maintained throughout (*Scheduling time for yourself is a much better solution than just waiting for something to come up*).
- The organizational structure strengthens and advances the argument through an efficient, insightful plan. The response is organized around considerations of increased involvement in activities, increased excitement and enjoyment due to anticipation, and increased participation follow-through.
- Purposeful transitional strategies skillfully connect ideas within and among paragraphs, creating a sense of cohesiveness throughout (*When; Also; It not only; Furthermore; but the thought; Moreover; yet it; Based on; rather than*).
- A strong introduction provides context for the topic and a clear sense of direction, and an effective conclusion skillfully recaps the main ideas and enhances the essay.

4 – Development

- Skillful development of ideas demonstrates a thorough understanding of the topic.
- Effective elaboration strongly develops and enhances the argument through the use of numerous rhetorical techniques (*Leaving free time up to chance isn't worth the risk of wasting the only time available to spend time away from work and stress. There is more of a sense of purpose when you choose to plan activities to experience the world*).
- Smoothly integrated, relevant evidence from multiple sources is used selectively and lends credibility to the argument (*In today's world, many people say that in order to have meaningful leisure time, you can't just hope for it – you need to plan it; it would not be right to let time shrink to just "work and caregiving" (Beilski 29)*).
- Counterclaims are embedded throughout and fully addressed to strengthen the position as they are refuted skillfully using source evidence, source ideas, and further commentary (*It is completely normal to want time to do nothing as well, but doing absolutely nothing everytime time you get free time can start to form a habit. Also coming from Hanzwick's article . . . "Advance preparation can prevent you from falling in the trap of habit; Planning may not be a fun activity for some people, but the thought of having fun activities to partake in later on is what really gets someone through their day quicker. Leaving room for spontaneity isn't always a bad idea, but not planning to do anything doesn't give you the excitement needed to push you past the tasks involved in maintaining all your responsibilities; some may argue that we enjoy activities less when they are planned, rather than it being spontaneous. If this were true, how would activities even be possible*).
- Evidence is appropriately cited (*Hanzwick 1, Bielski 29*).

4—Language

- Integration of academic vocabulary strengthens and furthers ideas (*common opinion; under debate; dumbfounded; hardship; reoccurring; mental health; resiliency; observations*).
- Sentence structure is skillfully varied and contributes to the fluidity of ideas (*Writing things down keeps you down to Earth, realising what is capable in the amount of free time available to you, yet it keeps you accountable to complete the goals and wishes that you had for that specific set of time*).

S-2 Annotation

Score Point 4/4/4

(page 4 of 4)

- Command of standard English conventions is consistently demonstrated with relatively few errors overall.
- Tone and voice are consistent and strengthen the overall argument (“*True leisure*” is the time we set aside for ourselves to do the activities of our dreams (Bielski), which is what gives our lives meaning).

When it comes to people's leisure time and the effects that different kinds of scheduling can have on it, there are many disagreements on whether leisure time is better scheduled or unscheduled. I believe that leisure time should be scheduled because it helps us become more mindful of the activities we decide to do, keeps us from forming bad habits, and can create a sense of motivation.

To begin, scheduling your leisure time can help you be more mindful of the activities you decide to do. If you plan to have leisure time ahead of time, you will be more likely to plan something that is more thoughtful and meaningful to you than if it were to happen at the spur of the moment. This is because, when you have more time and are relaxed and not forced to do anything, you will come up with better and more beneficial things to do, simply because you have a lot of time and are not stressed, and can actually think about the activities you plan to do. Planning ahead allows us to "trade low-quality leisure time like texting" into something that is more beneficial and meaningful, like "sketching outside in a park" (source 1). By doing this, it also "allows for us to maximize the enjoyment and positive health benefits of giving ourselves time to relax" (source 1). The overall conclusion to the fact that scheduling your leisure time can help you be more mindful of the activities you want to do is this: It allows for more beneficial activities to be planned for the person, since there is actually time for them to logistically plan everything out, and this allows us to maximize the enjoyment of the activity, along with the positive health benefits that come from it as well. Furthermore, leisure time is better scheduled because it keeps us from forming bad habits. It has been shown that planning ahead of time allows for the activities that you do to be more beneficial and mindful towards you, and this connects to the creation of good habits because what you are doing is great and productive, which will help you become a more well-rounded individual. It also influences what you do in your everyday life. For example, if all you do for your leisure time is sit on your phone and switch through different apps, you are not intriguing your brain or doing anything that is beneficial or mindful to you. This will translate into your normal, every day life and might make you lazy, less motivated, etc. Advanced preparation actually helps you maintain what is important in your life, such as being "accountable for your goals, wishes, and dreams you may have for your leisure time" (source 1). This is very true, because if you prepare ahead and know what is happening, you are more likely to be aware of things such as these listed above.

To continue, scheduled leisure time can create a sense of motivation. As stated in source 1, "Adding fun events to your calendar can fill you with a sense of anticipation..." If you are having a bad week, for example, and you look on your calendar and see that something fun you planned is there, only a couple days away, you will most likely be motivated to stay strong and finish out the week. This motivation can also lead to you creating good habits, like mentioned before. The

motivation that you get from scheduling leisure time is exactly what is supposed to happen. If you schedule it, you will end up looking forward to it. If you don't schedule it, on the other hand, it will be less enjoyable, because it may be eating up time that was originally planned for work or something else important similar to that, which might lead to more stress on yourself, now that you have to deal with all of the work that you missed. It is also more rewarding when you wait to get your scheduled leisure time after all of the hard work that you put in. It makes you feel accomplished.

On the contrary, some people believe that leisure time is better when it is unscheduled. They claim that "your social calendar might be sucking the joy out of activities that are supposed to be fun or relaxing" (source 2). Their explanation to this is that, now that your activities for your leisure time are on the calendar with other things, they become part of your "to-do list". I believe this to not be the case, and that the activities, even if they are on the same calendar as, lets say a work related event, that the fun and effects of the activity do not change, and that it is still very different compared to everything else on the calendar. Actually, your activities are more likely to be "high quality" and more beneficial if they are planned (source 1). They also claim that spontaneous leisure time is better than scheduled, saying that "when scheduled, leisure tasks feel less free-flowing and more forced-which is what robs them of their utility" (source 2). They believe that the utility depletes the second you put a leisure activity on a schedule, and that is simply just not the case. Putting something on a calendar or schedule alone does not take away the utility. It is the mindset of the person that does. In fact, planning and envisioning what you might do (source 1) could even improve the experience because you will have a clear idea of what exactly you will enjoy doing most when the times comes. I also feel that just having random, spontaneous leisure activities whenever you want is very irresponsible, and not something that a person should try to do, as it takes away the organization in your life. I still heavily believe that scheduling your leisure time is better than not, because they allow for you to be more organized.

In conclusion, I believe that having a schedule for your leisure time is better than not because it helps us be more aware of what needs to be accomplished in our lives, keeps us from forming bad habits, and create a sense of motivation.

3 – Purpose/Structure

- The position is focused on the task and generally maintained throughout (*I believe that leisure time should be scheduled because it helps us become more mindful of the activities we decide to do, keeps us from forming bad habits, and can create a sense of motivation*).
- The organizational structure demonstrates a clear, consistent plan (focused on becoming more mindful of activity choices, preventing the formation of bad habits, and creating a sense of motivation) that logically advances the argument.
- While external transitions are basic (*To begin; Furthermore; To continue*), they purposefully connect and advance ideas throughout (*If you plan; This is because; By doing this; since there is; which will help; For example; If you schedule it; also*).
- While the introduction sufficiently gives a sense of direction, the conclusion provides only a restatement of the position and main points.

3 – Development

- Logical development demonstrates a clear understanding of the topic.
- Adequate elaboration includes appropriate commentary to develop the position (*If you are having a bad week, for example, and you look on your calendar and see that something fun you planned is there, only a couple days away, you will most likely be motivated to stay strong and finish out the week*).
- Relevant, integrated evidence from multiple sources lends credibility to the argument (*Planning ahead allows us to “trade low-quality leisure time like texting” into something that is more beneficial and meaningful, like “sketching outside in a park” (source 1)*).
- Counterclaims are sufficiently addressed, and they are refuted with source evidence (*they claim that “your social calendar might be sucking the joy out of activities that are supposed to be fun or relaxing.” . . . I believe this to not be the case, and that the activities, even if they are on the same calendar as, let's say a work related event, that the fun and effects of the activity do not change. . . . Actually, your activities are more likely to be “high quality” and more beneficial if they are planned (source 1); They also claim . . . ,saying that “when scheduled, leisure tasks feel less free-flowing and more forced-which is what robs them of their utility. . . . Putting something on a calendar or schedule alone does not take away the utility. It is the mindset of the person that does. In fact, planning and envisioning what you might do (source 1) could even improve the experience because you will have a clear idea of what exactly you enjoy doing most when the times comes*).
- Evidence is appropriately cited (*source 1, source 2*).

3—Language

- Integration of appropriate vocabulary demonstrates clear expression of ideas (*thoughtful; spur of the moment; mindful; logistically; depletes; irresponsible*).
- Sentence structure is varied and demonstrates grade-appropriate language facility (*It has been shown that planning ahead of time allows for the activities that you do to be more beneficial and mindful towards you, and this connects to the creation of good habits because what you are doing is great and productive, which will help you become a more well-rounded individual*).

S-3 Annotation

Score Point 3/3/3

(page 4 of 4)

- Use of grammar, punctuation, capitalization, and spelling demonstrate grade-appropriate command of standard conventions, with relatively few errors present.
- Tone and voice are appropriate for the overall response, evidenced particularly by the third body paragraph.

After a nice long day of school or work it's expected for someone to feel tired and want to take a bit of a break. They decide to watch one or two episodes of their favorite show. One turns to two and two turns into the entire season and the person realizes that they've spend the entire night watching netflix. Sound fimliar? It happens all of the time, people spending all of their leissue time watching TV or on their phones. It's the same song with a different beat, so the question stands of weather or not people should plan their leisure time. The answer is yes, people should plan their leisure time because it helps the become organized and it can offer you happiness in your life.

In this day and age most people have technology all over their homes. Smart TVs, smart phones and even smart doorbells! However, this always isn't a good thing. People can get caught up into their distractions and end up getting nothing done. This is especially dangerous for students who could end up not doing their work. Advanced planning can help with that. According to the text "A sense of anticipation can help you to move through less exiing work or responcibilities more quickly." This means that if you plan out your leisure time you can do your work while having something to look forward to. This can prompt you to work harder knowing you'll get a reward. Now it is possible to get a good amount of work done while also enjoying your free time.

Many people will assume that planning out your free time can make you exreamly unmotivated. According to Selin A Malkoc, he states "When scheduled, leaisure tasks feel less free-flowing and more forced." Selin is trying to say hat the reward at the end of the work day will not feel as rewarding if it is planned. While his opinoin is respectable, he is ultimently wrong. Infact it is way more rewarding to plan out your leisure time becasue anticipation makes hard work rewarding. Instead of not planning your leisure time, you should plan it for the thrill of anicipation.

One thing that everyone can agree on is that no one wants to be sad all of the time. People strive for enjoyment in the little things and happiness troughout their lives. Planning your leisure time can make you very happy in life. According to the text "Reasearchers say simply writing down plans makes you much moe likely to actually follow ough with them" This means that you goals will much easier to reach if you write your leisure time down. Let's say that you've always wanted to go to France. However your job consumes most of your time and the little free time you have is spent scrolling through Instagram. One day you decide you really want to go to France so you write it down in your journal or notebook or whatever. Now that you've writting that goal it is your new mission to work twords it. You start to put in extra hours into your job. One day you realise that you have done enough work and enough money to take a nice little break. Usually you would spend most of our free time on Instagram but tjis week you decide to go to

France. Because the leisure time was written down it was more likely to become true and in turn the person gained some happiness from it.

It is widely believed that planning out your leisure time. According to Selin A Malkoc, he states “The focus on productivity is so widespread that people even strive to make leisure productive and brag about being busy”. What he means is that people try to be productive as possible so they can have some validation in their life and end up not having any time to focus on themselves. While this can be very dangerous and lead to depression or burn out, there is hope. Studies have shown that leisure time can give you validation. According to the text, hard work and anticipation can lead to happiness. If a person thinks that their leisure time wasn't earned then it can lead them to believe they haven't been working hard on things and turn to over working. However, if a person knows they have been working hard because they planned out their leisure time, then the reward will be much greater. Planning out your leisure time can avoid overworking and make a person happier.

There is a very fine scale between leisure and work. If you find yourself overworking it can damage your mental and physical health. If you find yourself having too much leisure time then you can find yourself being unproductive. It is important to plan out your leisure time so a person can become organized and happier in their life. The scale will become balanced if a person sits down and plans their work and free time.

3 – Purpose/Structure

- The position is stated and generally maintained throughout (*The answer is yes, people should plan their leisure time because it helps them become organized and it can offer them happiness in their life*).
- The organizational structure is focused on helping with organization and offering happiness in life, which are previewed in the introduction. The response follows its proposed plan, logically advancing the argument.
- Transitions appropriately connect ideas throughout, advancing the position (*However; can help with that; This can; While; Instead; Because; If a person*).
- A sufficient introduction sets out a relatable context and provides a sense of direction, and a sufficient conclusion provides a sense of completeness.

2 – Development

- Logical development demonstrates understanding of the topic.
- Elaboration adequately supports the argument with a combination of paraphrase, examples, and explanation (*This means that your goals will be much easier to reach if you write your leisure time down. Let's say that you've always wanted to go to France. However your job consumes most of your time and the little free time you have is spent scrolling through Instagram*).
- Evidence from multiple sources is adequately integrated, lending credibility to the argument (*According to the text "A sense of anticipation can help you to move through less existing work or responsibilities*).
- Counterclaims are sufficiently addressed and refuted with supporting source evidence and explanation (*Many people will assume that planning out your free time can make you extremely unmotivated . . . In fact it is way more rewarding to plan out your leisure time because anticipation makes hard work rewarding; people try to be productive as possible so they can have some validation in their life and end up not having any time to focus on themselves. While this can be very dangerous and lead to depression or burn out, there is hope. Studies have shown that leisure time can give you validation. According to the text, hard work and anticipation can lead to happiness*).
- **Although the response demonstrates grade-level accomplishment, lack of appropriate citation prevents the score from moving beyond a score of 2 in the Development domain.** Citation attempts are inappropriately non-specific to individual sources (*According to the text*) or provide only a secondary citation (*According to Selin A Malkoc*).

3 – Language

- Integration of appropriate vocabulary demonstrates an adequate expression of ideas (*distractions; unmotivated; respectable; consumes; burn out*).
- Sentence structure is varied and demonstrates grade-appropriate language facility (*However, if a person knows they have been working hard because they planned out their leisure time, then the reward will be much greater*).
- Despite numerous distracting errors in spelling (*realises; familiar; extremely; twords*) and a variety of other errors throughout (*themselves*), overall grade-appropriate command of standard English conventions is demonstrated given the amount done correctly.
- Tone and voice are appropriate for the overall response, evidenced particularly by the second body paragraph.

In today's modern society, time for responsibilities almost always outweighs free time. This is because the people of today tend to live busy lives with little to no time for themselves. However, when people do have time to themselves, it is usually time to relax and distance themselves from the stress of their everyday lives. For a lot of people relaxing does not include planning. When things are unplanned they are usually more relaxing and enjoyable. This is why leisure time is better unscheduled.

Relaxation is essential for a healthy mind and body. Leisure time is a great opportunity to relax. Since leisure time is limited, it is important we reach our maximum level of relaxation in the time given. However, planning usually just leads to additional stress. This is why leisure time should not include planning. Mentioned in Source 2, "When scheduled, leisure tasks feel less free-flowing and more forced- which is what robs them of their utility." Feeling forced to complete a task is never fun. When leisure time is planned, it usually feels like just another of the many daily tasks. This defeats the purpose of having leisure time to begin with. If handling a responsibility feels the same as having lunch with your friends, you might as well just use that time to get more responsibilities out of the way.

The idea of having leisure time is to have enjoyable time to yourself. Whether it is taking your dog to the dog park, watching your favorite show, or having a beach day with your friends; what you do in this time is completely up to you. Planning for these times takes away the spontaneity and excitement from these activities. This usually causes the activity to be less enjoyable overall. As mentioned in source 1, "Admittedly, sitting down at a table with a pen and calendar isn't exciting, especially if you already spend a lot of time thinking about all the things you have to do in a week." When people know exactly what is going to happen and exactly when it is going to happen, it tends to be less fun and enjoyable. It becomes just part of the daily routine. People see it as more of a chore than something we are supposed to enjoy. This contributes to the point of avoiding planning when it comes to leisure time.

On the other hand, some might argue that planning organizes leisure time so that people do not have to stress about what to do. It is true that organization and time management lead to decreased levels of stress. However, when it comes to leisure time, planning usually takes away from the relaxation and the decreased levels of stress. This is because when people plan our leisure time they tend to stop seeing it as free time and start to see it as more of a chore that they have to get done to move on to the next. Passage 2 says, "That's because we tend to mentally lump all our scheduled activities in the same bucket- whether it's a dentist appointment or grabbing coffee with a friend. And that makes the pleasurable activities more of a chore." Some may also question how we can get anything done or even see our friends without planning. According to Passage 3,

the answer could be “rough scheduling,” meaning meeting for lunch... but not assigning it a time.” It “reintroduces flexibility to the leisure tasks” (Passage 3), which is essential to avoiding leisure time becoming a chore. This is why it is best to leave firm planning for responsibilities rather than free time.

In conclusion, people live busy lives where planning and organizing time is essential. However, when it comes to leisure time, it is best if planning is not included. This is because planning leisure time usually makes leisure time feel like a chore or just one of the many daily activities. Unplanned leisure time is usually more relaxing and more enjoyable. Leisure time is limited and valuable. This is why people must make sure that the time they do have to themselves is used to its full potential.

3 – Purpose/Structure

- The position is focused on the task and generally maintained throughout (*When things are unplanned they are usually more relaxing and enjoyable. This is why leisure time is better unscheduled*).
- The organizational structure logically advances the argument through three points that support the position: relaxation becomes a task if planned, things are more enjoyable when spontaneous, and if planned, leisure becomes a chore.
- Transitions purposefully connect ideas within paragraphs, advancing the ideas from sentence to sentence (*Since; However; When; If; Whether; This*).
- A sufficient introduction and conclusion contribute to a logical organization.

3 – Development

- Logical development demonstrates understanding of the topic.
- Adequate elaboration appropriately supports the argument with a combination of original student writing and paraphrasing (*Feeling forced to complete a task is never fun. When leisure time is planned, it usually feels like just another of the many daily tasks. This defeats the purpose of having leisure time to begin with*).
- Evidence integrated from multiple sources lends credibility to the argument (*Admittedly, sitting down at a table with a pen and calendar isn't exciting, especially if you already spend a lot of time thinking about all the things you have to do in a week*).
- While counterclaims are subtly embedded throughout the argument (*Since leisure time is limited, it is important we reach our maximum level of relaxation in the time given. However, planning usually just leads to additional stress; people live busy lives where planning and organizing time is essential*), they are more sufficiently addressed and refuted using evidence in the third body paragraph (*It is true that organization and time management lead to decreased levels of stress. However, when it comes to leisure time, planning usually takes away from the relaxation and the decreased levels of stress . . . Passage 2 says, "That's because we tend to mentally lump all our scheduled activities in the same bucket; Some may also question how we can get anything done or even see our friends without planning. According to Passage 3, the answer could be "rough scheduling," meaning meeting for lunch... but not assigning it a time." It "reintroduces flexibility to the leisure tasks" (Passage 3), which is essential to avoiding leisure time becoming a chore*).
- Evidence is appropriately cited (*Source 2, Passage 3*).

3 – Language

- Expression of ideas is clear, with generally appropriate vocabulary for the task (*essential; opportunity; daily routine; spontaneity; organizes*).
- Sentence structure is appropriately varied and demonstrates grade-appropriate language facility (*When people know exactly what is going to happen and exactly when it is going to happen, it tends to be less fun and enjoyable*).
- Grade-appropriate command of standard English conventions is demonstrated, with relatively few errors present.
- Tone and voice are appropriate for the overall argument, evidenced clearly in the first body paragraph.

Leisure time is better scheduled because it pushes people to take part in activities that are beneficial and it creates a sense of enjoyment. In addition, tasks are more likely to get done.

To begin with, scheduling leisure time motivates people to participate in activities that are beneficial. In the passage, "Don't Leave Your Free Time Up to Chance" by Denise Hanzwick, the author explains that many people treat leisure time as a way to take part in low-quality activities such as texting a friend or going through apps. "...if you're like most Americans, you texted friends or toggled between apps on your phone." This was not the way to spend such time, but to instead trade them with higher-quality activities. "While this act may distract your mind from the pull of daily responsibilities, it does not provide the renewing and refreshing effects of true free time." Even though in Source 1 paragraph 5, it states that "It can be easy to relax with activities that require low activation energy.", your brain will think that low activation energy activities is its default way to spend its time.

Secondly, scheduling creates a sense of enjoyment. Source 1 explains that "This allows us to maximize the enjoyment..." When scheduling out leisure times, we tend to become excited. The anticipation leads to this enjoyment. "Adding fun events to your calendar can fill you with a sense of anticipation that helps you to move through the less exciting work or responsibilities more quickly." The scheduled time makes people happy and want to carry through with their leisure.

Lastly, tasks are more likely to get done. In Source 2, "Want to be happier? Stop scheduling your free time", by Allison Klein, she explains that "It becomes a part of our to-do list. Meaning whatever is scheduled, it is going to be completed because it's top priority. Also she questions, "So if we're not supposed to schedule our free time how are we expected to get anything done? Or see our friends?". That is why scheduling is important. She also says "...when a leisure activity is planned rather than spontaneous, we enjoy is less.", but in Source 3, paragraph 31, it states that, "True leisure requires freely choosing something. We're not really making anything of that time..."

In conclusion, leisure time is better scheduled because it's a motivation for people to take part in high-quality activities, scheduling creates a sense of enjoyment, and tasks are more likely to be completed when it is scheduled. People are better off scheduling their leisure time since you would enjoy it more.

2 – Purpose/Structure

- The position is stated in the introduction (*Leisure time is better scheduled because it pushes people to take part in activities that are beneficial and it creates a sense of enjoyment. In addition, tasks are more likely to get done*) and somewhat sustained throughout the response.
- The organizational structure is repetitive, with limited purpose. The response is somewhat organized around encouraging beneficial activities/enjoyment and increasing productivity but provides insufficient material for progression, disrupting the advancement of ideas.
- Transitions attempt to connect ideas but with little variety (*To begin with; Even though; Secondly; Lastly*).
- The introduction and conclusion are simplistic and repetitive, contributing little to the response.

2 – Development

- Development demonstrates a partial understanding of the topic due to an overreliance on pieced-together text language and simplistic restatement.
- Elaboration ineffectively attempts to develop the argument and relies heavily on the sources (*When scheduling out leisure times, we tend to become excited. The anticipation leads to this enjoyment*).
- Evidence from multiple sources is weakly integrated with quotes and paraphrase making up the bulk of the development (*Adding fun events to your calender can fill you with a sense of anticipation that helps you to move through the less exciting work or reonsibilities more quickly*).
- Citations are present (*Source 2; Source 3, paragraph 31*), but this alone does not elevate the Development domain beyond a score of 2.
- Counterclaims are insufficiently addressed and somewhat refuted using source evidence but provide little explanation (*Even though in Source 1 paragraph 5, it states that “It can be easy to relax with activities that require low activation energy.”, your brain will think that low activation energy activities is its default way to spend its time; She also says “..when a leisure activity is planned rather than spontaneous, we enjoy is less.”, but in Source 3, paragraph 31, it states that, “True leisure requires freely choosing something. We’re not really making anything of that time*).

3 – Language

- Vocabulary and word choice are fairly basic (*motivates; higher-quality*), but expression of ideas is clear.
- Sentence structure is somewhat varied and demonstrates grade-appropriate language facility (*Meaning whatever is scheduled, it is going to be completed because it’s top priority*).
- Use of grammar, punctuation, capitalization, and spelling demonstrates grade-appropriate command of standard English conventions.
- Tone and voice are appropriate overall for the argument.

Leisure time is something many Americans desire. Our schedules are constantly full, and we need a break. Although, if you make it part of your schedule, it makes it less enjoyable and more of a chore.

The main reason that your free time shouldn't be scheduled, is because it takes the fun out of it. It adds onto the stress because it is now something you have to do. As Klein states, "...when a leisure activity is planned rather than spontaneous, we enjoy it less." (Klein 2). Having spontaneous free time makes you feel less trapped inside a schedule. You enjoy life more when it isn't planned. As Klein also explains, "Those who scheduled getting frozen yogurt construed it more like work," (Klein 11). This shows that scheduling things that are supposed to be fun make it a chore. If you seem to be doing nothing one day, it's more fun to just go to the mall than it is to plan it two weeks in advance. Klein further proves the point by saying, "...we tend to mentally lump all our activities in the same bucket-" (Klein 3). Meaning, something like going to the park becomes just as fun as doing the dishes or going to a meeting.

Another solid reason is that if it's scheduled, it isn't really free time. As Bielski states, "It involves being in the moment, cultivating yourself and connecting with people." (Bielski 4). If you plan something, what is supposed to be free time turns into something you're making yourself do. You aren't in the moment freely, you're trapped in it because you feel like you have to. Another thing that Bielski explains is, "True leisure requires freely choosing something." (Bielski 5). When you're trying to squeeze free time between everything that you have to do, that isn't freely choosing something. If you plan it, you are just creating more stress for yourself.

On the other hand, it may feel like if you don't plan it, you'll never have the time. That is inaccurate, because if you could make time for it in the first place, isn't that time always there? Just wait for the free time to come, then do something leisurely. To conclude, it is best not to plan leisure time, so you can have the full free experience of it

2 – Purpose/Structure

- The position is stated in the introduction (*Although, if you make it part of your schedule, it makes it less enjoyable and more of a chore*) and somewhat sustained within the task.
- Some structural elements are present. A loose plan connects two basic points to the idea that leisure time becomes less enjoyable as part of a schedule: it takes the fun out of it/adds to stress and scheduled free time isn't really "free." However, the organization is inconsistent, with repetitive attempts to explain minor pieces of text information, somewhat disrupting the advancement of ideas.
- Transitions attempt to connect ideas but lack variety (*The main reason; Another solid reason; If you plan; Another thing; When you're*).
- The introduction and conclusion are ineffective. The introduction attempts to draw the reader in with some context on the topic but, due to brevity, ends up being ambiguous about the actual topic and position. The conclusion contains a clear statement of the position but nothing else.

2 – Development

- Development demonstrates a partial understanding of the topic due to simplistic restatement of little source information and circular explanation.
- Elaboration attempts to develop the argument primarily through repetition (*Meaning, something like going to the park becomes just as fun as doing the dishes or going to a meeting*).
- Evidence from multiple sources is partially integrated though occasionally slightly disconnected from the argument (*Those who scheduled getting frozen yogurt construed it more like work*).
- A counterclaim is insufficiently addressed and insubstantially refuted (*On the other hand, it may feel like if you don't plan it, you'll never have the time*).
- Citations are present (*Klein 2; Bielski 4*), but this alone does not elevate the Development domain beyond a score of 2.

3 – Language

- Vocabulary and word choice are fairly basic; however, the expression of ideas is clear.
- Sentence structure is varied, demonstrating grade-appropriate language facility (*When you're trying to squeeze free time between everything that you have to do, that isn't freely choosing something*).
- With relatively few errors present, the response demonstrates grade-appropriate command of standard English conventions.
- Tone and voice are generally appropriate for the overall argument (*Just wait for the free time to come, then do something leisurely*).

Leisure time shouldn't be scheduled in my opinion . It seems like if you are always scheduling your free time it taks away the fun and joy out of your day .

You should enjoy your free time while you have it because you never know what tommorow may bring . I say that to say Source 2 clearly states "Your social calendar might be sucking the joy out of activitis that are supposed to be fun or relaxing." According to an upcoming professor who studies time management . This is basically saying when there is a relaxing moment in your day take advantage of it instead of trying to prepare for the next 2 days . In conclusion , take advantage of time you have to yourself because 10 years from then you may be depressed and you may ask yourself why am i like this , then your going to be like ohhhh its because i scheduled my whole life and never relaxed or did anything fun with myself .

Erase your "to-do list" and get spontaneous . In the source "Want to be more happier? Stop scheduling your free time", its quotes "we tend to mentally lump all our scheduled activities in the same bucket and that makes the pleasurable activities more of a chore rather than an activity . When we are constantly doing this over and over and over again it now becomes apart of our to-do list which makes it less entertaining but more of a job we have to complete . To sum it all up , dont make your activities that are supposed to be pleasurable such a job . Live a little .

How the greeks would describe "true leisure" time is not neccesarily how all Americans would describe it . "What do North Americans tend to do with their free time?" says , "if you are distracted and not paying attention to where you are , youre not fully in the moment . And being fully present is how the Greeks would have described true leisure." Some may say this quote is true to them but to most Americans getting even an hour of free time would be good only because when your board you tend to do anything such as going outside , going to the mall , or even riding a bike with friends things of that nature . In conclusion , use your time to get a breath of fresh air and not being on your phone or panning the next 2 years out . All in all , dont plan just get spontaneous with your planning . If your going to plan just plan where is somewhere fun you and your family can go on yall next trip .

2 – Purpose/Structure

- The position is provided in the introduction (*Leisure time shouldn't be scheduled in my opinion*) and somewhat sustained within the task.
- The organizational structure provides for some grouping of information (1-enjoy free time while possible, 2-being spontaneous makes activities pleasurable, and 3-achieving true leisure) but is inconsistent and disrupts the advancement of ideas.
- Transitions lack variety and purpose (*I say that to say; In conclusion; When; To sum it all up*).
- The introduction is simplistic, and the conclusion is ineffective.

2 – Development

- Development demonstrates an incomplete understanding of the topic with minimal evidence and examples.
- Elaboration ineffectively attempts to develop support (*dont make your activities that are supposed to be pleasurable such a job . Live a little*).
- Evidence is partially integrated from multiple sources and somewhat supportive of the argument (*we tend to mentally lump all our scheduled activities in the same bucket*).
- A counterclaim is insufficiently addressed and somewhat unclear (*How the greeks would describe "true leisure" time is not neccesarily how all Americans would describe it*).
- Evidence is appropriately cited (*Source 2*), but this alone does not elevate the Development domain beyond a score of 2.

2 – Language

- Vocabulary and word choice are basic (*take advantage; breath of fresh air*), demonstrating a partial command of expression of ideas.
- Sentence structure is partially controlled (*If your going to plan just plan where is somewhere fun you and your family can go on yall next trip*).
- Various errors in grammar (*your; its; apart*), punctuation (missing commas and apostrophes), and sentence formation (*According to an upcoming professor who studies time management*) demonstrate a partial command of standard English conventions.
- Tone and voice are inconsistently appropriate for an academic audience.

you plan for your future duties on a daily basis. But, some people who agree about leisure time and who disagree as well. There's so many reasons to prove this right or wrong. Most people spend more time attending to responsibilities than relaxing, it can also keep you accountable to your goals, wishes, and dreams, or it can be less enjoyable.

To start it off with, most people spend more time attending to responsibilities than relaxing. According to paragraph 1 "Many people say that in order to have meaningful leisure time, you can't just hope for it, you need to plan it". In other words, less demanding activities can also help your brain recuperate, it can easily become your default way of spreading your leisure time.

Secondly, leisure timing can keep you accountable to your goals, wishes, and dreams. According to paragraph 5 "Researches say simple writing the plan down makes you much more likely to actually follow through". Therefore, advance preparation can prevent you from falling in the trap of habit.

Thirdly, I agree that when leisure time is planned rather than spontaneous, we enjoy it less. According to paragraph 11 "It becomes a part of our to-do list". Therefore, it notes that there are many things grabbing at our free time. Scheduling activities back to back for fear of not accomplishing them all.

In conclusion, a planning for your future duties on a daily basis is referred to leisure time. Leisure time can spend more time attending to responsibilities than relaxing, also it can keep you accountable to your goals, or it can be less enjoyable. Many people different opinions.

1 – Purpose/Structure

- The position is ambiguous (*Most people spend more time attending to responsibilities than relaxing, it can also keep you accountable to your goals, wishes, and dreams, or it can be less enjoyable*) and demonstrates a lack of awareness of the task.
- A loose organizational structure is somewhat discernible with an introduction, conclusion, and body paragraphs being present, but it demonstrates no plan or advancement of ideas.
- Basic transitions are present, but the substance of the ideas is disconnected (*Therefore, it notes that there are many things grabbing at our free time. Scheduling activities back to back for fear of not accomplishing them all*).
- The introduction and conclusion demonstrate little understanding of the purpose and create confusion (*Leisure time can spend more time attending to responsibilities than relaxing, also it can keep you accountable to your goals, or it can be less enjoyable*).

1 – Development

- The response demonstrates a lack of understanding of the topic by reiterating several pieces of source information without development.
- Elaboration consists of confusingly phrased source ideas with no meaningful explanation (*In other words, less demanding activities can also help your brain recuperate, it can easily become your default way of spreading your leisure time*).
- Quotations from multiple sources are vague and disconnected from the rest of the elaboration (*Many people say that in order to have meaningful leisure time, you can't just hope for it, you need to plan it*).
- A counterclaim is confusingly acknowledged in part due to the ambiguity of the position (*I agree that when leisure time is planned rather than spontaneous, we enjoy it less*).
- Citations are present (*paragraph 1, paragraph 5, paragraph 11*), but this alone does not elevate the Development domain beyond a score of 1.

2 – Language

- Vocabulary and word choice are imprecise and often pulled from sources (*leisure timing; default*), demonstrating a partial command of expression of ideas.
- Sentence structure is partially controlled and simplistic (*a planning for your future duties on a daily basis is referred to leisure time*).
- A partial command of standard English conventions is demonstrated, with inconsistent use of correct grammar (*There's; Researches; also it can*) and punctuation (missing commas).
- Tone and voice are inconsistently appropriate for an academic audience.

- Everyone should enjoy there freetime but lots of people can not do that because of there busy schedule and they have to plan when there free time is going to be when it should be spontaneous so it can be out the blue and fun so you can enjoy yourself.

Lots of people shedule there activities out of fear becaude they fear that they is not not going to accomplish them all because of their time of working and being busy so you doing so much that you dont enjoy the time that you have with your self. people watch youtube vids go on ig snapchat twitter but thats really not free time because people do that everyday and every chance they get beause that is a everyday thing.

You should worry about your health to because that is big part because of you dont movearound your body will start to shut down and you cant really do what you want to do you will start to get lazy and very unhealthy thats why it is good move around and get out.

S-10 Annotation

Score Point 1/1/1

(page 2 of 2)

1 – Purpose/Structure

- The position is confusing (*they have to plan when there free time is going to be when it should be spontaneous*), demonstrating a lack of awareness of task.
- No discernible organizational structure is demonstrated, as the response consists of several unrelated ideas with no clear plan.
- Transitions are absent.
- Introduction and conclusion are absent.
- The response is too brief to demonstrate knowledge of purpose, structure, or task.

1 – Development

- The response demonstrates a lack of development of the topic.
- Elaboration consists of confusing ideas that demonstrate a lack of knowledge of elaborative techniques (*people watch youtube vids go on ig snapchat twitter but thats really not free time*).
- Evidence from the sources is absent.
- Counterclaims are minimally acknowledged (*Lots of people shedule there activities out of fear*).
- The response is too brief to demonstrate knowledge of elaboration, topic, or sources.

1 – Language

- Vocabulary and word choice are vague (*so you doing so much; everyday thing*).
- Sentence structure is simplistic and confusing (*thats why it is good move around and get out*).
- Use of grammar (*there; is not*), punctuation (*dont; thats; cant*), capitalization, and spelling contain a density and variety of severe errors demonstrating a lack of command of standard English conventions.
- Tone and voice are inappropriate for an academic audience.
- The response is too brief to demonstrate grade-level command of language skills.

For numerous reasons, leisure time is better unscheduled. Many people say that in order to have meaningful leisure time, you need to plan it. However, research shows that when a leisure activity is planned rather than spontaneous, we enjoy it less. Health, quality of life, and not least of all, curiosity are taking a hit.

First, most people spend more time attending to responsibilities than relaxing. From homework to chores, afterschool activities, school clubs, and sports, the list of things we need to do seems to never end. We schedule activities back-to-back for fear of not accomplishing them all. Because of this, people tend to mentally lump all our scheduled activities in the same bucket –whether it’s a dentist appointment or grabbing coffee with a friend, which makes the pleasurable activities more of a chore. According to Allison Klein in Source 2, “The focus on productivity is so widespread that people even strive to make leisure productive and brag about being busy.” Klein also notes that Malkoc –who has an expertise in how people perceive and consume their time—links the over-scheduling of free time to the value that we place on achievement over contentment. “When scheduled, leisure tasks feel less free-flowing and more forced—which is what robs them of their utility” (Source 2). This means that we do more and enjoy less. Leisure should provide the renewing and refreshing effects of true free time.

Second, we should re-evaluate our definition of leisure time. When you last had an hour of time to yourself, what did you do? When we get free time we’re usually preoccupied and worried about the next thing we have to do. We’re also tired. We use our leisure to turn off rather than choose to do something. Zosia Bielski in Source 3: *Overwhelmed: Why we need to take back leisure time* says, “True leisure time requires freely choosing something. We’re not really making anything of that time...” So, the idea is to do something for its own sake, without obligation. It involves being in the moment, cultivating yourself and connecting with people (Source 3). This means that we should be mindful of the activities we decide to engage in when we come upon a spare moment, thereby allowing us to trade low-quality leisure time like texting for higher-quality time like sketching outside in a park. This allows us to maximize the enjoyment of positive health benefits of time to relax. If they become part of our to-do list, they become less enjoyable. If you’re distracted by the schedule and not paying attention to where you are, you’re not fully in the moment.

Some may ask, so if we’re not supposed to schedule our free time, how are we expected to get anything done? They may argue that planning in advance is a great idea for any busy person. However, you’ve got to remember to be flexible. For instance, Source 2 by Allison Klein explains that in a study, 163 students were given a hypothetical calendar of classes and activities. Some of the students were asked to schedule a frozen yogurt outing with a friend two days in advance, and add it to their calendar. The rest were told they bumped into a friend and ended

S-11

Score Point Copied

(page 2 of 4)

up going on a spontaneous yogurt run. According to the researcher, “those who scheduled getting frozen yogurt construed it more like work” (Source 2). Klein also explains in Source 2 that in another study, “they recruited 148 college students during finals time who agreed to take a break for coffee and cookies. Half of them were assigned a specific time for the snack and half were given a two-hour window. The students who were given a specific time reported less enjoyment in the coffee break than those who were given a window, according to the study.” This supports the idea of successful rough scheduling. It suggests that in fact, you should leave room for spontaneity. All this proves that leisure time is better unscheduled.

In summation, leisure time is better unscheduled. Sitting down at a table with a pen and calendar isn’t exciting, especially if you already spend a lot of time thinking about all the things you have to do in a week. Obviously, a plan for leisure time does not have to be intensely detailed. Things can change. The point is to relax and have fun. Want to be happier? Stop scheduling your free time.

This sample response has been purposefully constructed in order to illustrate multiple methods of copying text. It is important to note that some of the copied examples do not contain the same techniques; however, all of the techniques are considered copy. For this reason, it is recommended that educators/parents/students examine the copied responses at all grade levels.

Grade 10 Scoring Sampler
Student Response (Copy)

Prompt

For numerous reasons, leisure time is better unscheduled. Many people say that in order to have meaningful leisure time, you need to plan it. However, research shows that when a leisure activity is planned rather than spontaneous, we enjoy it less. Health, quality of life, and not least of all, curiosity are taking a hit.

First, most people spend more time attending to responsibilities than relaxing. From homework to chores, afterschool activities, school clubs, and sports, the list of things we need to do seems to never end. We schedule activities back-to-back for fear of not accomplishing them all. Because of this, people tend to mentally lump all our scheduled activities in the same bucket—whether it’s a dentist appointment or grabbing coffee with a friend, which makes the pleasurable activities more of a chore. According to Allison Klein in Source 2, “The focus on productivity is so widespread that people even strive to make leisure productive and brag about being busy.” Klein also notes that Malkoc—who has an expertise in how people perceive and consume their time—links the over-scheduling of free time to the value that we place on achievement over contentment. “When scheduled, leisure tasks feel less free-flowing and more forced—which is what robs them of their utility” (Source 2). This means that we do more and enjoy less. Leisure should provide the renewing and refreshing effects of true free time.

Second, we should re-evaluate our definition of leisure time. When you last had an hour of time to yourself, what did you do? When we get free time we’re usually preoccupied and worried about the next thing we have to do. We’re also tired. We use our leisure to turn off rather than choose to do something. Zosia Bielski in Source 3: *Overwhelmed: Why we need to take back leisure time* says, “True leisure time requires freely choosing something. We’re not really making anything of that time...” So, the idea is to do something for its own sake, without obligation. It involves being in the moment, cultivating yourself and connecting with people (Source 3). This means that we should be mindful of the activities we decide to engage in when we come upon a spare moment, thereby allowing us to trade low-quality leisure time like texting for higher-quality time like sketching outside in a park. This allows us to maximize the enjoyment of positive health benefits of time to relax. If they become part of our to-do list, they become less enjoyable. If you’re distracted by the schedule and not paying attention to where you are, you’re not fully in the moment.

Some may ask, so if we’re not supposed to schedule our free time, how are we expected to get anything done? They may argue that planning in advance is a great idea for any busy person. However, you’ve got to remember to be flexible. For instance, Source 2 by Allison Klein explains that in a study, 163 students were given a hypothetical calendar of classes and activities. Some of the students were asked to schedule a frozen yogurt outing with a friend two days in advance, and add it to their calendar. The rest were told they bumped into a friend and ended up going on a spontaneous yogurt run. According to the researcher, “those who scheduled getting frozen yogurt construed it more like work” (Source 2). Klein also explains in Source 2 that in another study, “they recruited 148 college students during finals time who agreed to take a break for coffee and cookies. Half of them were assigned a specific time for the snack and half were given a two-hour window. The students who were given a specific time reported less enjoyment in the coffee break than those who were given a window, according to the study.” This supports the idea of successful rough scheduling. It suggests that in fact, you should leave room for spontaneity. All this proves that leisure time is better unscheduled.

Prompt In summation, leisure time is better unscheduled. Sitting down at a table with a pen and calendar isn’t exciting, especially if you already spend a lot of time thinking about all the things you have to do in a week. Obviously, a plan for leisure time does not have to be intensely detailed. Things can change. The point is to relax and have fun. Want to be happier? Stop scheduling your free time.

This text can be found within this Sampler document.

S-11 Annotation

Score Point Copied

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Copied

- The response consists primarily of copied text and does not contain sufficient original writing to demonstrate understanding of the source materials or task. This results in condition code “G” for “Copied,” which becomes an earned 0. A position is constructed in the first paragraph (*For numerous reasons, leisure time is better unscheduled*) by adding words (*For numerous reasons*) to language directly from the prompt (*leisure time is better unscheduled*). The remainder of the first paragraph gives three ideas directly copied from each of the three source materials. The following paragraphs mix source material from all three sources, but without original writing to extend or support the statements copied from the sources, the rubric cannot be applied.
- Although some words and phrases have been changed (e.g., *we to people; paper argues to research shows; it becomes to if they become; “One of the studies . . .” to this; And that to which; and the to of*) or added (e.g., *Leisure should; we should; by the schedule*), the response is still too close to the source material to demonstrate original writing. Transitions (e.g., *However; Because of this; This means that; Some may ask; Second; For instance; According to; All this proves; In summation*) and citations (e.g., *Allison Klein in Source 2; (Source 2); Zosia Bielski in Source 3: Overwhelmed: Why we need to take back leisure time says*) are present, but these additions do not extend or support the statements copied from the sources.



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