

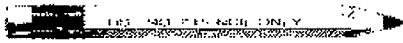
Grade 8 WRITING Section 1

Writing Topic:

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

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

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



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

Knowledge is gained through experience and instruction, and is then remembered through memory. But knowledge does not increase our brain power. It is simply a part of something larger that does increase our brain power: learning. Learning is not simply programmed into our brains when we are born, we have to achieve learning. It is achieved through a combination of knowledge, imagination, and memory. Here's another 'for example': we learn not to touch a hot stove when we are older, because we experienced that burning sensation when we were young. By that experience, our brain gained enough knowledge and brain power to not repeat the mistake later in life. The older we get, the more we learn, thus the more brain power we gain. That's pretty amazing!

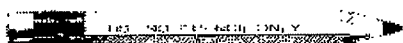
Since our goal is to increase brain power, we want to increase it in every possible way. So, we move on to using memory and thoughts. Memory works together with learning because you must remember what you learn and



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

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



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

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

ID Score Point: 4

The content is appropriate to audience and purpose.

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

The writer paraphrases evidence from the passage avoiding plagiarism.



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

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

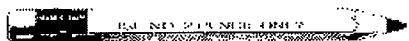
The second way you can learn and

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

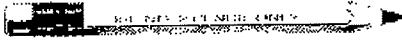
The third and final way people can learn and enhance their brain power is by having higher expectations. In a recent study, freshmen's in college who had high expectations had better grades than those who had low expectations. When asked about their failures in their life, those who explained them as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

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

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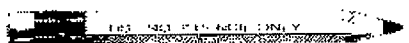
to do is start thinking.

Ideas & Development: 3

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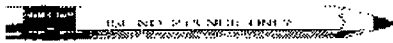
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Every time you learn in a classroom, your brain locks it away in a safe place to where you can find it if you need it again someday. Your brain will get bigger as you grow older, the bigger it gets the smarter it gets. A brain is just like a cat, it thinks and learns on its own the bigger it gets, You don't have to train it. Your brain can help you just have to use it, your brain even stores away your best thoughts and memories you have went through. To gain extra brain power, you have to make your brain think and you have to pay attention in class, because the more you pay attention in class the more you know and the more you know the more your brain knows, your brain can help you through 1st - 12th grade you just have to make it.



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



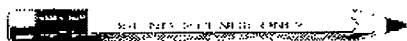
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I'm actually trying in school right now because I don't want to be the kid that's left out of everything. I am using my brain right now to tell you what I feel about school, my friends, and my Scholarship I want to make. I do want to go to , because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

ID

Score Point: 2

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



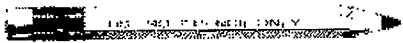
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How people learn is by what they want to do. They can goof off and do what they want. I mean people do stuff then when they think there like what have I done I should of did this and this. But now i cant go back they have to use the brain before they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

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



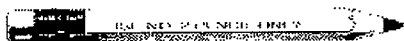
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goal, and Always make good choices.

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

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

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



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

ID

Score Point: 1

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