

SOLVING A SLEEP PROBLEM ASSESSMENT RUBRIC

	CONCEPTS	ANALYZING INFLUENCES
4 EXCEEDS	<ul style="list-style-type: none"> Student completely and accurately identified two or more reasons for getting adequate sleep. Student completely and accurately described two or more barriers to getting a good night's sleep and fully explained how to remove those barriers. 	<ul style="list-style-type: none"> Student fully recognized two or more internal and/or external factors that influence sleep. Student accurately and completely explained how each factor affects sleep and/or health.
3 MEETS	<ul style="list-style-type: none"> Student was mostly accurate in description of at least two reasons for getting adequate sleep. Student was mostly accurate at describing at least two barriers to getting a good night's sleep and partially explained how to remove those barriers. 	<ul style="list-style-type: none"> Student recognized two internal and/or external factors that influence sleep. Student gave a satisfactory explanation of how each factor affects sleep and/or health.
2 CLOSE TO MEETING	<ul style="list-style-type: none"> Student identified reasons for getting adequate sleep, but they may be incomplete or wrong. Student's description of barriers to getting a good night's sleep and explanation of how to remove those barriers might be incomplete or wrong. 	<ul style="list-style-type: none"> Student somewhat recognized one or two internal and/or external factors that influence sleep, but did not provide an effective explanation of how each factor affects sleep and/or health.
1 NOT YET MEETING	<ul style="list-style-type: none"> Student did not identify reasons for getting adequate sleep. Student did not describe any barriers to a good night's sleep. Student did not explain how to remove those barriers. 	<ul style="list-style-type: none"> Student did not identify any internal/external factors that influence sleep or health, and explanation is missing or incorrect.

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