

The United States should not eliminate the use of daylight savings time. Daylight savings time, otherwise known as DST, is when clocks are set ahead by an hour.

The use of daylight savings time has many pros. The first pro is that it reduces the exposure to artificial lighting. When people have less exposure to this (fake) lighting, they tend to have less stress, and complain about headaches less. Exposure to sun decreases blood pressure, adverse health, and also reduces psychological illnesses. DST prevents vitamin D deficiency. When the body receives sunlight, it tends to produce this vitamin. Sunlight is also known to prevent disorders such as Seasonal Affective Disorder. (Text 2 lines 12-13)

American Academy of Neurology conducted a study and had results that proved that ~~the~~ exposure to sunshine also decreases chances for Multiple Sclerosis. (Text two - lines 16-18)

Another great advantage of following daylight savings time is that it has many positive effects on cardiovascular illnesses. In the year of 2014, British researchers found it to be true that sunlight lowers blood pressure. Blood pressure is one of the main causes of heart attacks and strokes. Exposure to sunlight dilates blood pressure and

relieves hypertension. Richard Weller of the University of Edinburgh and Martin Feelisch of the University of Southampton noted that people who live in the darker north tend to have higher rates of heart disease. (Text two-lines 24 to 26)

Daylight savings time also has a great impact on the reduction of energy consumption. The advanced hour allows offices to save a lot of energy for lighting. It also saves most households one hour of electricity that can be used for lighting in the night. The extra hour of light also causes ~~more~~ recreational travel. These outdoor activities "might save energy by decreasing the use of TV sets and appliances." (Text 3 - lines 18 to 19) One other positive impact of ~~DST~~ DST is that it decreases the number ~~of~~ of car accidents as driving in the dark is much more dangerous than driving in the nighttime.

Daylight savings time has both pros and cons. It reduces cardiovascular illnesses, reduces energy consumption, and reduces ~~the~~ the number of accidents caused by cars. It also causes sleep deprivation due to the drastic shift of time and causes a disturbance in sleep patterns. Overall, daylight

savings time has many more positive effects than negative effects.

**Anchor Level 3–A**

The essay introduces a reasonable claim, as directed by the task (*The United States should not eliminate the use of daylight savings time*). The essay demonstrates some analysis of the texts (*When people have less exposure to this (fake) lighting, they tend to have less stress, and complain about headaches less*), but insufficiently distinguishes the claim from alternate or opposing claims (*It also causes sleep deprivation due to the drastic shift of time and causes a disturbance in sleep patterns*). The essay presents ideas sufficiently, making adequate use of specific and relevant evidence to support analysis (*Exposure to sun decreases blood pressure, adverse health, and also reduces psychological illnesses* and *It also saves most households one hour of electricity that can be used for lighting in the night*). The essay demonstrates proper citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material [(Text two - lines 16-18) and (Text 3 - lines 18 to 19)]. The essay exhibits acceptable organization of ideas and information to create a coherent essay with an opening paragraph that introduces a claim, three paragraphs that support the claim, and a concluding paragraph that refers to a counterclaim and supplies a brief conclusion (*Overall, daylight savings time has many more positive effects than negative effects*). The essay establishes and maintains a formal style, using precise and appropriate language and structure (*Another great advantage of following daylight savings time is that it has many positive effects on cardiovascular illnesses*). The essay demonstrates partial control, exhibiting occasional errors (*recieves, Accademy, officies*) that do not hinder comprehension. The essay addresses fewer texts than required by the task and can be scored no higher than a 3.

Many people believe Daylight Saving time is bad for ~~the~~ the US. Many others believe Daylight savings time is great. Daylight saving time should not be eliminated from the United States. When it comes to Daylight Saving time, the pros outweigh the cons.

Daylight Saving time is very useful in the United States. In Text 2, lines 1 and 2 there are advantages to using the Daylight saving time. The advantages are, the ability to reduce exposure to artificial lighting. It is valuable to provide the correct light intensity and color-spectrum for each task of the environment. In lines 9 and 10 there is another advantage. It is the ability to prevent Vitamin D deficiency that is produced by the body from sunlight. Daylight Saving Time is not only helpful to the environment but also helpful to ones health. In text 1, lines 21 and 22, the US Congress extended Daylight Saving time to a period of ten months in 1974 and eight months in 1975. The US Congress hoped to save energy following the 1973 oil embargo. The trial period showed that Daylight Saving Time saved the energy equivalent of 10,000 barrels of oil each day. Daylight Saving time is in fact useful.

In Text 4 lines 1 and 2 state that it turns out that more daylight give people more time to go shopping, drive, grill, and

even perfect ones golf game. Daylight Saving Time is beneficial to a persons everyday life. Daylight Saving time does not cut a persons energy use. As is the intent, says Michael Downing. In Text 2 lines 3 and 4 says, that energy not only could be wasted, but over illumination can lead to adverse health and psychological effects. That is if the exposure of artificial lighting is not reduced. Daylight Saving time helps reduce the exposure of artificial lighting.

There are more reasons why the US should not eliminate Daylight Saving time, than there are reasons that US should eliminate Daylight Saving time. Daylight Saving time, in a lot of ways, is beneficial to the US. Daylight Saving time should not be eliminated from the US.

**Anchor Level 3–B**

The essay introduces a reasonable claim, as directed by the task (*Daylight Saving time should not be eliminated from the United States. When it comes to Daylight Saving time, the pros outweigh the cons*). The essay demonstrates some analysis of the texts (*Daylight Saving time is very useful in the United States*), but insufficiently distinguishes the claim from alternate or opposing claims (*Daylight Saving time does not cut a persons energy use. As is the intent, says Michael Downing*). The essay presents ideas briefly, making use of some specific and relevant evidence to support analysis (*The advantages are, the ability to reduce exposure to artificial lighting*). The essay demonstrates inconsistent citation of sources to avoid plagiarism by failing to use quotation marks with direct quotes (*In text 1, lines 21 and 22, the US Congress extended Daylight Saving time to a period of ten months in 1974 and eight months in 1975*). The essay exhibits acceptable organization of ideas and information to create a coherent essay, first introducing the claim, then presenting two paragraphs of support, including a brief reference to the counterclaim, and ending with a summary conclusion. The essay establishes but fails to maintain a formal style, using primarily basic language (*Many people believe Daylight Saving time is bad for the US. Many others believe Daylight savings time is great*) and structure (*That is if the exposure of artificial lighting is not reduced. Daylight Saving time helps reduce the exposure of artificial lighting*). The essay demonstrates emerging control, exhibiting occasional errors (*belive; Daylight Saving time; lines 1 and 2 there; are, the; artificial; enviornment; ones health; US Congress; is in fact*) that hinder comprehension.

Should day light savings times be ridded of? There would be positive and negative connotations if that were to happen. The way one looks at it you could say yes or no. ~~How~~ how it is stated in the pieces of writing on the previous pages daylight savings should be eliminated.

The only reason that daylight savings started was because the U.S. wanted to save oil for the war. (passage 1). The cons of daylight savings is that it can mess up health care devices (passage 2, line 33). This can make it hard for the medical profession to collect time devices' time, and ~~there~~ would have to do extensive programming to get it right. (passage 2, line 41). This is why the United States of America should rid us of the burden of daylight savings.

Next some of the ~~pros~~ <sup>pros</sup> of daylight savings could be that it saves energy (passage 3, line 1). This was the main reason why it was formed. But with this extra hour of what I suppose to save us energy will actually use more energy (text 3, line 5). So it will use more energy. Telling why we should rid the United States of America of

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Anchor Paper – Part 2 – Level 3 – C

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The burden of having to change our clocks  
for day light savings.

with all this important information  
handed upon you it can be said that  
day light savings is bad. without a doubt  
it uses much more energy than it would  
save making me think "why would anyone want  
to use more energy." ~~that is why it is bad~~  
~~that is why~~ that is why day light savings should  
be no more.

Anchor Level 3–C

The essay introduces a reasonable claim, as directed by the task (*How it is stated in the pieces of writing on the previous pages daylight savings should be eliminated*). The essay demonstrates some analysis of the texts (*The cons of day light savings is that it can mess up health care devices*), but insufficiently distinguishes the claim from alternate or opposing claims (*Next some of the pros of day light savings could be that it saves energy*). The essay presents ideas briefly, making use of some specific and relevant evidence to support analysis (*This can make it hard for the medical profession to correctly time devices' time, and would have to do extensive programming to get it right*). The essay demonstrates inconsistent citation of sources to avoid plagiarism when dealing with direct quotes and paraphrased material [(*Passage 1*); (*Passage 2, line 33*); (*text 3, line 5*)]. The essay exhibits some organization of ideas and information to create a mostly coherent essay by introducing a claim, followed by two paragraphs supporting the claim, with a brief reference to a counterclaim. The essay concludes with a repetition of the original claim (*That is why daylight savings should be no more*). The essay establishes but fails to maintain a formal style, using primarily basic language and structure (*Should Day light savings times be ridded of? and There would be positive and negative conitions if that were to happen. The way one looks at it you could say yes or no*). The essay demonstrates a lack of control, exhibiting frequent errors (*it you; reason; wanted; The cons ... is; suppose; energy; telling; burnden; doubt it*) that make comprehension difficult.

The United States has daylight saving going on ~~for~~ for many years.

Daylight savings benefits many Americans. Daylight savings has many effects on the government and the people in the United States.

Daylight savings gives many Americans positive outcomes.

Many positive outcomes come out of daylight savings. For example in text 2 daylight savings reduces exposure to artificial lighting also reduces exposure to artificial lighting. Daylight savings saves many factory owners significant energy for lighting stated in text 3. DST reduces accidents and fatalities of motor vehicles.

Another area of DST impact is crime reduction.

Other people argue that DST is an negative impact on society. That DST increases sunlight effect on cardiovascular illnesses. ALSO, that it disturbs sleep pattern.



**Anchor Level 2–A**

The essay introduces a claim (*Daylight Savings gives many Americans positive outcomes*). The essay demonstrates confused and unclear analysis of the texts (*Other people argue that DST is an negative impact on society. That DST increases sunlight Effect on cardiovascular Illnesses*), insufficiently distinguishing the claim from alternate or opposing claims (*Also, that it disturbs sleep pattern*). The essay presents ideas inconsistently and inaccurately, in an attempt to support analysis by quoting several phrases from *text 2* and *text 3* without the use of quotation marks (*daylight savings reduces exposure to artificial lighting also reduces exposure to artificial lighting*). The essay demonstrates little use of citations to avoid plagiarism when dealing with direct quotes and paraphrased material. The essay exhibits inconsistent organization of ideas and information, failing to create a coherent essay with an opening that states that *Daylight Savings has many effects on the government and the people in the United States*, one paragraph briefly listing the *positive outcomes*, one paragraph consisting of a single plagiarized sentence, and one paragraph that uses two subheadings from *Text 2* in an attempt to address the counterclaim. The essay lacks a formal style, using some language that is inappropriate and imprecise (*The United States has daylight saving going on for many years and DST is an negative impact on society*). The essay demonstrates emerging control, exhibiting occasional errors (*benifits, For example in text 2 daylight, lighting also reduces, vechiles, Sunlight Effect*) that hinder comprehension.

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## Anchor Paper – Part 2 – Level 2 – B

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Should there be a daylight savings time? There should be a Daylight Savings Time (DST). DST shouldn't be a problem in society with all the technology. There are more reasons why we should save daylight savings time than get rid of it.

In the text History of Daylight Saving Time (DST) says make better use of the daylight and conserving energy DST was extended. In Text 2 titled Pro & Cons: Daylight Savings Time said "reduce exposure to artificial light", you have the ability to prevent vitamin D deficiency that is produced by the body from sunlight. Lack of sunlight can lead to the Seasonal Affective Disorder (SAD). In the Cost of Daylight Saving Time passage is positive about keeping daylight savings time. It says ~~there~~ "more time to shop, drive, grill and perfect our golf game".

It shouldn't be saved because because it effects Health & Healthcare devices. Also it effects farmers morning productivity. There are claims it shouldn't be saved but your better off having it.

That's why it should be saved. DST shouldn't matter with the auto DST on technology. Daylight Savings Time should be here because it gives people a break sometimes more sun.

### Anchor Level 2–B

The essay introduces a claim (*There should be a Daylight Savings Time*). The essay demonstrates a confused and unclear analysis of the texts (*DST shouldn't be a problem in society with all the technology*), insufficiently distinguishing the claim from alternate or opposing claims (*It shouldn't be saved because ... it effects Health & Healthcare devices* and *it effects farmers morning productivity*). The essay presents ideas inconsistently (*It says "more time to shop, drive, grill and perfect our golf game"*) and inaccurately (*DST shouldn't matter with the auto DST on technology*), in an attempt to support analysis, making use of some evidence that may be irrelevant (*it gives people a break*). The essay demonstrates little use of citations to avoid plagiarism when dealing with direct quotes and paraphrased material (*In Text 2*). The essay exhibits inconsistent organization of ideas and information, presenting a brief opening paragraph and a claim, a body paragraph that lists three texts followed by a brief comment after each in favor of DST, then abruptly shifts to a paragraph that alludes to the counterclaim, ending with an irrelevant conclusion (*Daylight Savings Time should be here because it gives people a break sometimes more sun*) and failing to create a coherent essay. The essay lacks a formal style, using some language that is imprecise (*In the text ... says, In the Cost of Daylight Saving ... is, because because, effects for "affects", your for "you're"*). The essay demonstrates a lack of control, exhibiting frequent errors (*artifical, pervent, deficeincy, postive, game*) *It, farmers ... productivity, saved but, That why*) that make comprehension difficult.

There ~~is~~ both pros and cons of ~~Daylight~~  
Daylight Saving Time. It helps ~~us~~ humans with  
some aspects of life, but it also has  
its flaws. It's rising so questions, "Should the  
United States government eliminate Daylight Saving?"

There ~~is~~ many reasons why we should ~~keep~~  
it, and reasons ~~to~~ get rid of it.

I ~~do~~ believe that we should ~~keep~~ the DST  
system in America. There are ~~so~~ many positive  
effects it has on the people and society. One  
positive effect ~~is~~ reduction ~~of~~ of energy (Text 3)  
such as oil, which ~~is~~ is a non-renewable resource.  
So if it save oil ~~then~~ it stay that way  
and DST ~~is~~ is allowing us to save as  
much oil as possible.

#### Anchor Level 2-C

The essay introduces a claim (*I believe that we should keep the DST system in America*). The essay demonstrates an unclear analysis of the texts (*One positive effect is reduction of energy (Text 3) such as oil*), failing to distinguish the claim from alternate or opposing claims (*There is many reasons why we should keep it, and reasons get rid of it*). The essay presents little evidence from the texts. The essay does not make use of citations, although there is a random citation (*Text 3*) that does not support the information cited. The essay exhibits inconsistent organization of ideas and information, failing to create a coherent essay by introducing a claim in the first paragraph, followed by a second paragraph of repetitive ideas about *reduction of energy*. The essay lacks a formal style, using some language that is imprecise (*It's rising so questions*). The essay demonstrates a lack of control, exhibiting frequent errors (*There is both, It help, it's flaws, (Text 3) such, non-renewable, resource, it save oil, it stay*) that make comprehension difficult.

Hi, its 9:50, I am sitting next to my good friend matt. I am really hungry and want chicken nuggets. well in my opinion I really dont mind daylight savings time. I like it being bright out for longer, it puts me in a better mood. And keeps me from falling asleep periodically through the day. I think we should keep it!!! :D

**Anchor Level 1-A**

The essay introduces a claim (*I really dont mind daylight savings time ... I think we should keep it*), but does not demonstrate analysis of the texts. The essay presents no evidence from the texts and does not make use of citations. The essay presents inconsistent organization of ideas and information, failing to create a coherent essay, consisting of a single paragraph of loosely related opinions about daylight saving time (*it puts me in a better mood*) and concluding with *I think we should keep it!!!* The essay lacks a formal style, using some language that is inappropriate (*Hi, its 9:50* and *I am really hungry and want chicken nuggets*). The essay demonstrates partial control, exhibiting occasional errors (*its* for “it’s”; *9:50, I; dont; longer, it; mood. And*) that do not hinder comprehension. The essay is a personal response, making no reference to the texts, and can be scored no higher than a 1.

Should the United States eliminate Daylight Saving Time? I do not think that daylight saving time should be eliminated. I believe that Daylight Savings Time should not be eliminate because Daylight saving time is a change in the standard time with the purpose of making better use of daylight and conserving energy. An

An advantage of the use of DST is the ability to reduce exposure to artificial lighting, which is the use of lamps and light fixture. (Text 2 Line 1+2) This is a very important reason to have DST because it protects us mediclally. Another advantage of the use of DST is the effect it has on the cardiovascular system through having additional sunlight exposure from the shifting of the time (TEXT 2 LINE 20) This leads to the reduction of strokes, cardiovascular diseases, and it goes against epidemiological.

**Anchor Level 1-B**

The essay introduces a claim, using the language taken from the task (*I do not think that daylight saving time should be eliminated*). The essay demonstrates unclear analysis of the texts, making only one original but vague observation (*This is a very important reason to have DST because it protects us mediclally*), failing to distinguish the claim from alternate or opposing claims. The essay presents little evidence from Text 1, copying but not citing lines 1 and 2, and from Text 2, again copying lines 1 and 2. The essay demonstrates little use of citations to avoid plagiarism when dealing with direct quotes and paraphrased material, only offering two citations for Text 2 [(Text 2 Line 1 & 2), (TEXT 2 LINE 20)] and fails to use quotation marks. The essay exhibits minimal original student writing, making assessment of language and conventions unreliable.

The United States should not eliminate Daylight Saving Time because it prevents some medication activities and reduces the reduction of oil and also some reduction of some costs.

Some people believe that it reduces artificial lighting which is to provide the correct light intensity. But I believe that it provides sunlight for the people who are lack of vitamin D. And even from the text, the study conducted by the American Academy of Neurology results indicate that more exposure to sunshine early in a person's life relates less risk from Multiple Sclerosis later in life. It also lowers blood pressure. This shows that daylight saving time is a factor of controlling the presence of disease.

Daylight Saving Time helps workers to work for longer periods of time and some reduction of costs in our country.

Daylight Saving Time, or DST, should not be eliminated from the United States. In modern society Daylight Saving Time has become an expected part of life. Also there are too many benefits to DST to just get rid of it.

The largest benefit is health. Artificial lighting can be too bright and cause headaches, stress, and increased blood pressure (text 2, line 6). Natural light is just bright enough and is the correct intensity. More natural lighting also means that people will have less of a chance of developing a vitamin D deficiency. If someone was secluded from the sun and only had artificial lighting they could develop a form of depression known as Seasonal Affective Disorder, or "winter blues" (text 2, line 12-13). If said person was exposed to natural light regularly their vitamin D levels would have been fine. Lastly, the more natural daylight hours means less artificial light being used (text 3) and more energy saved.

Daylight Saving Time, which originated in WW1 (text 1), was implemented to save energy and resources. Today however it has become a part of modern life and should remain so.

For nearly one hundred years, countries all over the world have been using daylight savings time, or DST. Daylight savings time is the practice of adjusting the time of day in order to make better use of the sunlight. Some people believe that the United States should eliminate DST completely. In fact, Hawaii and most parts of Arizona already have. I believe that Daylight Savings Time is important and should not be eliminated.

The number one reason why the US should not eliminate DST is because it saves energy. Text 1 explains how after the 1973 ~~embargo~~ Oil Embargo, the United States did a trial period in 1974 where they tried DST for 10 months and another trial period in 1975 for 8 months. This resulted in the United States saving roughly 10,000 gallons of oil. Text 3 also ~~goes~~ tells how DST saves energy. With the extra hour of sunlight, people are more likely to go outside rather than stay indoors. By shutting off the TV and other appliances before going outside, the US saves about 40-50 megawatts per day (line 13).

Another reason why the United States should not eliminate daylight savings time is the positive effects it has on people's health ~~and safety~~. Text 2 states that with more daylight, a person does not have to spend as much time using artificial light, which could cause some health and psychological problems. If a person ~~is~~ does not spend enough hours in the sunlight, their Vitamin D intake goes down. This is a major cause of Seasonal



Affective Disorder (line 13). Seasonal Affective Disorder can lead to depression and even suicide, if not treated.

In January 2014, British researchers concluded that increased exposure to sunlight results in a lower blood pressure and a less of a risk of heart attacks or strokes (lines 21-23). The more exposed people are to sunlight, the more beneficial it is to their health.

Not only is DST more healthy for people, but it is also more safe. Text 3 gives an example from a test that the Department of Transportation did.

Apparently, more people are apt to drive at night ~~versus~~ driving in the ~~evening~~ morning. If the United States eliminate DST, there would be one less hour of driving time at night. According to the Department of Transportation, by adding the extra hour of daylight, approximately 50 lives are saved and over 2,000 injuries are spared (lines 32-33). Crime rates also decrease when there is an extra hour of daylight. A study in Washington D.C. showed that violent crime rates went down 10-13 percent during DST (lines 46-47).

Many people believe that the U.S. should eliminate DST. According to passage 3, DST interferes with a person's sleeping schedule and their timing is thrown off by an hour for a few days. Farmers also do not like DST because it is more beneficial to harvest wheat after dawn evaporates. To them, they are losing an hour of daylight in the morning. Cows are also very sensitive to their milking times, which causes problems for farmers as well (line 61-63).

I believe that the United States should not eliminate Day light Savings time. We've been doing it for roughly 100 ~~to~~ years, in fact, it's been practiced since the Roman Times. The Pros just outweigh the con's and we need to continue using DST. It's important for our economy, health, and safety.

DST, better known as Daylight savings time, is a time where clocks change and the sun stays out longer because of our switch in times. There is an extra hour of sunlight during the day when DST is put into effect. There are complaints saying that DST does not actually save money, but it uses more. Since the extra sunlight is healthy, it promotes safer transportation and gets people out of the house. DST is a good idea that utilizes the power of the sun.

According to text 2, there are many pros to DST being put into use. A pro of DST is  $\equiv$  it reduces exposure to artificial lighting. Too much artificial lighting is not good because, according to text 2, line 4, "over-illumination can lead to adverse health and psychological effects." These effects that take place consist of headache frequency because of the artificial light, more stress and increased blood pressure, and can decrease a worker's efficiency if there is too much glare or excess light. Another pro is that it prevents vitamin D deficiency. Vitamin D deficiency is caused from an excessive isolation from sunlight. Sunlight is needed to keep people happy as well. "A lack of sunlight, on the other hand, is considered one of the primary causes of Seasonal Affective

Disorder, a serious form of The 'winter blues'" (text 2, lines 12-13). These "winter blues" can make people depressed and not productive.

DST saved fuel and money, but it also caused confusion and required standardization. According to text 1, "The rationale was to minimize the use of artificial lighting in order to save fuel for the war effort during World War I" (lines 11-12). It did help countries save during these times of war because even Britain and the United States followed and implemented a system of DST. Although it saved money, it also caused confusion among the civilians. The evidence found in text 1 was "In the United States, DST caused widespread confusion from 1945 to 1966 for trains, buses and the broadcasting industry because states and localities were free to choose when and if they would observe DST" (lines 16-18). This later was fixed when Congress made the Uniform Time Act of 1966 that stated "DST would begin on the last Sunday of April and end on the last Sunday of October" (text 1, lines 18-20). This became standard since "currently, most of the United States observes DST" (text 1, line 34).

There are many positives with DST. According to text 3, "The extra hour of evening daylight saves most households one hour of electricity for evening lighting, and also draws people outdoors, cutting additional indoor energy use" (lines 5-7). Families are able to get out of the house and spend time together in the sunlight instead of coming home after work in the dark. Another pro of DST is the reduction of car accidents and fatalities. As stated in text 3, "Driving after dark is much more dangerous than driving in the daylight" (line 21). DST keeps the roads safer. It also keeps the crime rate down as well because the extra hour of sunlight promotes a safer experience in places where crimes could happen (text 3, line 43-44).

Overall, DST is a good idea that promotes a healthy, happy, and safer lifestyle. There is less depression and less money being spent on lighting a house. There are pros and cons because of its effect on citizens. More daylight equals more time to spend outside with family and friends, and it keeps one happy.

Over the last several decades, there has been a controversial debate on whether or not daylight savings time should continue to be used. Daylight savings time was first established by Germany in 1916 (Text 1, lines 9-10). This practice was soon followed by many countries worldwide. The United States created its current form of daylight savings time in 2007 (Text 1, lines 32-33). There are many people who are not in favor of daylight savings time for several reasons, but it is overall beneficial to society and should continue to be used in the United States.

Many people have reasons for not liking daylight savings time, many of which are inaccurate. For example, many people fear that dark mornings caused by daylight savings time leads to an increase in danger to the lives of school children (Text 1, lines 25-26). This may be true but by saving an extra hour of light in the afternoon, children's after school activities, such as bike riding, tend to be safer causing fewer accidents and fatalities (Text 3, lines 36-37). Another reason why people do not approve of daylight savings time is because studies have found that after the time shift more heart attacks occur (Text 2, lines 43-44). This claim is controversial with science, because an increase in time spent in the sun is found to significantly reduce cardiovascular disease, including heart attacks (Text 2, lines 31-32). One final reason why many people

do not approve of daylight savings time is because they believe energy savings may be reduced to take care of the need for extra light in the dark mornings (text 3, lines 7-8). This is not accurate because most people sleep through sunrise, and most people are awake at sunset, therefore energy is saved in the afternoons (text 3, lines 8-9). Many people are ~~are~~ against daylight savings time, but their reasons may be countered and proven wrong.

There are ~~are~~ several other reasons why people are in favor of daylight savings time. One reason is that the extra sunlight reduces the need for artificial light from items such as lamps (text 2, lines 1-2). Another reason why many people are in favor of daylight savings time is because it reduces the crime rate, since most crimes tend to take place in the dark ~~at~~ rather than in broad daylight (text 3, lines 43-44). One final reason why daylight savings time is beneficial to the United States is because the Department of Transportation (DOT), found that the time change causes a national energy savings of about forty to fifty megawatt hours every day (text 3, lines 12-13). There are numerous reasons why daylight savings time is beneficial to the United States, and therefore should be kept.

Daylight savings time has caused a nationwide debate for many years. There are many people who have reasons for ~~being~~ being against it that are not all valid. Daylight savings time is very beneficial to the United States and should continue be used.

**Practice Paper A – Score Level 2**

Holistically, this essay best fits the criteria for Level 2.

**Practice Paper B – Score Level 3**

Holistically, this essay best fits the criteria for Level 3.

**Practice Paper C – Score Level 4**

Holistically, this essay best fits the criteria for Level 4.

**Practice Paper D – Score Level 5**

Holistically, this essay best fits the criteria for Level 5.

**Practice Paper E – Score Level 4**

Holistically, this essay best fits the criteria for Level 4.