

Sleep Monitoring Report Rubric

Criteria	Ratings						Pts
Reflection about Sleep Monitoring	25 pts Exceptional An appropriate number of topics related to sleep monitoring are described well and in detail (e.g., caffeine consumption, dreams, physical activity). Reflection about one's sleep is thoughtful.	20 pts Proficient Multiple topics related to sleep monitoring are described in an appropriate level of detail. Reflection about one's sleep is present.	15 pts Satisfactory Multiple topics related to sleep monitoring are described, but perhaps in too much or insufficient detail. Reflection about one's sleep is present.	10 pts Emerging One or more topics related to sleep monitoring is described insufficiently or poorly. Reflection about one's sleep is present but at a superficial level of detail.	5 pts Unsatisfactory The sleep monitoring experience is poorly described overall. Reflection about one's sleep is minimal.	0 pts Absent Reflection about sleep monitoring is absent.	25 pts
Connection to Scientific Content	45 pts Exceptional Connection to scientific content (i.e., textbook, lecture, outside articles) is thorough and insightful. Ideas are perceptive and illuminating. Important takeaways for future sleep hygiene are discussed.	36 pts Proficient Connection to scientific content (i.e., textbook, lecture, outside articles) is strong. Ideas are clever and thoughtful. Takeaways for future sleep hygiene are discussed.	27 pts Satisfactory Connection to scientific content (i.e., textbook, lecture, outside articles) is present. Ideas are thoughtful. Takeaways for future sleep hygiene may be weak.	18 pts Emerging Connection to scientific content (i.e., textbook, lecture, outside articles) is present. Ideas may be superficial. Takeaways for future sleep hygiene are weak or absent.	9 pts Unsatisfactory Connection to scientific content (i.e., textbook, lecture, outside articles) is weak. Ideas may be superficial. Takeaways for future sleep hygiene are absent.	0 pts Absent There is no identifiable connection to scientific content or references.	45 pts
Organization/Structure	10 pts Exceptional Topic sentences and conclusion sentences are consistently used to guide the reader. Organization is well thought out. Topics progress in a skilled way, with thoughtful, clever transitions between paragraphs.	8 pts Proficient Topic sentences and conclusion sentences are used most of the time. Organization is logical. Topics progress in a sensible way, but flow between paragraphs may be lacking.	6 pts Satisfactory Some attempt to use topic sentences and conclusion sentences to guide the reader. Mostly logical organization. May lack flow between paragraphs.	4 pts Emerging Weak attempt to use topic sentences and conclusion sentences to guide the reader. Lacks flow between paragraphs.	2 pts Unsatisfactory Organization does not make sense. Little flow between paragraphs.	0 pts Absent There is no identifiable attempt at organization or structure.	10 pts
APA Style & Format	10 pts Exceptional Models tone given in example paper (professional, but may use first-person pronouns). Sources documented correctly. Follows APA format and page requirement.	8 pts Proficient Models tone given in example paper (professional, but may use first-person pronouns). Sources documented correctly. Adheres to page requirement.	6 pts Satisfactory Few errors of style and format. Most sources documented correctly. May not adhere to page requirement.	4 pts Emerging Inconsistent style and format. Lacks precision in citation of sources. May not follow page requirement.	2 pts Unsatisfactory Style and format standards not applied. Sources not cited or cited incorrectly. Clarity compromised by errors. Not the requisite page length.	0 pts Absent APA format is not used.	10 pts
Mechanics	10 pts Exceptional Free of mechanical errors. Smooth flow and effective transitions (between sentences, paragraphs, subsections, etc.).	8 pts Proficient Few mechanical errors. Good flow and strong transitions increase comprehensibility.	6 pts Satisfactory Generally follows mechanical conventions, but with some minor errors. Appropriate transitions.	4 pts Emerging Frequent mechanical errors. Ineffective transitions and flow from point to point.	2 pts Unsatisfactory Numerous mechanical errors, making comprehension difficult.	0 pts No Marks Completely unacceptable; too many mechanical errors to comprehend the work submitted.	10 pts

Total Points: 100