



Mohawk Testing Centre Assessments for Success – Winter 2024 Sample Question

The assessment is a 30-minute response writing task which is outlined and completed in the quiz which follows. In accordance with Universal Design for Learning principles we have allowed you **45 minutes** to complete the assessment. You will not receive an immediate score for the writing assessment although, this response will be used towards your Communication course.

For more information about the Assessments for Success, please visit the following website: <https://www.mohawkcollege.ca/mohawk-testing-centre/assessments-for-success>

Instructions to Students

The essay gives you an opportunity to show how effectively you can develop and express your ideas in writing. You will first read a short passage and an assignment question that are focused on an important issue. You will then write an essay in which you develop your own point of view on the issue. You should support your position with appropriate reasoning and examples. The position you take will not influence your score.

Your essay will be given a holistic score that represents how clearly and effectively you expressed your position. The following six characteristics of writing will be considered:

- **Purpose and Focus:** The extent to which you present information in a unified and coherent manner, clearly addressing the issue.
- **Organization and Structure:** The extent to which you order and connect ideas.
- **Development and Support:** The extent to which you develop and support ideas.
- **Sentence Variety and Style:** The extent to which you craft sentences and paragraphs demonstrating control of vocabulary, voice and structure.
- **Mechanical Conventions:** The extent to which you express ideas using Standard Written English.
- **Critical Thinking:** The extent to which you communicate a point of view and demonstrate reasoned relationships among ideas.

Plan and write a multi-paragraph essay (300-600 words) in which you develop your point of view on the question below. Support your position with reasoning and examples taken from your reading, studies, experience, or observations.



Passage:

When it comes to sleep quality, overall duration is important, as is the cycle of sleep states. Sleep consists of five different states, the first four of which are non-Rapid Eye Movement (NREM) sleep, with the fifth being Rapid Eye Movement (REM) sleep. When individuals fall asleep, they move through the four stages of NREM sleep, with the stages getting deeper progressively, resulting in the sleeper becoming less likely to awaken due to external stimuli, before moving to REM sleep, when most dreaming occurs. The cycle of these five stages is essential for sleep quality.

Question:

What can be done to improve sleep duration and quality?