

# **SLEEPY TEENS: HIGH SCHOOL SCHEDULE PROPOSAL**

## Directions:

Use the Internet to review current research on teenage sleep patterns. Use the research to propose an ideal schedule that will improve student performance and attendance.

## Requirements:

- Propose a new schedule for your high school. Include;
  - Start time
  - End time
  - Length of each period
  - At least 2 other changes to the day that will improve performance and attendance
- 3 scientifically based facts that support your proposed schedule and changes
  - 1 fact for the time change and 1 fact for each of your additional changes = 3 facts
- 3 arguments against your proposed schedule (Why won't the school board adopt the changes?)
  - Things to consider:
    - How will your schedule impact students' parents?
    - How will the high school schedule impact elementary schools?
    - What financial issues can arise with the new schedule?

**\*\*\*Your schedule must include a minimum of 180 school days in the year and a minimum of 990 hours of instruction\*\*\***

## GRADING:

	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Supporting Facts</b>	At least 3 scientifically based facts are included that support the suggested schedule change	At least 2 scientifically based facts are included that support the suggested schedule change	Less than 2 scientifically based facts are included or facts do not support the proposed schedule change.	No facts are included
<b>Arguments</b>	Three valid, well-thought out, and explained arguments against the proposed schedule are included.	Three arguments are included but are not well-thought out and/or explained.	Less than three well-thought out and explained arguments are included.	There are no well-thought out arguments or no explanations justifying the arguments.
<b>Schedule Change</b>	A schedule change with a new start time, new end time, and <u>at least 2 other changes</u> is included and the schedule accounts for at least 990 hours of instruction in a year.	A schedule change with a new start time, new end time, and at least 1 other changes is included. The schedule accounts for at least 990 hours of instruction in a year.	A schedule change with a new start time and a new end time is included but no additional changes are suggested or does not account for 990 hours of instruction in a year.	A schedule change does not include a start or end time or none is included.

## SAMPLE:

### HIGH SCHOOL SCHEDULE PROPOSAL:

**Start time:** 8:24

**End time:** 3:28

**Additional changes:**

- Breakfast served in homeroom.
- Bright lights turned on for homeroom to stimulate brain

**Facts supporting the proposed schedule:**

1. Put a fact from your research supporting the time change here. Write in complete sentences.
2. Put a fact from your research supporting one of your additional changes here. Write in complete sentences.
3. Put a fact from your research supporting your other additional change here. Write in complete sentences.

**Arguments against the proposed schedule:**

1. Think about what changes will be required for the proposed schedule to work. Make an argument against the proposed schedule. Write in complete sentences.
2. Think about what changes will be required for the proposed schedule to work. Make an argument against the proposed schedule. Write in complete sentences.
3. Think about what changes will be required for the proposed schedule to work. Make an argument against the proposed schedule. Write in complete sentences.

