

## Scientific Communication Writing Assignment Rubric – Peer Evaluation

your name: Charlee Thacker

assignment reviewed: 26

Using the rubric below, please evaluate each of your assigned news articles in each of the areas shown, filling out a separate evaluation form for each news article. Please highlight the part of the rubric text that explains why you chose a specific assessment category. In the “General Feedback” section at the bottom of this form, please include more specific feedback, including things that you liked as well as things that you feel could be improved upon and suggestions on how to improve them.

*Red underline = what's missing*

	Excellent	Good	Needs Improvement
<b>Content:</b> <b>Does the news article convey the writer's understanding of a biological topic?</b>	The news article introduces a biological topic and clearly illustrates the writer's understanding of the topic including what is known and not known about it and how understanding the biology associated with the topic helps us understand larger issues or concepts.	*The news article introduces a biological topic and presents information about it, but the topic is not explained clearly or <u>doesn't distinguish between what is known vs. what is not known</u> or <u>doesn't explain how understanding the biology associated with the topic helps us understand larger issues or concepts.</u>	The news article does not illustrate the writers understanding of the topic and does not indicate what is known vs. what is not known or how understanding the biology associated with the topic helps us understand larger issues or concepts.
<b>Audience:</b> <b>Is the writing appropriate for the target audience?</b>	*The news article avoids jargon and clearly defines terms and ideas for a non-expert audience.	The news article defines or explains some terms, but some key terms or ideas would be challenging for a non-expert audience.	The news article lacks definitions and explanations, making the topic inaccessible to a non-expert audience.

<b>Organization:</b> <b>Is the news article clearly organized?</b>	The news article is well organized and easy to follow with good transitions between the paragraphs.	*The news article is generally organized and easy to follow but <u>conceptual connections aren't always clear.</u>	The news article is disorganized, and the information presented doesn't flow well.
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**Rubric continues on next page**

	<b>Excellent</b>	<b>Good</b>	<b>Needs Improvement</b>
<b>Format, spelling &amp; grammar:</b> <b>Does the news article follow the recommended format and is it free of writing errors?</b>	The news article follows guidelines for paper length and format and has been carefully proofread for spelling and grammatical mistakes.	*The news article is outside the recommended length or does not conform to the formatting guidelines; the news article <u>contains a small number of spelling and/or grammatical errors.</u>	The news article is significantly outside the recommended length and does not conform to the formatting guidelines; the news article contains numerous spelling and/or grammatical errors.
<b>Citations:</b> <b>Are the citations presented appropriately?</b>	*The news article contains appropriate in-text citations and a list of references for all source material.	The news article is missing either appropriate in-text citations or a list of references.	The news article is missing appropriate in-text citations and a list of references OR citations are missing for one or more sources.
<b>Rationale for choosing topic:</b> <b>Did the writer indicate why they chose the topic?</b>	*The rationale for choosing the topic is clearly explained.		No rationale for the topic's choice is provided.

**General feedback (5 points): see below**

I think that your topic is really interesting and you're off to a great start! That doesn't mean there isn't room for some edits though. The main thing I noticed was that you often mentioned these super interesting comparisons or topic points, however, you didn't expand on that information (give in-depth examples!) or analyze the results of the studies you found. You can definitely include some more of your own thoughts in at the end too, because people want to hear why it matters! Don't just simply rephrase the study, but make it your own. Additionally, you didn't really explain the elements that are unknown of this study (if any) or how the study could be broadened into a bigger study or concept. I think more expansion is needed on why this matters and what the findings mean in relation to moving forward this area of study. For example, with the information found on this study, how can it be applicable to sleep studies moving forward? How might we solve issues around sleep deprivation and the immune system?

Aside from an information standpoint, there were just a few sentences that didn't flow well in addition to some grammatical errors.

Something that you did do well on was articulating your thoughts in a very understandable manner. For the most part, your overall flow in composition fit and you clearly defined any unknown terms.

**Overall assessment (excellent, good, needs improvement):**

It's good! However, some minor improvements would take it to the next level :)

Also, below is an annotated copy of your writing!

\*note, all edits are suggestions! you don't have to take them!

title?

Sleep has an impact on the likelihood of developing immune and inflammatory diseases.

~~The amount of sleep you get can~~  
Depending on whether you're getting enough sleep or too little sleep could impact your risk of developing certain age-associated immune disorders: ~~examples of which would include~~ cardiovascular disease, cancer, and neurodegenerative diseases (The Mount Sinai Hospital / Mount Sinai School of Medicine). The human immune system is responsible for defending the body from many types of diseases and pathogen, without it we would be susceptible to ~~even~~ small illnesses, like the common cold, or even small scrapes ~~or~~ cuts. So, it's important to know how your own actions may impact the effectiveness of it.

Your immune system works by detecting a threat or injury, and then basically getting rid of it. One of the cells contributing to this would be the leukocyte ~~or~~ white blood cell. These cells, after coming across a threat, will release certain materials which would signal an immune response to fight off the threat. Usually, the immune system will be ~~in~~ balance enough to not always be preparing for threats, although if something throws off that balance, then the immune system may try to over prepare for an attack. This could cause an overproduction of immune cells (leukocytes), which could lead to increased inflammation when it isn't necessary (Suni).

Sleep and your immune system function can be seen to have a correlation with each other. An example of this could be ~~how~~ if you have a cold or the flu. While your immune system fights off the virus, you may feel sleepier, this is probably due to the fact that your body expends less energy while you sleep, allowing you to provide more energy for your immune system to fight the virus. This means that your immune system does rely on the amount of sleep that you get. So, even if you're completely healthy without any types of threats going on in your body, you still need to get healthy levels of sleep in order to maintain your immune system's overall function.

room to reconnect how this correlates

expand on this? — why is it bad & what does inflammation do

consider phrasing of original sentence, comparison, reads confusing

maybe give an example after this

otherwise known as the

definition here

Even sleeping less for a period of a few weeks could impact your immune system's function. A study published in the Journal of Experimental Medicine has shown that after testing a group of healthy adults through decreasing the amount of sleep they get periodically for six weeks, ~~It~~ was found that those participating in the study had more leukocytes (immune cells) present in their blood after the test. The increased number of immune cells present in the blood would cause an increased risk of inflammation, and if the number of immune cells is too high it could contribute to the development of inflammatory diseases (Cameron). A way that leukocyte numbers could rise in this case would be through long periods of sleep deprivation, which ~~could~~ <sup>can</sup> also compound with any preexisting conditions that could increase the risk of increased blood pressure.

Along with that realization, the study had also seen that the effects of the sleep deprivation ~~wouldn't~~ <sup>doesn't</sup> go away after getting enough sleep later. Those participating in the study were still seen to have increased immune cells found within their blood after switching back to their normal sleeping habits for multiple weeks. Which means that they still have an elevated risk of inflammation even after the study ended (Cameron). ~~So~~ <sup>Even</sup> <sup>a</sup> few weeks of less sleep could contribute to ~~a~~ long-term increased chances <sup>is</sup> of inflammation. All of this <sup>is</sup> to say that sleep is a very important routine to get right. Getting enough sleep, getting uninterrupted sleep, and going to bed and waking up at consistent times can definitely benefit your health, and is contributing to the good health of your immune system. Getting into good habits now can diminish the risks of immune and inflammatory diseases that you could get later in life, while also making you feel better currently. <sup>decrease</sup>  
<sup>→ might be a better word choice</sup>

## References

- ✓ Cameron S. McAlpine, Máté G. Kiss, Faris M. Zuraikat, David Cheek, Giulia Schirotti, Hajera Amatullah, Pacific Huynh, Mehreen Z. Bhatti, Lai-Ping Wong, Abi G. Yates, Wolfram C. Poller, John E. Mindur, Christopher T. Chan, Henrike Janssen, Jeffrey Downey, Sumnima Singh, Ruslan I. Sadreyev, Matthias Nahrendorf, Kate L. Jeffrey, David T. Scadden, Kamila Naxerova, Marie-Pierre St-Onge, Filip K. Swirski; Sleep exerts lasting effects on hematopoietic stem cell function and diversity. *J Exp Med* 7 November 2022; 219 (11): e20220081. doi: <https://doi.org/10.1084/jem.20220081>
- ✓ Suni, Eric. "How Sleep Affects Immunity." *Sleep Foundation*, 22 Apr. 2022, [www.sleepfoundation.org/physical-health/how-sleep-affects-immunity](http://www.sleepfoundation.org/physical-health/how-sleep-affects-immunity).
- ✓ The Mount Sinai Hospital / Mount Sinai School of Medicine. "A consistent lack of sleep negatively impacts immune stem cells, increasing risk of inflammatory disorders and heart disease." ScienceDaily. ScienceDaily, 21 September 2022. one of these needs italics  
<[www.sciencedaily.com/releases/2022/09/220921104752.htm](http://www.sciencedaily.com/releases/2022/09/220921104752.htm)>.
- ✓ Primary Source: <https://rupress.org/jem/article/219/11/e20220081/213487/Sleep-exerts-lasting-effects-on-hematopoietic-stem>

I ended up choosing this topic because I'm pretty interested in the impacts of sleep deprivation on people's <sup>2</sup> health. Mainly because I don't really get enough sleep and am trying to motivate myself through learning more about what it could do to my body. I also find that the immune system is important to our health, and that I would want to know more about how to keep mine in better condition.