



**Academic** Which article  
what exactly?  
Explain

**Psychological / Mind:** Which article  
what exactly?  
Explain

**Physical / Body** Which article  
what exactly?  
Explain

## Physical / Body

Which article [psychology today](#)

what exactly? When the Fayette County School District changed their time from 7:30 to 8:30, they found that car accident rates were decreasing (Cline, 2011).

Explain [Kids were more focused when they drove to school](#)  
[at a later time, which lead to safer driving.](#)

## Counter-argument

**Which article** Psychology Today, J. Cline (2011)

**what exactly?** There are, of course, some potential ...  
can be disruptive to parent work  
schedules, which results in shortened  
times for after-school activities (Cline,  
**Explain** 2011).

If students started later, their parents would have to drop  
them off later; if the students come out later, they could  
not get to their extracurricular activities.

## Physical / Body

Which article *2002*  
*Later Start times for high school students [Kyla Wahlstrom]*

what exactly? Loss of adequate sleep each night results in sleep deprivation for most teens (Wahlstrom, 2002)

Explain Teen students don't get enough sleep at night, so they're still sleepy during class hours, resulting in poor focus or scores.



Hook-----> Thesis-----

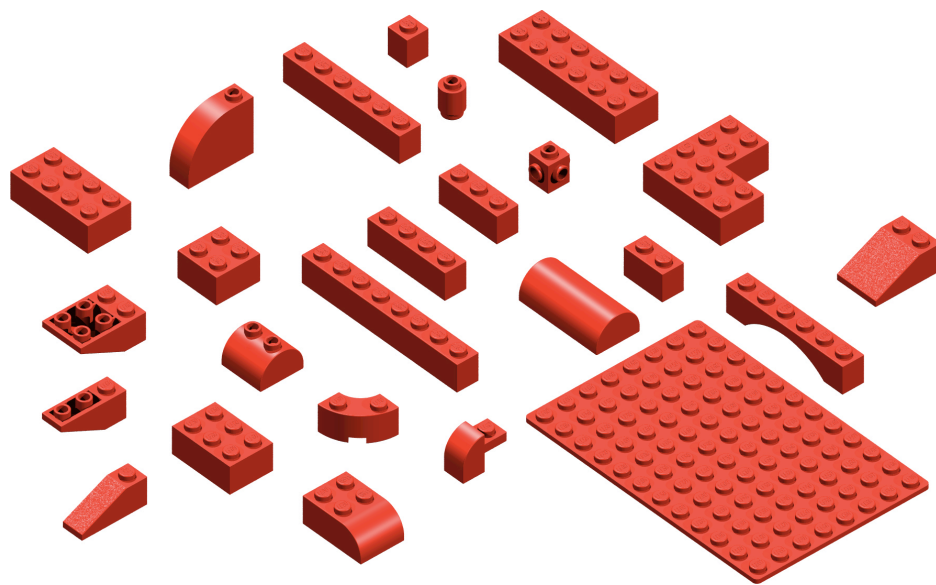
-----> 1st Piece of information-----

Counter argument on the cons against early start times for school (physical

problems)-----> 2nd Piece

of information-----> Transitional

statement that goes from the idea of the body to the idea of the mind.



Academic

Univ. of Minn  
Psych. Today

Mental:

Univ. of Minn  
Psych. Today

Physical:

Univ. of Minn  
Psych. Today

Today's activity:

3 body paragraphs:

one paragraph per idea.

ex. America is the second most scholastically productive nation on this planet, but also the second largest insomnia cases in the world. Although the American view of school ethics are high, the health benefits that come with a later start time can help more than our minds.

ex. America is the second most scholastically productive nation on this planet, but also the second largest insomnia cases in the world. Although the American view of school ethics are high, the health benefits that come with a later start time can help more than our minds. In Psychology Today, \_\_\_\_\_ discusses....body. How a teenager uses their time can affect their body, as their...

