

## Domain Score

Domain:	Focus	Content	Organization	Style	Conventions
1st Scorer					
2nd Scorer					
SUM					

Argument District Writing  
Begin Your Document Here:

Adam H.

4/24/15

People everywhere all have tasks that take effort and must be dealt with seriously, but not all know that there could be a time of day that is best for completion. To get to desired result in a task like completing a project for work or school, the best time of day to do it is in the morning hours, after breakfast and a shower. If the project is do next week, then it can be essential to get it done when you are fresh in ideas and ready to start your day in a good way. After a good nights sleep and yesterday behind you, the morning is the best time to get done important projects for whatever the cause.

Tasks can be completed with accuracy and ease in the morning time. A accomplishment in the morning can also set a fresh start of success to help you through the day. You are also in a much more comfortable place, because you have the comforts of your home to improve the atmosphere in which you get done your work. After the most important meal of the day, your brain is pumping with ideas after a thoughtful nights sleep, which will improve the quality of your work. Also, a hot shower will help wake you up and refresh your body for the start of a new day of productivity. Morning is a easy and worry free time to get things done.

Besides the comforts of home and new energy, your brain is also best focussed in the morning hours. Scientific research shows that your body is most awake in the daytime than the evening because chemicals are keeping you alert and ready to go. This helps you because the lower part of your brain is sending nonstop information cerebral cortex. This part of your brain sorts information, operates your muscles, and even controls speech. While this is happening in the daylight hours, like late morning, your brain and body are ready to process and complete anything you can throw at it. Morning is a great time for you to get you work done while you are at you best.

Student Name: Adam Harris

Homeroom Teacher: schnader/Weaver

Student ID: 1012611

Building: Leola

Grade 6

Date: March 2015

While morning is the best time to get work done, other times like afternoon and evening aren't good for completion. In the afternoon, you feel sluggish and tired after a large lunch. You also don't want to do it because outside it is warm and sunny, and you wouldn't want to waste your day inside. Also, the evening is even worse than the afternoon, you've procrastinated all day and your parents continue to berate you to start the report. When you finally have the heart to start your report, it's already ten o'clock and you want to go to bed. After all of that trouble in the afternoon and evening, all you had to do was start the report in the morning.

The best time of day to do something such as a report for school is in the morning. Your brain is focused and you have new energy. Also the afternoon and evening are terrible times because of procrastination. The morning is an amazing time to complete projects for school.