

# Collection of Evidence 8

Performance Assessments to Verify Credit in Writing

Achievement Level: Pass/Proficient

This collection of student writing should be used in conjunction with the VDOE-provided annotation and the *Performance Level Descriptors (2017)* to evaluate collections of evidence and determine if a verified credit in writing is to be awarded.

Sarah, a college graduate, is now piled up with student loans. She has become so stressed out that she turned to vaping because she felt it would be healthier than actual cigarettes. Commercial ads on TV can be very misleading to people like Sarah and influence them it is better. However, E-cigarettes and vaping are not better because it can cause an addiction to nicotine, it can cause popcorn lungs, and it also encourages bad habits to young teens by looking cool.

The first reason E-cigarettes and vaping are not better than traditional smoking is because it is just as addictive. It can become easy with time to become highly addicted to the nicotine and chemicals being inhaled. Vaping is not considered safe for young teens due to all of the negative chemicals entering their still growing bodies ("Vaping"). Studies have even shown all of the effects it has on their still growing brains and personalities ("Vaping"). For example, Sadie became so addicted to the nicotine E-cigarettes given to her that she can not climb three stairs without gasping for air.

The second reason E-cigarettes and vaping are just as bad as traditional smoking is because it encourages bad habits. To young teens the act of vaping may not seem harmful but seeing it as a way to fit in with the crowd. For example, there have been many reports about young adults and teens participating in the cloud challenge ("Vaping"). With their young influenceable minds they do not see the harm in the water vapor. Young teens are not aware or responsible enough to take the labels and warnings seriously.

Some people believe that E-cigarettes and vaping are safer. They argue that it is better for people's health and less addictive. However, this is not true. Instead, it is just as harmful as traditional smoking and can be more addictive. Studies have shown that vaping is inhaling and exhaling aerosol or vapor produced by a vape device ("Vaping"). This can

cause popcorn lungs and other major health conditions. For example, Ivette decided that vaping would be a smarter and safer decision because she did not want cancer but instead ended up in the hospital with popcorn lungs do to the day in and day out vaping.

In conclusion, E-cigarettes are not better than traditional smoking. First, they can cause popcorn lungs. Next, it encourages bad habits. Finally, they can cause a nicotine addiction. E-cigarettes and vaping is clearly just as bad or worse than traditional smoking.

### Works Cited

"Vaping: What You Need to Know and How to Talk With Your Kids About Vaping." *Partnership for Drug-Free Kids*, <https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/>. Accessed 15 Feb. 2019.

Please note that hyperlinks provided by the student as part of the original writing sample may no longer work.

## Mental Health Counselor

Once people get out of high school they start to think about their careers. I would like my career to be a mental health counselor. Mental health counselors help others with their problems whether it be drug abuse, depression, anxiety, or other major issues (United States). They help people come to terms with situations they may have gotten themselves into and help them figure out a way to cope (Eberts and Gisler). Being a counselor gives the privilege of helping others rebuild their professional relationships and careers (United States).

Anyone who is working with people who have insecurities, mental illness, and personal issues need to have a good sense of humor (Eberts and Gisler). Most people who decide to go into psychology start with their bachelor's degree (United States). Knowing how to use a personal computer can only benefit you when working in psychology (Eberts and Gisler). Getting a masters degree could easily take up to two to twelve years so it is important to have a solid plan of how far you want to go into this job (United States).

Being patient as a counselor can be difficult at times. Learning to be patient with yourself and clients will cause for a better outcome (United States). Communication has and always will be an important part of being a mental health counselor (United States). Showing your client that their problems are genuinely cared about and taken into consideration is an important part of this job (United States).

Mental health counselors make a good amount of money. On average, counselor make about twenty dollars and eighty two cent an hour (United States). The highest amount of in come a counselor can bring in is about seventy thousand eight hundred and forty dollars (United States). The lowest amount earned is now twenty seven thousand three hundred and ten dollars (United States). The location of being a mental health counselor all depends on the location you chose and

what position you want in the office. Most mental health counselors tend to work in an office (United States). Many of the workers find this job can take a negative mental effect on themselves, so it is difficult to always have to be mentally present when doing this job. The need for this community needs to grow and have more people in the system who care for others mental well being instead of just the money.

There are many positives and negatives to committing to this job. For example the positives include helping people overcome their challenges in life and they can make their own schedules (United States). Negatives may include having to work full time without having holidays off and not always having the resources needed to meet the demand for their services (United States). I find that there are far more positive effects to this job than negative.

The reason I chose this career is because I want to help others around me succeed in their life. When it is time to start planning my future career this is the field I want to go into because I enjoy helping others around me.

Works Cited

Eberts, Marjorie, and Margaret Gisler. *Careers for Good Samaritans and other Humanitarian Types*.

VGM Career Horizons, 1992.

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### Parents should vaccinate their children

In 1946, German measles infected and killed nearly 2,000 babies and caused 11,000 miscarriages. If the mothers and infants were vaccinated to prevent the measles from spiraling out of control then there would not have been such a high death rate.

Why wait to catch a disease that could potentially kill millions when there are ways to prevent it? Parents should be required to vaccinate their children because children's lives can be saved by vaccines, the "herd" is protected by these vaccines, and future generations will be protected.

The most-feared disease was known as Polio causing death and paralysis, but now that we have vaccinations to prevent this disease there have been no more reports of Polio in the United States. These vaccinations have been proved to be safe and have been carefully reviewed by scientists. Each year in the United States there have been thousands of reports of whooping cough taking ten to twenty babies lives because they were too young to be vaccinated or parents chose not to do so. Immunization protects future generations. Being vaccinated also protects loved ones from harmful diseases.

When an entire church came into contact with one child that had the measles it did not take long for the others in that church community to catch the disease. If that one child had been vaccinated along with the others in that church the rapidly growing disease could have been prevented. Now that vaccines are around diseases like measles, influenza, and many other diseases have majorly declined since vaccinations have come into play. Not only could this particular situation been avoided but many others like it as well if only people had chosen to get properly vaccinated. Vaccinations help prevent diseases that are difficult to keep under control once they have gotten out. It can be very difficult and sometimes almost impossible to contain rapidly spreading disease, but with today's vaccinations many disease are able to be kept under control.



It is important to remember to keep on schedule with getting these vaccinations so that they work efficiently and effectively. Some people say that more people have died from vaccinations more than the measles however, this is not true. The measles vaccination save one million lives a year. Getting your children vaccinated would be a wiser choice than choosing not to get your child vaccinated.