**Write an essay on the following argument.**

***From a letter to the editor of a city newspaper.***

*"One recent research study has indicated* *that many adolescents need more sleep than they are getting, and another study* *has shown that many high school students in our city are actually dissatisfied with their own academic performance. As a way of combating these problems,* *the high schools in our city should* *begin classes at 8:30 A.M. instead of 7:30 A.M., and end the school day an hour later. This arrangement will give students* *an extra hour of sleep in the morning, thereby making them more alert and more productive. Consequently, the students will perform better on tests and other assignments, and their academic skills will improve significantly.*

This excerpt from a letter to editor of a city newspaper, cites two recent researches which one of them indicates that many adolescents need more sleep than they are getting, and the other one, has shown that many high school students in our city are actually dissatisfied with their own academic performance. The writer of the letter, then points out that there is a direct relationship between the results of these two studies. Based on this evidence, the letter recommends that the high schools in the city should begin classes at 8:30 A.M. instead of 7:30 A.M., and end the school day an hour later so that the students will get an extra hour of sleep in the morning, thereby they will become more alert and more productive. Consequently, the students will perform better on tests and other assignments, and their academic skills will improve significantly. I find this advice specious, on several grounds.

The first problem is that the writer refers to two studies, but does not mention how many students took part in these two studies. As you know, in research studies the greater the number of the people in the sample, the more reliable and valid the findings are. Maybe in these two studies, just a few people such as 10 person participated; Hence, the findings of such a study are neither reliable nor valid.

Even if it is assumed that enough people took part in these two studies, there is still another problem with the samples. In a research study, the findings can be generalized to the target population if the sample used is representative of the concerned population in terms of age, sex, social class, culture, etc; however, in this argument there is no evidence to show whether the samples used was were representative of the target population. It follows that the findings of this study cannot be applied to the members of the population without reservations. For example in the first study, it is quiet possible that a student who belongs to a poor family, may need more sleep than he gets, maybe because he needs to work after school time and so, in the second study, maybe a student from a highly educated family, may feel dissatisfied about his own academic performance maybe because he is expected to show an excellent academic performance by his family.

Even if we assume that sample size and target population are defined properly, there is still a problem with the writer’s recommendation. Maybe beginning the classes one hour later than before, dose not provide enough time for students to get enough sleep maybe because the school will end one hour later, then the students will have fewer hours to study and do their home work, and then, they will sleep later in the nights and so they will not get the extra sleep and rest that was planned.

In conclusion, to convince me that schools should open one hour later so that the students can get enough sleep and then to rise their academic satisfaction, the writer of the letter first must provide firm evidences that mentioned two studies are valid and reliable and so, he must prove by evidence that the samples of two studies are representative of adolescent students and finally, he must convince me with sharp evidences that there is a relationship between the results of the two studies so that this recommendation will really work to rise academic satisfaction among high school students.

The possible causes of dissatisfaction with academic performance is not discussed.

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