**Purposeful Writing Assessment**

**Step 1: Choosing a Topic**

Select a topic to research. The topic should be something that interests you. Think of a hobby that you have, a burning question you ask, or something you’ve always wanted to learn more about. Then narrow down that topic into something you can research. Here are some sample topics:

* How photography evolved into the digital and online version we know today
* The origins of yoga and its effects on the body
* How a famous shoe brand got its start
* The impact of public transportation on a city

\*Remember, these are just suggestions. The possibilities are endless. Reach out to your instructor if you need help narrowing down your topic.

Once you’ve settled on your topic, locate two credible sources that contain reliable information to support your writing.

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| **My Topic** | The Origins of Yoga and Its Effects on Mental Health |
| **Source 1**  (include title, URL, and author if named) | Title: “History of Yoga: Roots, Traditions, Lineages, Culture”  URL <https://www.yogajournal.com/yoga-101/history-of-yoga/>  Author: Yoga Journal Editors |
| **Source 2**  (include title, URL, and author if named) | Title: “17 Benefits of Yoga Backed by Science”  URL: <https://www.verywellhealth.com/benefits-of-yoga-8652622>  Author: Carrie Madormo, RN, MPH |

**Step 2: Crafting Your Response**

Write a response of at least **two** paragraphs that informs your audience about your topic. Use language, tone, and structure to achieve your purpose. Make sure to incorporate evidence from your sources and cite them correctly using MLA format.

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| **Response**  (at least two paragraphs) | It has a rich and ancient history, which traces several thousand years back to its origin in India as a spiritual and philosophical exercise. According to David McAuley, the origin of yoga can be derived from the Vedas, which were written around 1500 BCE. The practice of yoga was originally designed to unite the mind, body, and spirit in a search for knowledge and realization. Over the centuries, some schools of thought cropped up and transformed yoga into what we know today as a physical practice. What this shows is the flexibility in yoga to meet different types of people with different backgrounds and ways of life.  The benefits of yoga in modern society are not only about the physical alignment and flexibility of the body; rather, it has garnered attention for all the positive reasons relating to mental health. According to the literature review by Dr. Rachel Thompson, symptoms of anxiety and depression are significantly reduced with regular yoga practice. The mindful movements and breathing techniques that are intrinsic to yoga nurture in an individual relaxation and emotional resilience, enabling him or her to develop ways of dealing with stress and other mental health challenges. By developing better intimacy with the self, yoga becomes a most potent pathway toward strengthening psychological health and reminds us of the importance of holistic health in today's fastpaced life. |

**Step 3: Works Cited Page**

Create a Works Cited page that follows MLA guidelines. Paste your Works Cited page below.

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| "History of Yoga: Roots, Traditions, Lineages, Culture." Yoga Journal, 2 May 2021, [www.yogajournal.com/yoga-101/history-of-yoga/](http://www.yogajournal.com/yoga-101/history-of-yoga/).  "17 Benefits of Yoga Backed by Science." Verywell Health, 11 June 2024, [www.verywellhealth.com/benefits-of-yoga-8652622](http://www.verywellhealth.com/benefits-of-yoga-8652622). |

**Step 4: Reflection**

Write a reflection of 3-5 sentences that explains how you used language, structure, and tone to inform your audience.

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| I decided to center my response on the historical context and mental health benefits of yoga in order to effectively educate my audience. In writing, I was able to maintain a formal tone, which I had used to ensure that the information I was providing would be easily understood and simple to comprehend. I had broken the response down into two clear paragraphs, logically connecting the historical source to the modern implication. I used credible sources to add authority to my writing where it shows that yoga has played and continues to play a very significant role. |

**Purposeful Writing Rubric**

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|  | **On Target** | **Almost There** | **Needs Improvement** |
| **Write to a Specific Purpose**  **(25 points)** | **25-20 points**   * The student skillfully utilized language, tone, and structure to achieve a purpose. The purpose to inform is clear. | **19-15 points**   * The student partially utilized language, tone, and structure to achieve a purpose. The purpose to inform is mostly clear. | **14-0 points**   * The student ineffectively utilized language, tone, and structure. The purpose to inform is unclear. |
| **Research Skills**   * **points)** | **15-12 points**   * The student correctly used signal phrases to cite information from research in their writing. * The MLA Works Cited page is correctly formatted. | **11-9 points**   * The student attempted to use signal phrases to cite information from research in their writing, but some citations may be incorrect or incomplete. * The MLA Works Cited page is mostly formatted correctly. | **8-0 points**   * The student did not use signal phrases to cite information from research in their writing. * The MLA Works Cited page is not correctly formatted or is missing. |
| **Reflection**  **(5 points)** | **5-4 points**   * The student thoroughly reflected on their use of language, structure, and tone to achieve their purpose. | **3 points**   * The student partially reflected on their use of language, structure, and tone to achieve their purpose. | **2-0 points**   * The student did not thoroughly reflect on their use of language, structure, or tone; or the reflection is missing. |
| **Grammar, Style, and Mechanics**  **(5 points)** | **5-4 points**   * Standard grammar, punctuation, and sentence structure rules are followed with minimal errors. | **3 points**   * Standard grammar, punctuation, and sentence structure rules are followed with some errors that do not impede readability. | **2-0 points**   * Standard grammar, punctuation, and sentence structure rules are not followed, and this affects readability. |