# ENGLISH 49 GRADING RUBRIC

<table>
<thead>
<tr>
<th>English 49 Course Learning Objectives</th>
<th>4: Excellent</th>
<th>3: Meets Expectations</th>
<th>2: Developing Skill</th>
<th>1: Not Yet Passing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essay clearly addresses the prompt*</td>
<td>X</td>
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<tr>
<td>Essay paraphrases and/or summarizes source language</td>
<td>X</td>
<td>100</td>
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<tr>
<td>Essay is controlled by a clear thesis statement</td>
<td>X</td>
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<td>X</td>
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<tr>
<td>Essay develops thesis with well-supported body paragraphs</td>
<td>X</td>
<td>94</td>
<td></td>
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<tr>
<td>Essay adheres to the conventions and correctness of Standard English**</td>
<td>X</td>
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<td>X</td>
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*If the essay is off prompt, it is not passing

**If the essay has an accumulation of sentence level or language errors that impede meaning, it is not passing.

88.6/100
Believe in Yourself

In the article, "How to Stop Feeling Like a Fraud at Work," Allison Fox says nearly 70 percent of people feel imposter syndrome at least once in their lives. Imposter syndrome is not being able to believe in yourself, Fox says. That is, clinical psychologist Vincent Passarelli has tips to eliminate that fraudulent feeling. Fox then states and explains Passarelli's three tips. Passarelli's three tips are: prepare when the feeling started, try to separate the past from the present, and define what it means to be successful and to be a fraud, Fox.
wants people to avoid monsters and explains given signs as in my signs of it. Although Fox said that Pasquali has great ways to overcome the sympathy issue, there are other ways to avoid the sympathy. Some ways I have overcome are by being discouraged by an outcome, being bold, and by studying and being prepared.

One way I have overcame a lack in belief in myself by not being discouraged by a outcome. Since I was a little kid I have loved soccer. I would always go to the park a
play with my dad. When I was eleven I tried out for the sixth grade soccer team for my middle school. It was my time ever trying out for a team so I did not know what to expect. I was nervous the whole week leading up to the first day of try outs. I wanted to play for the team, but I did not know if I was good enough. After a week of try outs I heard it was time. The coach was going to post the names of the team made the team on a bulletin board by the cafeteria. That morning, all I was walking to the cafeteria...
I was going through a lot of emotions. I was really excited and scared to read the paper. Once I walked where the paper was and began to scan through it, my heart dropped. My name was not written on the paper. I even looked through it two or three times just to make sure, but it was not. I tried to act cool, pretend that I cared, no care. I did not make the team. To me, I was depressed and just wanted to go home. Not making the sixth grade soccer team did not prevent me from doing what I loved. I would play soccer every weekend and
enjoy it. If anything, not making team made me want to play more to improve my skills and be an overall better player. The next summer, I practiced every day and gave it my all so I could not wait for school to start again so I could try out for the team once again.

After a long summer, it was August and it was time to go back to school. When the week of tryouts came, I was ready. I practiced hard and tried my best to impress the coach. The following week was when the coach posted the soccer team on the paper. When I saw
to try if I made the team.

I was getting flashbacks of the year before and one of the most heart-wrenching moments in my life. When I got the fax with the paper I instantly smiled. My name was second on the list.

I was filled with joy and could not wait to tell my parents and to be a part of my middle school So Team. No matter what happens in do not let it hinder you from doing something you want to do!

Another way I have a lack of belief in myself.
Having more confidence and being braver when I was a freshman in high school. I had a big crush on a girl in my Algebra class. I would always try to talk to her, but sometimes she would have the guts to go up to her. The only way I actually communicated with her was through social media and text messages. I would always tell her to text me during class, but she never did. And I would be scared to text her first because I always had a feeling she wouldn't go to reply and I would just look stupid. One night after about
an hour or contemplating, I decide
to just text her. When I sent
the text, I was strange with
herself. I was waiting for over
for our thirty minutes, and I
kept telling myself that she
not reading me and that she
be... After a long time of waiting
wanted, she was ignoring me as
made me angry. It was just
simple, and I do not...
I was sleepy in any case. The
now she asked her why
she ignored him and she te
me I was not her type and a
sorry. When she told me, I said
I was mad because she ne
me in a corner. After An
a day I obviously got over her and for awhile I was scared to text a girl. A couple months passed by and I met a girl at a fair and got her number. After that night I always wanted to text her, but I was afraid. I was going to get rejected again. I wanted her to message me first, but I knew girls rarely text guys. First a couple nights passed by and I finally decided to text her. When I texted her, she instantly replied and even wanted to meet me. When I saw that I was thrilled, and we went to see a movie for a long time even though I was.
month or two and we ended up being a couple. When I got us a couple months before I was always afraid to tell someone I because I did not want to be humiliated. Ever since I never feared putting a girl. Being bold and having more confidence helped me with relationships in high school.

A third way I think is that a lack of belief in myself is. I studied a lot more and got better at a class presentation. Eighth grade I was taking a history class and in the middle of the year we had to muti
and present a speech. I knew
when I had to present it in
front of the class but I always
put it off. When the day came,
I had to present my speech. I
felt dumb for not studying
my speech. I tried to study
a class before I had to present
but it was too late. I only
knew the first couple lines
and had no idea what I was going
to do. My teacher called my name
and I was shaking while on my
way to the front of the class.
I started the speech off
good but I knew the lines I did
not know were coming up. I
started to stammer, my voice st
to crack, and I felt like my heart was going to stop. I started to sweat, and I stood there while the whole class was laughing at me. After about thirty seconds of me trying to say the speech and the teacher correcting me, he made me sit down. I felt ashamed, and I was beyond embarrassed. Ever since the day in middle school, if I knew I had to say something in class, I had to go prepared.

There are many ways to overcome a lack of belief. The article "How..."
Stop feeling like a fraud or a chick by Allison. For the sake of three ways to get rid of impostor syndrome. Fox wants to people who can't believe in themselves to pinpoint when the feeling started. Try to separate the past from the present and define what it means to be successful and to be a... The ways I overcome the ability of believing in myself is by not being discouraged by an outcome in myself and being fearful. On my being prepared and the ab. the future. Do not let your mistakes in the past define how what you are. Do not let impostor syndrome take over you.
Thoughts because it can be unhealthy and can lead to depression.

Let's try to decrease the 70 percent of people feeling Imposter Syndrome by at least 5-10.