

To Sleep or Not To Sleep

To sleep, or not to sleep: that is the question:
Whether 'tis better to rest and avoid the stress of life,
Or to stay awake and face it head on
And by opposing solve it? To sleep: to stay awake;
No more; and by sleep I mean to escape,
To evade all demands placed upon me,
The stress of near adulthood. ✓
Sleep is to avoid. To rest: to stay awake;
To stay awake: face the pressure head on.
The battle unfolds in front of me.
I will conquer and exceed expectations;
To remain awake is to fight. ✓
Aye, there's the answer.
And to that is the reality
That all avoidance leads to failure.
So to stay awake is to succeed;
The battle will only make me stronger. ✓

*I like the analogy
of the battle.*

By: Rhett Schrofel

Extended Metaphor

REFLECTING

Identify one stylistic choice you made when drafting your text and explain how it creates an overall impression. Stylistic choices could include metaphor, simile, personification, word choice (diction), organizational structure, etc. (5 MARKS)

In my soliloquy "To Sleep or not to sleep" I use the stylistic device of extended metaphor to compare the stress and demands of near adulthood to an intense conflict where there are 2 options, win or lose. The line "The battle unfolds before me / I will conquer and exceed expectations" grabs the reader by using extended metaphor but by also showing the intensity of the text. The soliloquy creates a lasting impression with the last line, which says "The battle will only make me stronger". This excerpt from the text tells the reader that ~~despite~~ no matter what obstacle they may face, the ensuing challenge and hardship will only ~~create~~ make you a stronger person. By utilizing the stylistic device of the extended metaphor, the text is able to convey the comparison of a battle and the stress of near adulthood as well as provide some advice to the reader on how it is better to face your problems than to sleep and avoid them.

Why is this important?

Explaining Your Writing Variables

Identify the five writing variables you have chosen for your writing task ~~_____~~

Central Idea: Which options you have when faced with a challenge (sleep or not to sleep)
 Form: Soliloquy
 Purpose: Get readers to reflect on ways they have solved problems in the past
 Public Audience: Students (high-school & university)
 Context: Guidance counsellors office

Explain how your chosen writing variables work together to make your text effective.

5 marks

110

The central idea in the text is one that is worth reflecting upon especially if you are a student in high-school or university. Through the form of a soliloquy, I can creatively convey the central idea of my text to my audience. Despite "To sleep or not to sleep" seeming like a simple idea, I expanded that idea by comparing sleeping to avoiding a conflict and staying awake to facing your problems head on. As many young ^{adults} and adults in the age group 16-24 deal with stress in their daily lives by avoiding the problem, I thought that age group would be the target of my ~~text~~. Getting people to think about whether avoidance is the best strategy to dealing with problems is a start towards an active head on problem solving approach. A soliloquy definitely has poetic elements so I feel the context should be best delivered on the wall of the ~~guidance~~ guidance counsellors office or on an online website geared towards advice giving where regular people could post their own ways of problem solving for others to view. Both locations, the office and website are places frequently visited by young people in my target age group and I feel that my text would have the greatest impact on readers if placed there.