

Name:

Date:

USC 6.4 MAJOR ASSIGNMENT

Instructions: Read the case studies. Name whether it is a positive or negative stress reaction. Name the personal standard being demonstrated in the situation. Lastly name healthy strategies they could use to help manage their stress.

Case Study #1: Divorced Parents

Victor's parents recently divorced. His teacher has noticed a drop in his grades but Victor can't seem to focus long enough to get anything school related done. After school instead of being at home he is shooting hoops with his friends.

Positive (+) or Negative (-)?	Personal Standard	Strategy used or could be used

Name:

Date:

Case Study #2: Glasses & Economic Status

Liam sits at the back of his classroom. His teacher assigned his seat. He can't see the board but doesn't want to admit it. He knows that his family can't afford glasses right now and wants to avoid any questions from staff and peers.

Positive (+) or Negative (-)?	Personal Standard	Strategy used or could be used

Name:

Date:

Case Study #3: Body Image & Ability

Jane wants to play lacrosse really bad. However, she doesn't like the uniform that they wear and understands that she doesn't have the endurance (running for a long time) she needs for the sport. Tryouts are coming up in 2 months. She feels anxious but she signs up. Jane makes a plan to build up her endurance by running 2x a week and completing upper body exercises 2x a week. She is exhausted and tired before and after school, but when she thinks about the upcoming deadline she puts her "head down" and "digs deep".

Positive (+) or Negative (-)?	Personal Standard	Strategy used or could be used

Name:

Date:

TEACHER EVALUATION

Outcome	Emerging (0-1)	Progressing (2-3)	Meeting (4-5)	Exceeding (5+)
USC6.4 Assess and demonstrate strategies used to identify and make healthy decisions in stressful situations.	<input type="checkbox"/> I attempted to propose a strategy. <input type="checkbox"/> I attempted to identify correctly if it is a healthy or unhealthy stressful situation. <input type="checkbox"/> I attempted to identify the personal standard in the situation.	<input type="checkbox"/> I can propose a strategy. <input type="checkbox"/> I can sometimes identify correctly if it is a healthy or unhealthy stressful situation. <input type="checkbox"/> I can accurately identify sometimes the personal standard in the situation.	<input type="checkbox"/> I can propose an appropriate strategy. <input type="checkbox"/> I can identify correctly most times if it is a healthy or unhealthy stressful situation. <input type="checkbox"/> I can accurately identify most times the personal standard in the situation.	<input type="checkbox"/> I can propose multiple appropriate strategies. <input type="checkbox"/> I can identify correctly all of the time if it is a healthy or unhealthy stressful situation. <input type="checkbox"/> I can accurately identify, all the time , the personal standard in the situation.

Feedback: _____/15 marks