


Short Answer Question

 Yosef has been working a lot of overtime at work. He needs to finish a project at the end of the month. At night, he can't sleep because of it. He eats a lot of junk food because it makes him feel less stressed about work.



 Is Yosef's eating habits a healthy way to deal with his stress?

Yes No

Why or why not? Type your answer in the box below.

/2

Reading Passage




Tips to help deal with deadlines:

- Write down the due date on more than one calendar.
- Make a list of all the things you need to do for the task.
- Make mini due dates for each of those tasks.
- Work on the project until you're done!

Breaking a big job into small pieces will make it a little easier. To help get motivated, try to think of what will happen when you finish the job. What will be the reward? You may even want to promise yourself a treat at the end.

True or False

 Which of the following are stress reduction techniques?
Use the circles to answer.

- Going for a jog.
TRUE FALSE
- Eating a pint of ice cream.
TRUE FALSE
- Yelling at your friends.
TRUE FALSE

/3

Marking Rubric

Name:

Marking Rubric

	Level 1	Level 2	Level 3	Level 4
Understanding Concepts	Demonstrates a limited understanding of the concepts. Requires teacher intervention. <input type="checkbox"/>	Demonstrates a basic understanding of the concepts. Requires some intervention. <input type="checkbox"/>	Demonstrates a good understanding of the concepts. Requires no intervention. <input type="checkbox"/>	Demonstrates an excellent understanding of the concepts. Requires no intervention. <input type="checkbox"/>
Responses to the text	Expresses responses to the text with limited effectiveness; inconsistently supported by proof from the text. <input type="checkbox"/>	Expresses responses to the text with some effectiveness; supported by some proof from the text. <input type="checkbox"/>	Expresses satisfactory responses to the text with some effectiveness; supported by satisfactory proof from the text. <input type="checkbox"/>	Expresses thorough responses to the text with some effectiveness; thoroughly supported by proof from the text. <input type="checkbox"/>
Analysis of Concepts	Interprets various concepts from the text with limited, unrelated details and incorrect analysis. <input type="checkbox"/>	Interprets various concepts from the text with some details but also some incorrect analysis. <input type="checkbox"/>	Interprets various concepts from the text with satisfactory details and good analysis. <input type="checkbox"/>	Interprets various concepts from the text with excellent details and thorough analysis. <input type="checkbox"/>
Application of Concepts	Demonstrates a limited ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a basic ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a satisfactory ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a strong ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>

Total Score = /27