

Short-Answer Questions

2. Did you like the changes that the Participant made? Why? Type your answer in the box below.

3. What are some things that make people unwilling to change?

4. Why is it hard to keep the changes once they are made?

/4

Reading Passage

Why Change is a Good Thing

Every day we make choices. With each choice we bring change. We have a mini-loss of what we did not choose, and a gain of what we did. Being flexible with these changes helps us to move forward. Here is a list of why change is a good thing.

1. Change helps you grow. Changes will often force us to adapt in ways we are not used to. This can be an important way of helping us grow.
2. Change teaches you to be flexible. Try to think of change as a positive thing. By facing change with excitement, you can learn not to be so set in your ways. This can help you keep a more positive attitude.
3. Change can challenge your values and beliefs. Be open to learning new ways of taking on problems. The trust in the belief system you already have will become stronger.

Comprehension Questions

Adapting to Change at Home and in the Classroom

Let's practice adapting to change. This activity will be done in two parts. In part one, you will adapt to changes in the home. In part two, you will adapt to changes in the classroom. Let's get started.

Part 1: Adapting to Change at Home

For a home to run smoothly, there is usually some routine. Sometimes that routine will change. You will need to be able to adapt with that change. Think of 4 things that happen at the same time every day. Do you eat dinner at the same time every day? Is there a certain chore you do every day? Is there somewhere you do your homework? Type these 4 things in the box below.

/4

Marking Rubric

Name:

	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 = /81