

Short-Answer Question

Match the word on the left with its meaning on the right. Type the number of the word next to its meaning.

1	affirmation	To show how you're feeling.	
2	impulse	A short statement to provide positive thinking.	
3	expression	A sudden need or action.	

/3

Reading Passage

Coping is what someone does to get rid of bad feelings. Coping is plans to help deal with a stressful situation. Coping skills are used for two kinds of problems: emotional and task.

Emotion-based coping takes care of your feelings. It is used when something is out of your control. Like when you feel sad after you lose someone close to you. Task-based coping is when you talk out something in your life that causes stress. Like if you're fighting with a neighbor. It's creating an unlivable situation. You may decide to move.

Coping skills for...

...emotional problems: Exercise. Bath. Affirmation. Meditate.

...task problems: Time management. Ask for help. Set boundaries. Make a to-do list.

Matching

Bowen is worried about a test he has coming up. He has studied, but feels like he doesn't understand. He's not confident. While studying, Bowen eats an entire bag of chips. He doesn't feel any better.

Below is a list of different types of unhealthy coping mechanisms. Which one is Bowen using?

- Escape/Isolation
 Self-soothing (Indulgent)
 Numbing
 Risk-taking
 Self-harm

/1

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 = /35