

Short-Answer Question

Souta is making weekend plans with his friends. He wants to go bowling. His friends all want to do something else. They all went bowling the weekend before and want to try something new. Audrey suggests playing mini putt. Souta tells her that's a dumb idea. He tells the group they are going bowling.



Is Souta passive or aggressive?

Passive Aggressive

Explain how. Type your answer in the box below.

/4

Reading Passage

Assertiveness and equanimity are two traits that can help keep relationships in times of struggle.

Assertiveness is being sure of yourself. You are confident. You are not aggressive. You speak your mind. You speak up for yourself. You are not a pushover.

An assertive person shares their thoughts and feelings. They also inspire others to do the same.

They listen to all views. They respond calmly and positively. They can admit their mistakes. They are quick to apologize. They stay calm under pressure. They control their emotions. They see themselves as equal to others. Most of all, assertive people are not passive aggressive.

True or False

Are the following statements TRUE or FALSE? Use the circles to answer.

- Empathy is a common trait of equanimity.
TRUE FALSE
- Being assertive means being passive aggressive.
TRUE FALSE
- Someone with equanimity gets angry when upset.
TRUE FALSE
- An assertive person shares their thoughts and feelings.
TRUE FALSE

/4

Marking Rubric

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Total Score = /33

Drag and Drop

Match the term to its meaning. Drag and drop the words into the boxes.

discriminate

efficient

consistent

a) Doing something the same way each time.

b) Treat someone differently because they are not the same as you.

c) Finishing a job quickly and well.

/3

Reading Passage

A collaborator is someone who can lead. They understand their role in the group. They are consistent. They don't keep changing their minds. They speak clearly and often. Above all, they are focused on the goal of the group.



Keys to Collaboration:

1. Efficiency
2. Trust
3. Empathy
4. Positivity
5. Clarity
6. Accountability

Comprehension Questions

Three scenarios are given. Identify each as an example of collaboration, cooperation or compromise. When you're done, type your own example where you collaborated, cooperated, or compromised in your own life.

a) Ola and Ian are working on an art project together. Ola really wants to do pottery. Ian does not. Ian really wants to do a painting. Ola does not. They are both good at photography. They decide to do a multi-media presentation using photographs.

Circle one: collaboration cooperation compromise

/2

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Total Score = /30

Matching

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

- | | | | |
|---|---------------|--|--|
| 1 | consequences | The effect of something happening. | |
| 2 | stress | The chance to do something. | |
| 3 | opportunities | Feeling pressure from something happening. | |

/3

Reading Passage

📖 Taking risks can lead to opportunities. It's important to know when to take the risk and when to hold back. You will need to learn to balance this relationship of risk and reward. The first step in balancing this relationship is recognizing your level of risk. You must know what level of risk you're comfortable taking.

"The higher the risk, the higher the reward." But also, the higher the loss.

Comprehension Questions

📖 Taking risks isn't easy. Some people will feel some level of stress when taking risks. How we cope with stress will help deal with the outcomes of taking risks.

📖 Do some research into dealing with stress. What are the different ways someone can react to stress? What are some strategies to dealing with stress? Create a plan that will help someone cope with stress while taking risks. The goal is to minimize the downsides to risk-taking. Type your answer in the box below.



/5

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Total Score = /26

Drag and Drop

Match the term to its meaning. Drag and drop the words into the boxes.

reasoning

intuition

irrational

a) What does it mean to do something without reason?

b) What is it when you think logically?

c) What does it mean to have a "gut feeling" about something?

/3

Reading Passage

Irrational decision-making may be a good idea. Use this method for simple choices. It is also good when you need to make a quick decision.

Use rational decision-making for complicated problems. A good decision-maker will use both methods together. First, use rational

decision-making to collect all information. Then, make a decision. Next, use irrational

decision-making to evaluate your decision. Does it feel like the right choice? If not, why? You need to feel good about your decision.



Comprehension Questions

A problem is listed below. Identify possible goals, barriers and solutions. Type your answer in the box below.

a) Sophia is not ready for her exam tomorrow.

Goals:

Barriers:

Solutions:

/3

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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

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Drag and Drop

Finish each sentence with a word from the list. Drag and drop the words in the boxes.

motive

digital identity

privacy

- a) Regina is worried about having no _____ on the internet.
- b) The criminal's _____ was revenge.
- c) Bambang uses social media to share his _____.

/3

Reading Passage



Digital Visitor

Digital Resident

Ex: Research to write an essay. Doing banking.

Ex: Post a photo on social media. Take part on a discussion board.

Whether you're a visitor or resident, you must know how to properly use the internet. A digital visitor will browse through web pages to look for answers to a question. They don't leave comments or their opinions on posts. They are worried about privacy. A digital resident will browse through web pages to learn about things. They interact with others through videos and posts. They are open and display their social life to the world.

True or False

Are the following statements TRUE or FALSE? Use the circles to answer.

- The medium is how you are getting the media message.
TRUE FALSE
- A digital resident is concerned about privacy.
TRUE FALSE
- A digital visitor sees themselves as members of the web.
TRUE FALSE
- "Clickbait" is when someone sends you an article they think you'll like.
TRUE FALSE

/4

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Crossword

- Word List**
- anxiety
 - balance
 - confident
 - consequences
 - diversity
 - efficient
 - empathy
 - equanimity
 - intuition
 - meditate
 - motive
 - privacy
 - rational
 - reliable
 - strategy

15 /15

Word Search

Drag the red circles over top of the words you find in the word search.

T	B	M	E	E	T	S	E	F	L	E	S	T	R	E	S	S	P	T
N	C	W	Y	T	I	L	I	B	A	T	N	U	O	C	C	A	E	A
E	F	L	P	G	Q	C	L	I	C	K	B	A	I	T	S	X	R	K
M	S	S	L	A	N	O	I	T	A	R	R	I	D	S	R	G	S	I
E	S	T	N	E	D	I	S	E	R	L	A	T	I	G	I	D	P	R
L	E	K	V	A	V	M	K	X	J	Q	I	V	R	N	V	E	E	Y
P	N	Y	H	E	Z	Y	L	A	N	A	E	O	G	O	N	C	C	W
M	E	I	C	O	M	P	R	O	M	I	S	E	A	I	P	I	T	E
I	V	C	R	E	T	E	S	Y	G	N	U	O	V	T	S	S	I	V
C	I	R	E	G	A	T	Q	G	C	S	O	L	S	A	Y	I	V	I
O	T	O	A	Q	H	K	R	Q	U	K	O	I	E	M	Z	O	E	S
L	R	T	S	R	X	E	X	M	E	S	S	J	S	R	Y	N	Q	S
L	E	I	O	E	S	L	U	P	M	I	D	L	N	I	J	M	C	E
A	S	S	N	S	N	I	A	E	H	R	R	B	L	F	C	A	A	R
B	S	I	I	W	D	E	L	S	H	N	A	I	T	F	G	K	B	G
O	A	V	N	M	A	B	U	S	Y	Y	W	E	H	A	T	I	D	A
R	E	L	G	N	O	B	A	R	R	I	E	R	S	P	G	N	M	E
A	K	A	D	R	U	R	T	E	R	P	R	E	T	N	I	G	L	V
T	Z	T	P	H	O	P	P	O	R	T	U	N	I	T	I	E	S	I
I	J	I	P	R	O	B	L	E	M	S	O	L	V	I	N	G	L	S
O	Y	G	B	C	O	P	I	N	G	A	O	M	Z	E	F	X	A	S
N	O	I	T	A	R	E	P	O	O	C	D	J	W	R	E	P	O	A
Z	O	D	I	G	I	T	A	L	I	D	E	N	T	I	T	Y	G	P

Comprehension Quiz

Comprehension Quiz

Are the following statements TRUE or FALSE?

- When two people collaborate on something, one person is helping the other achieve their goal.
TRUE FALSE
- It's better to never take any risks.
TRUE FALSE
- Exercise is a great way to help cope with stress or anxiety.
TRUE FALSE

/3

Comprehension Quiz

1. Wang Fang is working in a group. She stares at her phone when a group member is talking. She tells her group members which tasks to complete. She is constantly frowning and sharing negative comments. What traits show that Wang Fang is aggressive? How can she change this?

/4

2. Rafael is trying to decide whether he should apply for a promotion at work. He hasn't been with the company for very long. However, he wants to move up. He's worried he will be rejected. Should Rafael take the risk? Explain why or why not.

/4