


PERSONAL HEALTH AND WELL-BEING RUBRIC


Physical Health

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5. Demonstrates understanding of the components of physical health. Articulates awareness of personal strengths and deficiencies relative to those components. Develops appropriate plan to either maintain or improve physical health as measured by those components.
 - 4.
 3. Demonstrates understanding of the components of physical health. Articulates awareness of personal strengths and deficiencies relative to those components. Does not develop an adequate plan to either maintain or improve physical health as measured by those components.
 - 2.
 1. Does not demonstrate understanding of the components of physical health.


Mental Health

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5. Demonstrates understanding of the components of mental health. Articulates awareness of personal strengths and deficiencies relative to those components. Develops appropriate plan to either maintain or improve mental health as measured by those components.
 - 4.
 3. Demonstrates understanding of the components of mental health. Articulates awareness of personal strengths and deficiencies relative to those components. Does not develop an adequate plan to either maintain or improve mental health as measured by those components.
 - 2.
 1. Does not demonstrate understanding of the components of mental health.

Social Well-being

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5. Demonstrates understanding of the components of social well-being. Articulates awareness of personal strengths and deficiencies relative to those components. Develops appropriate plan to either maintain or improve social well-being as measured by those components.
 - 4.
 3. Demonstrates understanding of the components of social well-being. Articulates awareness of personal strengths and deficiencies relative to those components. Does not develop an adequate plan to either maintain or improve social well-being as measured by those components.
 - 2.
 1. Does not demonstrate understanding of the components of social well-being.

Sexual Health

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5. Demonstrates understanding of the components of sexual health. Articulates awareness of personal strengths and deficiencies relative to those components. Develops appropriate plan to either maintain or improve sexual health as measured by those components.
 - 4.

3. Demonstrates understanding of the components of sexual health. Articulates awareness of personal strengths and deficiencies relative to those components. Does not develop an adequate plan to either maintain or improve sexual health as measured by those components.

2.

1. Does not demonstrate understanding of the components of sexual health.

Stress Management

↑ 5. Demonstrates understanding of the factors that can cause stress and of techniques useful for coping with or reducing stress. Articulates awareness of areas of stress/triggers for stress and of personal responses to stress. Develops an adequate plan to manage/reduce stress.

4.

↓ 3. Demonstrates understanding of the factors that can cause stress and of techniques useful for coping with or reducing stress. Articulates awareness of areas of stress/triggers for stress and of personal responses to stress. Does not develop an adequate plan to manage/reduce stress.

2.

1. Does not demonstrate understanding of the factors that can cause stress and of techniques useful for coping with or reducing stress

Score: _____