**LEVEL 5 ASSESSMENT – COPING STRATEGIES AND BUILDING RESILIENCE**

**Note:**

1. You may consult your classwork and notes when completing this assessment

2. This assessment must be your own work

3. Read each question carefully and give as much detail as possible

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| **PUPIL NAME** |  | | | | | |
| **CLASS** |  | | | | | |
| **CLASS TEACHER** |  | | | | | |
| **VERIFIED BY** | **To be completed by teacher** | | | | | |
|  | | | | | | |
| **OUTCOME** | **ASSESSMENT JUDGEMENT CLASS TEACHER** | **DATE** | | **PEER / SELF ASSESSMENT**  **(✓or 🗶)** | **ASSESSMENT JUDGEMENT VERIFIER** | **DATE** |
| **ASSESSMENT ONE** | | | | | | |
| **Q1 - Assessment 1a.** |  |  | |  |  |  |
| **Q2 - Assessment 1b.** |  |  | |  |  |  |
| **Q3 - Assessment 1c.** |  |  | |  |  |  |
| **Q3 - Assessment 1d (part i).** |  |  | |  |  |  |
| **Q4 - Assessment 1d (part ii).** |  |  | |  |  |  |
| **Q5 - Assessment 1e.** |  |  | |  |  |  |
| **ASSESSMENT TWO** | | | | | | |
| **Q1 - Assessment 2a.** |  |  | |  |  |  |
| **Q1 - Assessment 2b.** |  |  | |  |  |  |
| **Q2 - Assessment 2c.** |  |  | |  |  |  |
| **Q3 - Assessment 2e.** |  |  | |  |  |  |
| **Q4 - Assessment 2d.** |  |  | |  |  |  |
| **Assessment 2e.** |  |  | |  |  |  |
| **ASSESSMENT THREE** | | | | | | |
| **Q1 - Assessment 3a.** |  |  | |  |  |  |
| **Q2 - Assessment 3c.** |  |  | |  |  |  |
| **Q3 - Assessment 3b.** |  |  | |  |  |  |
| **Q4 - Assessment 3d.** |  |  | |  |  |  |
| **Q5 - Assessment 3e.** |  |  | |  |  |  |
| **\** | | | | | | |
| **TEACHER FEEDBACK:** | | | **PUPIL FEEDBACK:** | | | |

**Assessment 1:**

1. In your own words describe the purpose of a coping strategy. **(Assessment Standard 1a)**

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1. In your own words describe what is meant by the term resilience. **(Assessment Standard 1b)**

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1. Briefly describe three helpful **and** three unhelpful coping strategies. For each coping strategy you must say why it is helpful or unhelpful. **(Assessment Standard 1c and 1d)**

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| **HELPFUL STRATEGIES**  Brief description | **WHY IS THIS STRATEGY HELPFUL?** |
| **1.** |  |
| **2.** |  |
| **3.** |  |

|  |  |
| --- | --- |
| **UNHELPFUL STRATEGIES**  Brief description | **WHY IS THIS STRATEGY UNHELPFUL?** |
| **1.** |  |
| **2.** |  |
| **3.** |  |

**Exercise Playing Computer Games Rituals**

1. **Selecting one** of the helpful strategies from the list above **describe** how a strategy can change from being helpful to becoming unhelpful. **(Assessment Standard 1d)**

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**Body Image Pressure to do well in exams Being a member of a sports team**

1. Cultural differences can influence someone’s ability to cope or the type of coping strategy they use. Referring to a group you have studied **describe at least two ways** that culture can influence coping strategies. **(Assessment Standard 1e)**

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**Assessment 2:**

**Self-Care** is individual to every person. By looking after our own physical and social needs good mental health can be achieved and sustained.

1. Describe six examples of self-care. For each you should describe two benefits. **(Assessment Standard 2a and 2b)**

One example has been completed for you

|  |  |  |
| --- | --- | --- |
| **SELF-CARE** | **BENEFIT 1** | **BENEFIT 2** |
| ***Medidation*** | ***This helps people to relax*** | ***Reduces the build up of stressful hormones in the body*** |
| **1.** |  |  |
| **2.** |  |  |
| **3.** |  |  |
| **4.** |  |  |
| **5.** |  |  |
| **6.** |  |  |

1. In your own words describe what is meant by: **(Assessment Standard 2c)**

**Growth Mindset:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Fixed Mindset:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Explain how these terms can impact on mental health and wellbeing **(Assessment Standard 2e)**

**Growth Mindset:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Fixed Mindset:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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***Note to marker:*** *Order of outcomes is 2c, 2e then 2d for transferring to marking grid.*

1. **Referring to examples explain** how positive language can promote good mental health and wellbeing. You should give at least two examples. **(Assessment Standard 2d)**

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**Assessment 3:**

1. **In your own words** explain the terms in the table below **(Assessment Standard 3a)**

|  |  |
| --- | --- |
| **TERM** | **DEFINITION** |
| **PREJUDICE** |  |
| **STIGMA** |  |
| **LABELLING** |  |
| **DISCRIMINATION** |  |

1. In your own words describe the terms **formal and informal** support. **(Assessment Standard 3c)**

**Formal Support:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Informal Support:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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***Note to marker:*** *Order of outcomes is 3c then 3b for transferring to marking grid.*

1. Describe **four informal and four formal supports** people can access to support their mental health and wellbeing. **(Assessment Standard 3b)**

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| --- | --- |
| **INFORMAL SUPPORTS**  Name and brief explanation | **BRIEFLY DESCRIBE THIS SUPPORT** |
| ***Websites such as the NHS can give tips about managing mental health*** | ***Specialist information is available online offering strategies.*** |
| **1.** |  |
| **2.** |  |
| **3.** |  |
| **4.** |  |

|  |  |
| --- | --- |
| **FORMAL SUPPORTS**  Name and brief explanation | **BRIEFLY DESCRIBE THIS SUPPORT** |
| ***Psychologist - talking to a specialist who can offer specific support*** | ***Making an appointment to talk through problems with an expert.*** |
| **1.** |  |
| **2.** |  |
| **3.** |  |
| **4.** |  |

1. Describe **four barriers** people face when accessing support in relation to their mental health and wellbeing. **(Assessment Standard 3d)**

|  |  |
| --- | --- |
| **1.** |  |
| **2.** |  |
| **3.** |  |
| **4.** |  |

1. Referring back to question 4 **explain** how these barriers to support could be addressed. **(Assessment Standard 3e).**

|  |  |
| --- | --- |
| **1.** |  |
| **2.** |  |
| **3.** |  |
| **4.** |  |

**END**