



Name: _____
Due Date: _____

WILLETTON SHS
YEAR 7 HEALTH EDUCATION ASSESSMENT TASK 2 (20%)
RESILIENCE

In this assessment you are using the 5 resilience skills and your personal reflection to complete the questions.

This task has 3 parts. All components must be completed.

- Part A – Define what resilience means. **(15 marks)**
- Part B – Choose ONE of the scenario's provided and explain how you would respond to the scenario using the resilience skills you have learnt in class to gain a positive outcome. **(5 marks)**
- Part C – Reflection and personal resilience. **(8 marks)**
- Written expression **(2 marks)**

Part A – Knowledge and Understanding

Q1: Define **resilience** in your own words. **(3 marks)**

Q2: Provide a definition of each factor below and explain how each contributes to resilience.

a) Positive self-talk: **(3 marks)**

b) Building social support:

(3 marks)

c) Emotional regulation:

(3 marks)

Q3: Why is 'Goal Setting' important when building resilience?

(3 marks)

Part B – Applying Resilience Skills.

Choose **one** of the following scenarios listed below and explain how you would respond to that situation using the resilience skills we have learned in class to achieve a positive outcome. Make sure you list and define the skill and explain how it can be applied. **(5 marks)**

Scenario 1: You have a major exam coming up, but you haven't had enough time to study due to unexpected family commitments. How would you apply resilience skills to handle this situation effectively?

Scenario 2: You have been practicing a sport for months, but you didn't make it onto the school team. How would you respond to this disappointment and demonstrate resilience?

Scenario chosen: _____

Part C – Reflection and Personal Resilience

Q1: Reflect on a challenging situation you have faced recently. Describe the situation and how you demonstrated resilience in overcoming that challenge. (5)

(5 marks)

Q2: Identify one area in your life where you would like to enhance your resilience. What steps would you take to develop resilience in that area? **(3 marks)**

(3 marks)

Marking Criteria for Resilience Assessment

Student Name _____

Part A	5 marks	4 marks	3 marks	2 marks	1 mark
Q1 - Define resilience in your own words			Provides an accurate and comprehensive definition of resilience, demonstrating a clear understanding of the concept.	Provides a partially accurate definition of resilience, with some key components missing or inaccurately described.	Provides a vague or incorrect definition of resilience, indicating a lack of understanding.
Q2 (a) – Describe positive self-talk and explain how it contributes to resilience			Provides an accurate and comprehensive definition of positive self-talk, explaining how it contributes to resilience.	Provides a partially accurate definition of positive self-talk, with limited understanding of how it contributes to resilience.	Provides a vague or incorrect definition of positive self-talk, indicating a lack of understanding.
Q2 (b) – Describe building social support and explain how it contributes to resilience			Provides an accurate and comprehensive definition of building social support, explaining how it contributes to resilience.	Provides a partially accurate definition of building social support, with limited understanding of how it contributes to resilience.	Provides a vague or incorrect definition of building social support, indicating a lack of understanding.
Q2 (c) – Describe emotional regulation and explain how it contributes to resilience			Provides an accurate and comprehensive definition of emotional regulation, explaining how it contributes to resilience.	Provides a partially accurate definition of emotional regulation, with limited understanding of how it contributes to resilience.	Provides a vague or incorrect definition of emotional regulation, indicating a lack of understanding.
Q3 – Why is ‘Goal Setting’ important when building resilience			Provides an accurate and comprehensive definition of goal setting, explaining why it’s important in building resilience.	Provides a partially accurate definition of goal setting, with limited understanding of why it’s important in building resilience.	Provides a vague or incorrect definition of goal setting, indicating a lack of understanding.

Marking Criteria for Resilience Assessment

Student Name _____

Part B	5 marks	4 marks	3 marks	2 marks	1 mark
Q1 – Explain how you would respond to the situation using the resilience skills we have learnt in class to achieve a positive outcome	Provides a detailed and logical response that demonstrates a clear understanding of resilience skills and their application to the scenario.	Provides a logical response that demonstrates an understanding of resilience skills and their application to the scenario.	Provides a sound response with some key resilience skills identified, however lacks depth or coherence.	Provides a limited response with some key resilience skills identified, however lacks depth or coherence.	Provides a brief or incomplete response that demonstrates a limited understanding of resilience skills.
Part C	5 marks	4 marks	3 marks	2 marks	1 mark
Q1 – Reflect on a challenging situation you have faced recently. Describe the situation and how you demonstrated resilience in overcoming that challenge.	Provides a detailed and thoughtful reflection on a personal challenging situation, demonstrating insights into personal resilience and growth.	Provides a thoughtful reflection on a personal challenging situation, demonstrating insights into personal resilience and growth	Provides a sound response with some key resilience skills identified, however lacks depth or coherence.	Provides a limited response with some key resilience skills identified, however lacks depth or coherence	Provides a brief or superficial reflection that demonstrates limited understanding of personal resilience.
Q2 – Identify one area in your life where you would like to enhance your resilience. What steps would you take to develop resilience in that area?			Clearly identifies an area for improvement and outlines specific steps to develop resilience in that area.	Identifies an area for improvement but provides vague or incomplete steps to develop resilience.	Identifies an area for improvement without providing specific steps to develop resilience.
WRITTEN EXPRESSION: Grammar, vocabulary, presentation				Good/satisfactory grammar, some errors seen, sound presentation	Limited, many errors noted, poorly presented

FINAL SCORE: _____ / 30

TEACHER COMMENTS:
