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| Name | Changyu Li | ID | 20513997 | Class | C23 |

**Describe two lifestyle practices that can positively affect individual wellbeing**

**Excepting two topic sentences, the information here should be recorded in note-form: the object at this stage is not to write the essay.**

**Ideas should be given in your own words with the corresponding in-text citation recorded e.g. (Mapperley, 2019)**

|  |
| --- |
| **Introduction** |
| * Point out that the sense of wellbeing is decreasing(Anand, 2021). * Make an definition of individual wellbeing: |
| **MBP1** |
| **Topic sentence (full-form):** According to the Mental Health Foundation(2021), the nature has a great influence on positively wellbeing. |
|  |
| **MBP2** |
| **Topic sentence (full-form):** |
|  |
| **MBP3 (if needed)** |
| **Topic sentence (full-form):** |
|  |
| **Conclusion** |
|  |

**For the marker’s use only. Do not delete.**

|  |  |  |
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| Item | | Mark |
| a | Plan submitted on the RWAC IWA planning template **and** labelled Name Class Plan e.g. Jiahua Chen A11 Plan | **1/0** |
| b | Plan made in efficient **note form** | **1/0** |
| c | Student shows evidence of a clear intended structure that introduces two  appropriate measures | **2/0** |
| d | Student shows evidence of having engaged with at least four sources, these drawn ONLY from the Reading List | **4/0** |
| e | Student provides two **full** topic sentences written in a developing academic  style | **2/0** |
| TOTAL before deductions | | **/10** |

**Note: there are no ‘part-marks’: it is the whole mark or zero.**

**Penalties**

|  |  |  |
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| Infringement | | Penalty |
| g | Submitted after deadline | **-5** |
| h | Evidence of cut and paste from sources | **-5** |
| TOTAL AFTER PENALTY DEDUCTIONS | | **/10** |