

## ASSESSMENT TASK NOTIFICATION

<b>Assessment Task No: 1</b>	<b>Date Due:</b>	<b>Weighting: 25%</b>
<b>UNIT: Supporting yourself and others Mental Health</b>	<b>NAME</b>	
<b>FACULTY: PDHPE</b>	<b>YEAR/CLASS: 10</b>	<b>TEACHER:</b>

## SUBMISSION INSTRUCTIONS

- Students to complete the written essay assessment task during the period and submit to the class teacher.
- Essay should be no more than 2 A4 page in length

## MARKING

Marker: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

	Grade					Mark:
TOTAL:	A	B	C	D	E	
Comment:	Evidence of research _____ /10				Essay _____ / 15	

## STUDENT CONFIRMATION

I certify that...

- The following assignment is all of my own work.
  - I have not copied any material from other sources
  - No one else (including tutors, parents or other family or friends) have completed the work for me.
  - I have provided a list of sources (bibliography) that I have used to help me to complete my assignment.
  - I have provided referencing throughout the assignment to indicate where I have quoted someone else's work.
- I have kept a copy of my work

Student's Signature: \_\_\_\_\_

# ASSESSMENT TASK SHEET

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## TASK RUBRIC

In your answer you will be assessed on how well you:

- Explain the relationship between your actions and their effect
- Explain how your actions can positively impact on a better sense of self and seek help required
- Make it evident that being proactive is a personal preventative measure against depression

## OUTCOMES BEING ASSESSED

A student will be assessed on the following outcomes:

- 5.1 A student analyses how they can support their own and others sense of self
- 5.2 A student evaluates their capacity to reflect on and respond positively to challenges
- 5.8 A student critically analyses health information products and services
- 5.11 A student adapts and evaluates communication skills and strategies to justify the opinions, ideas and feelings in increasingly complex situations.

## CRITERIA FOR SUCCESS

Student will be assessed on their ability to:

- Explain how stigma impacts on people seeking help
- Relevant preparation and planning of stimulus material for essay question
- Suggestions of ways to overcome stigma's impact and seek help

## TASK DESCRIPTION

Consider the following statement “**Mate, I’m having a hard time**”

In a Maximum of Two written A4 pages you must answer the following question in class

**Q. What is the impact of stigma on a person’s ability to seek help? (15 marks)**

Note: 1 week prior to in class essay students are to submit a summary of evidence/research to be used for the task. **(10 marks)**

Marking Guidelines Task: Name: \_\_\_\_\_

MAJOR OUTCOME TO BE ASSESSED		
<ul style="list-style-type: none"> <li>5.1 A student analyses how they can support their own and others sense of self</li> </ul>		
MARKING GUIDELINES	MARK/ GRADE	
<ul style="list-style-type: none"> <li>Extensively explains in detail, a variety of individual actions that can be taken to overcome stigma by seeking help for themselves or others.</li> <li>Provides a variety of accurate and relevant examples of the impact of stigma in one's ability seeking help.</li> <li>Provides a detailed summary and bibliography of evidence and research 1 week prior to essay.</li> </ul>	25	A OUTSTANDING
	24	
	23	
<ul style="list-style-type: none"> <li>Thoroughly explains in detail, a variety of individual actions that can be taken to overcome stigma seeking help for themselves or others.</li> <li>Provides a variety of detailed and relevant examples of the impact of stigma in a person's ability seeking help.</li> <li>Provides a detailed summary and bibliography of evidence and research 1 week prior to essay.</li> </ul>	22	B THOROUGH
	21	
	20	
<ul style="list-style-type: none"> <li>Soundly explains some individual actions that can be taken to overcome stigma by seeking help for themselves or others.</li> <li>Provides a variety of relevant examples of the impact of stigma in person's ability seeking help.</li> <li>Provides a sound summary and bibliography of evidence and research 1 week prior to essay.</li> </ul>	19	C SOUND
	18	
	17	
	16	
	15	
<ul style="list-style-type: none"> <li>Basically explains an individual action that can be taken to overcome stigma by seeking help for themselves or others.</li> <li>Provides an example of the impact of stigma on a person seeking help.</li> <li>Provides a poor summary and bibliography of evidence and research 1 week prior to essay.</li> <li>Has been able to demonstrate understanding of concept through discussion with peers and teacher when prompted or other means preferred by the student.</li> </ul>	14	D BASIC
	13	
	12	
	11	
	10	
<ul style="list-style-type: none"> <li>Struggled to communicate how to manage their own mental health by seeking help for themselves or others after teacher assistance.</li> <li>Understanding of impact of stigma is limited.</li> <li>Has not supplied any bibliography of evidence and research 1 week prior to essay.</li> </ul>	8-9	E ELEMENTARY
	6-7	
	4-5	
	2-3	
	0-1	