

## 6<sup>th</sup>-12<sup>th</sup> Week of Wellness Challenge Rubric

Anonymous ID: \_\_\_\_\_ Scored By: \_\_\_\_\_ Total Score: \_\_\_\_\_/33

Category	0	1	2	3	Weight
<b>Content</b>	<p>None or one of the following are true:</p> <ul style="list-style-type: none"> <li>- One stress prevention technique is chosen</li> <li>- Students explains how they think this will help with mental health</li> <li>- Highlights (highs &amp; lows, noticeable changes, etc.) while completing the challenge</li> <li>- Discusses the end result of this challenge/journey in relation to their mental health.</li> </ul>	<p>One or two of the following is/are true or all are somewhat true:</p> <ul style="list-style-type: none"> <li>- One stress prevention technique is chosen</li> <li>- Students explains how they think this will help with mental health</li> <li>- Highlights (highs &amp; lows, noticeable changes, etc.) while completing the challenge</li> <li>- Discusses the end result of this challenge/journey in relation to their mental health.</li> </ul>	<p>Two or three of the following are true or all are mostly true:</p> <ul style="list-style-type: none"> <li>- One stress prevention technique is chosen</li> <li>- Students explains how they think this will help with mental health</li> <li>- Highlights (highs &amp; lows, noticeable changes, etc.) while completing the challenge</li> <li>- Discusses the end result of this challenge/journey in relation to their mental health.</li> </ul>	<p>All of the following are true and well done:</p> <ul style="list-style-type: none"> <li>- One stress prevention technique is chosen</li> <li>- Students explains how they think this will help with mental health</li> <li>- Highlights (highs &amp; lows, noticeable changes, etc.) while completing the challenge</li> <li>- Discusses the end result of this challenge/journey in relation to their mental health.</li> </ul>	X4
<b>Importance</b>	<p>None of the following are true:</p> <ul style="list-style-type: none"> <li>- Discusses the importance of mental health</li> <li>- Provides insight on the importance of mental health as a student</li> <li>- Discuss why they think their chosen activity was or was not helpful to their mental health</li> </ul>	<p>One of the following is true:</p> <ul style="list-style-type: none"> <li>- Discusses the importance of mental health</li> <li>- Provides insight on the importance of mental health as a student</li> <li>- Discuss why they think their chosen activity was or was not helpful to their mental health</li> </ul>	<p>Two of the following are true:</p> <ul style="list-style-type: none"> <li>- Discusses the importance of mental health</li> <li>- Provides insight on the importance of mental health as a student</li> <li>- Discuss why they think their chosen activity was or was not helpful to their mental health</li> </ul>	<p>All of the following are true:</p> <ul style="list-style-type: none"> <li>- Discusses the importance of mental health</li> <li>- Provides insight on the importance of mental health as a student</li> <li>- Discuss why they think their chosen activity was or was not helpful to their mental health</li> </ul>	x2

<b>Application</b>	<p>None of the following are true:</p> <ul style="list-style-type: none"> <li>- Provides at least one other stress prevention technique</li> <li>- Explains how technique would benefit another's mental health.</li> <li>- The technique is explained well and seem like they would help with mental health in some way.</li> </ul>	<p>One of the following is true:</p> <ul style="list-style-type: none"> <li>- Provides at least one other stress prevention technique</li> <li>- Explains how technique would benefit another's mental health.</li> <li>- The technique is explained well and seem like they would help with mental health in some way.</li> </ul>	<p>Two of the following are true:</p> <ul style="list-style-type: none"> <li>- Provides at least one other stress prevention technique</li> <li>- Explains how technique would benefit another's mental health.</li> <li>- The technique is explained well and seem like they would help with mental health in some way.</li> </ul>	<p>All of the following are true:</p> <ul style="list-style-type: none"> <li>- Provides at least one other stress prevention technique</li> <li>- Explains how technique would benefit another's mental health.</li> <li>- The technique is explained well and seem like they would help with mental health in some way.</li> </ul>	x2
<b>Credibility</b>	<p>None of the following are true:</p> <ul style="list-style-type: none"> <li>- Student seems to be talking about events that actually took place over a week.</li> <li>- Content sounds believable and accurate.</li> </ul>	<p>One or two of the following are/is somewhat true:</p> <ul style="list-style-type: none"> <li>- Student seems to be talking about events that actually took place over a week.</li> <li>- Content sounds believable and accurate.</li> </ul>	<p>One or two of the following is/are true or all are mostly true:</p> <ul style="list-style-type: none"> <li>- Student seems to be talking about events that actually took place over a week.</li> <li>- Content sounds believable and accurate.</li> </ul>	<p>All of the following are true:</p> <ul style="list-style-type: none"> <li>- Student seems to be talking about events that actually took place over a week.</li> <li>- Content sounds believable and accurate.</li> </ul>	x1
<b>Technology</b>	<p>None of the following are true:</p> <ul style="list-style-type: none"> <li>- Transitions are done well and do not distract from overall flow.</li> <li>- Quality is good and does not distract from the overall flow (poor sound, blurry image, etc.).</li> <li>- Does not go over the 10 minute time limit.</li> </ul>	<p>One of the following is true or all are somewhat true:</p> <ul style="list-style-type: none"> <li>- Transitions are done well and do not distract from overall flow.</li> <li>- Quality is good and does not distract from the overall flow (poor sound, blurry image, etc.).</li> <li>- Does not go over the 10 minute time limit.</li> </ul>	<p>Two of the following are true or all are mostly true:</p> <ul style="list-style-type: none"> <li>- Transitions are done well and do not distract from overall flow.</li> <li>- Quality is good and does not distract from the overall flow (poor sound, blurry image, etc.).</li> <li>- Does not go over the 10 minute time limit.</li> </ul>	<p>All of the following are true and well done:</p> <ul style="list-style-type: none"> <li>- Transitions are done well and do not distract from overall flow.</li> <li>- Quality is good and does not distract from the overall flow (poor sound, blurry image, etc.).</li> <li>- Does not go over the 10 minute time limit.</li> </ul>	x1

<p><b>Presentation</b></p>	<p>None of the following are true:</p> <ul style="list-style-type: none"> <li>- Submission is free of grammar and spelling errors.</li> <li>- Video or podcast has a “wow” factor.</li> <li>- Video or podcast leaves the viewer inspired.</li> </ul>	<p>One of the following is true or all are somewhat true:</p> <ul style="list-style-type: none"> <li>- Submission is free of grammar and spelling errors.</li> <li>- Video or podcast has a “wow” factor.</li> <li>- Video or podcast leaves the viewer inspired.</li> </ul>	<p>Two of the following are true or all are mostly true:</p> <ul style="list-style-type: none"> <li>- Submission is free of grammar and spelling errors.</li> <li>- Video or podcast has a “wow” factor.</li> <li>- Video or podcast leaves the viewer inspired.</li> </ul>	<p>All of the following are true and well done:</p> <ul style="list-style-type: none"> <li>- Submission is free of grammar and spelling errors.</li> <li>- Video or podcast has a “wow” factor.</li> <li>- Video or podcast leaves the viewer inspired.</li> </ul>	<p>x1</p>
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