



Rubric: Health and Wellness

	DOES NOT MEET	MEETS	EXCEEDS
COMPLETION	<ul style="list-style-type: none"> • Student has not answered or has partially answered the questions. • Answers do not include sufficient details and/or examples. • Student makes little or no attempt to fill in their own wellness wheel. 	<ul style="list-style-type: none"> • Student has answered all of the questions. • All answers include some details and/or examples. • Student partially fills in dimensions of their own wellness wheel. 	<ul style="list-style-type: none"> • Student has answered all of the questions. • Answers include critically thought out and relevant details and/or examples. • Student completes and fills in all 6 dimensions of their own wellness wheel.
WRITING	<ul style="list-style-type: none"> • Writing contains many mechanical errors. • Writing is extremely difficult to comprehend. 	<ul style="list-style-type: none"> • Writing contains some minor mechanical errors. • Writing is easy to comprehend. 	<ul style="list-style-type: none"> • Writing contains few or no mechanical errors. • Writing is easy to comprehend.
CAREER FOCUS	<ul style="list-style-type: none"> • Student does not identify all 6 areas of wellness or expand on a time when each dimension was at its best. • Student makes little or no attempt to identify positive strategies that influence each dimension. • Student makes little or no attempt to identify a specific action to improve each area of wellness. • Student makes little or no attempt to summarize their own personal wellness plan. 	<ul style="list-style-type: none"> • Student identifies 3-4 areas of wellness and expands on a time when each dimension was at its best. • Student identifies some high-level strategies that influence each dimension. • Student identifies some high-level actions to improve each area of wellness. • Student superficially summarizes their own personal wellness plan, including minimal actions to take the following week and benefits that will come from that. 	<ul style="list-style-type: none"> • Student critically reflects on all 6 areas of wellness and expands on a time when each dimension was at its best. • Student critically reflects on all 6 areas of wellness and identifies concrete strategies that influence that each dimension. • Student identifies a specific action to improve each area of wellness. • Student critically reflects on their own personal wellness plan, including 3 concrete actions to take the following week and benefits that are expected.