

1.10 Stress Awareness Rubric
Points possible: 15

	Exemplary (3)	Average (2)	Weak (1)
Completion	I answered every question or completed every space. I submitted my stress awareness reflection.	I answered or completed most of the assignment. I submitted my stress awareness reflection.	I answered or completed some of the assignment. I submitted my stress awareness reflection.
Detail	My descriptions are as thorough and precise as possible.	Most of my descriptions are thorough and precise. Some are brief and general.	Most of my descriptions are brief and general.
Knowledge and Understanding	I clearly demonstrated knowledge and understanding of key ideas from the lesson/unit.	I demonstrated a basic knowledge and understanding of the key ideas presented in the unit.	I did not demonstrate that I know and understand much of the unit's content.
Application	I thoughtfully and thoroughly applied lesson/unit actions that might reduce any stress I identified.	Occasionally, I applied lesson/unit actions that might reduce any stress I identified.	I did not apply lesson/unit actions that might reduce any stress I identified.
Reflection	My stress ratings and proposed actions show careful thought and personal reflection.	At least half of my stress ratings and proposed actions show careful thought and personal reflection.	My stress ratings and proposed actions show very little if any personal reflection.