



Student Name: _____

Class: _____

Student ID: _____

Date: {{DATE}}

Assessment Details

Duration: 2 hours	Total Marks: 100
Topics Covered:	<ul style="list-style-type: none">• Building Resilience• Emotional Intelligence• Problem-Solving Skills• Active Listening and Speaking

Instructions to Students:

1. Read all questions carefully before attempting.
2. Show all working out - marks are awarded for method.
3. Use the spaces provided for your answers.
4. If you need more space, use the additional pages at the end.
5. Time management is crucial - allocate approximately 1 minute per mark.

Section A: Multiple Choice Questions [20 marks]

Question 1

[2 marks]

What is one way to build resilience?

A) Giving up when things get tough

B) Trying again after making a mistake

C) Ignoring problems

D) Blaming others

Question 2

[2 marks]

Which emotion is often felt when someone is happy and excited?

A) Sadness

B) Anger

C) Joy

D) Fear

Question 3

[8 marks]

Describe a time when you felt sad or upset. How did you deal with your emotions?

Question 4

[8 marks]

What is one strategy you can use to solve a problem when you're feeling stuck?

Question 5

[20 marks]

Create a visual representation (e.g., drawing, painting, collage) of a time when you overcame a challenge or achieved a goal. Write a short reflection (1-2 paragraphs) explaining what you learned from the experience and how it helped you build resilience.



Question 6

[20 marks]

Role-play a scenario where you have to work with a partner to solve a problem. The problem is: You and your friend want to play different games at recess, but you only have 20 minutes before the bell rings. How can you find a solution that makes both of you happy? After the role-play, write a reflection (2-3 paragraphs) on what you learned about active listening, speaking, and problem-solving.

Question 7

[10 marks]

Reflect on what you have learned from this assessment. What did you find challenging? What did you enjoy? What would you like to learn more about?



Marking Guide

Section	Criteria	Marks
Multiple Choice Questions	Correct answer	1 point
Short Answer Questions	Content	40 points
Project-Based Task	Content	40 points
Performance Task	Content	40 points

Differentiation Options

To cater to diverse learners, the following differentiation options can be used:

- For students with special needs: Provide extra time to complete tasks, offer one-on-one support, use visual aids or assistive technology
- For English language learners: Provide bilingual resources or translations, offer extra support with vocabulary and grammar, use visual aids or graphic organizers
- For gifted students: Provide more challenging tasks or extensions, encourage independent research or projects, offer opportunities for leadership or peer mentoring

Bloom's Taxonomy Alignment

Bloom's Taxonomy	Assessment Tasks
Remembering	Multiple Choice Questions
Understanding	Short Answer Questions
Applying	Project-Based Task
Analyzing	Performance Task
Evaluating	Reflections and self-assessment
Creating	Project-Based Task and Performance Task

Conclusion

Congratulations on completing this assessment handout! Remember that building resilience and emotional intelligence is an ongoing process. Keep practicing and reflecting on your experiences to become a more confident and empathetic individual.