



Student Name: _____

Class: _____

Student ID: _____

Date: _____

Assessment Details

Duration: 60 minutes	Total Marks: 100
Topics Covered:	<ul style="list-style-type: none">• Building Positive Relationships• Effective Communication• Empathy and Active Listening• Conflict Resolution

Instructions to Students:

1. Read all questions carefully before attempting.
2. Show all working out - marks are awarded for method.
3. Write your answers in the spaces provided.
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 [20 marks]

Question 1

[2 marks]

What is the primary benefit of building positive relationships with peers?

A) Improved academic performance

B) Increased social status

C) Enhanced mental health and well-being

D) Better time management

Question 2

[2 marks]

Which of the following is an effective strategy for building trust with others?

A) Being assertive and dominant

B) Being passive and submissive

C) Being honest and transparent

D) Being manipulative and coercive

Question 3

[2 marks]

What is the role of empathy and active listening in relationships?

A) To win arguments and get what you want

B) To understand and respect others' perspectives

C) To avoid conflicts and disagreements

D) To dominate conversations

Question 4

[8 marks]

Describe a time when you had to communicate effectively in a group setting. What strategies did you use to ensure your message was heard and understood?

Question 5

[8 marks]

What is the importance of nonverbal communication in building relationships? Provide an example of how nonverbal cues can impact interactions with others.

Question 6

[8 marks]

How can you manage conflicts and disagreements in group settings? Provide an example of a time when you had to resolve a conflict with someone.

Section C: Group Discussion [20 marks]

Scenario: A new student joins your school and is from a different cultural background. How can your class make this student feel welcome and included?

Instructions: Discuss this scenario in small groups and come up with ideas on how to make the new student feel welcome and included.

Section D: Project-Based Question [20 marks]

Create a visual representation (e.g. poster, infographic, comic strip) that illustrates the importance of empathy and active listening in building positive relationships. Include:

- A definition of empathy and active listening
- Examples of how empathy and active listening can be applied in real-life situations
- A visual representation of the benefits of empathy and active listening in relationships



Marking Guide

Section A: Multiple Choice	1 point for each correct answer
Section B: Short Answer Questions	2 points for each question that demonstrates a clear understanding of the concept
Section C: Group Discussion	3 points for groups that demonstrate a high level of respect and empathy for different perspectives
Section D: Project-Based Question	4 points for projects that demonstrate a high level of understanding of empathy and active listening

Differentiation Options

For students with visual impairments: provide large print or braille versions of the assessment materials

For students with hearing impairments: provide a sign language interpreter or written instructions for the assessment

For English language learners: provide a bilingual version of the assessment materials

For students with learning disabilities: provide extra time to complete the assessment

Conclusion

Thank you for completing this assessment. Remember that building positive relationships and effective communication is an important part of being a successful and respectful member of your community. Use the feedback from this assessment to improve your skills and become a better communicator.