

Name: _____ Date: _____

Well10: W1.4 Understanding Wellness

PPW Rubric

Personal Plan for Wellness (PPW)

Rubric Assessment

SNAPSHOTS	<u>Needs Support</u> 1 mark	<u>Progressing Towards</u> 2 marks	<u>Meeting Expectations</u> 3 marks	<u>Exceeding Expectations</u> 4 marks
Overview Questions		One (1) completed.		Both completed.
Dimension Rankings	Two (2) or less dimensions completed.	Three (3) dimensions completed.	Four (4) dimensions completed	Five (5) dimensions completed
Use of Dimension Criteria	Reflection shows very little reflection & mostly just summarizes the criteria points.	Reflection shows little thought & application of the criteria and at times merely summarizes the criteria points.	Reflection shows some thoughtful application of the criteria and does not merely summarize the criteria points.	Reflection shows thorough, thoughtful application of the criteria and does not merely summarize the criteria points.
Depth of Self-Reflection	Responses demonstrate a lack of reflection and personalization of the dimension criteria.	Responses demonstrate minimal reflection and personalization of the dimension criteria.	Responses demonstrate a general reflection and personalization of the dimension criteria.	Responses demonstrate an in-depth reflection and personalization of the dimension criteria.

PLANS

SMART Goals <i>(Specific, Measurable, Action-Oriented, Realistic, Timeline)</i>	Goal statements include 1-2 of the required SMART goal criteria.	Goal statements include 3 of the required SMART goal criteria.	Goal statements include 4 of the required SMART goal criteria.	Goal statements include 5 of the required SMART goal criteria.
When	May or may not include a start date and end date. Timeline is not realistic.	Includes limited timeline with very few specific dates. Timeline may not be achievable.	Includes a clear timeline that highlights specific dates and times for certain steps.	A detailed and realistic timeline is identified. Start, end, check-in and evaluation dates are highlighted. Possible reasons for changes to timeline are clarified.
Where	Locations are not included.	Locations are eluded to or vaguely included.	Included are details about where most steps are to be carried out.	Includes specific details as to exactly where each step is to be carried out.

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PLANS (cont'd)	<u>Needs Support</u> 1 mark	<u>Progressing Towards</u> 2 marks	<u>Meeting Expectations</u> 3 marks	<u>Exceeding Expectations</u> 4 marks
Supports	Identifies one (1) support .	Identifies two (2) supports .	Includes two (2) or more supports including a PEER support .	Includes two (2) or more supports including an ADULT support .
How	Includes a vague description of what is to be done.	Includes limited details about what is to be done.	Includes an outline of what is to be done but specifics as to how the goal will be achieved may/ may not be missing .	Includes a detailed outline of what is to be done. The specific step-by-step process provides a clear picture of the conditions required to achieve the goal.
	Only challenges or only alternatives are provided.	Challenges are vaguely provided and alternatives may/ may not be considered .	Challenges have been considered but alternatives may/may not be provided .	Analysis of both potential challenges and alternatives are included.
Structure	Writing is unclear and disorganized . Thoughts ramble and make little sense . There are numerous spelling or grammar errors throughout the response.	Writing is unclear and/or disorganized . Thoughts are not expressed in a logical manner . There are more than three spelling or grammar errors . Capitalization and/or punctuation may/may not be present.	Writing is mostly clear, concise, and well organized with proper sentence/paragraph construction . Thoughts are expressed in a coherent and logical manner. There are no more than three spelling or grammar errors .	Writing is clear, concise, and well organized with excellent sentence/paragraph construction . Thoughts are expressed in a coherent and logical manner. There are no spelling or grammar errors .
TOTALS:				

Comments:

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