Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Stressed Out!**

**200 points**

1. **Describe a time when you were totally stressed out.**
2. **What made you stressed? (What type of stressor?)**
3. **Did you feel changes happening in your body? (Physiological changes.)**
4. **What did you do to overcome this stressor? (Or, what do you think you can do to overcome this stressor if it is still happening?)**
5. **What can you do to prevent a stressful situation from happening again?**
6. **Find one article online that deals with the effects of stress.**
7. **Copy the link of the article and put on your page.**
8. **Summarize the article.**
9. **List 5 important facts that you found in the article.**
10. **Reflect on one thing you have learned after doing this project.** 
    * **Please answer using complete sentences**
    * **Approximately one paragraph per question (2-5 sentences)**
    * **Please type or print neatly!**
    * **Due today by the end of class**
    * **Scoring rubric located on the back of this page.**



**Evaluation Rubric:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Score** | **Content** | **Organization** | **Development** | **Use of Language** |
| **4** | Answers are appropriate to the questions. | Clear sense of order.  Begins with a thesis or topic sentence.  Supporting points are presented in a logical progression. | Develops each point with many specific details.  Answers questions completely. | Uses technical or scientific terminology appropriately and correctly.  No major grammatical or spelling errors. |
| **3** | Answers are appropriate to the question. | May lack a thesis sentence, but points are presented in a logical progression. | Each point supported with some details and evidence.  All important points included. | Accurate word choice.  No more than 2 major errors and a few minor errors. |
| **2** | Content relates to the question. | Points presented in a seemingly random fashion, but all support argument. | Sparse details or evidence.  Questions only partially answered. | Ordinary word choice; use of scientific terminology avoided.  Some serious errors (but they don’t impair communication). |
| **1** | Content unrelated to question. | Lacks clear organizational plan.  Reader is confused. | Statements are unsupported by any detail or explanation.  Repetitious, incoherent, illogical development. | Limited vocabulary; errors impair communication. |