

Grade 8 Life Orientation Worksheet

Stress - extended writing

Stress affects us both physically and mentally. Different people respond in different ways to stress. Some get angry, while others become tearful. Some have racing hearts, while others have cramping stomachs. The bottom line is that we all need to have coping skills. You need to know that when you feel particularly stressed out, listening to good music helps you, or perhaps going for a long walk calms you. Whatever works for you!

Remember that there will be times in our lives when stress levels are very high. For example, divorce, death in the family, losing a close friend, exams, etc. will cause extra-high stress levels. Give your body and mind the best possible start by taking care of yourself – follow a well-balanced diet, get enough sleep and exercise. A relaxing hobby is a good way of taking time out for yourself.

Write an essay about a particularly stressful time in your life and say how you coped and got through it.

In your essay, cover the following:

- a) What caused the stress?
- b) How did you feel?
- c) Who did you speak to?
- d) How did you cope? What did you find useful to help you relax?
- e) Include what your general lifestyle is like normally, with regard to diet and exercise and general health issues.

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Your teacher will use the rubric below to assess your writing.

Criteria	Level 4 Outstanding 15 to 20 marks	Level 3 Achieved 10 – 14 marks	Level 2 Partially achieved 7 – 9 marks	Level 1 Not achieved 1 – 6 marks
Content 10 marks	<ul style="list-style-type: none"> • There is evidence of planning. • The topic has been well interpreted. • There is an engaging introduction. • The ideas in the essay are original and well developed. • There is a logical, appropriate conclusion. [8 - 10 marks] 	<ul style="list-style-type: none"> • Some evidence of planning. • The essay is related to the topic. • There is an adequate conclusion. • Some of the ideas in the essay are original. [5 – 7 marks] 	<ul style="list-style-type: none"> • Some evidence of planning. • Essay partly off topic. • The introduction is not fully developed. • Few original ideas. • The conclusion is not fully developed. [3, 4 marks] 	<ul style="list-style-type: none"> • Little evidence of planning. • The essay is off the topic. • The introduction is missing or irrelevant or uninteresting. • The ideas are irrelevant or uninteresting. • The conclusion is missing or irrelevant. [1, 2 marks]
Language and vocabulary 5 marks	<ul style="list-style-type: none"> • Sentences vary in length and structure. • There are only 1 or 2 spelling errors. • The vocabulary is varied and appropriate. 	<ul style="list-style-type: none"> • Sentences could have been more varied. • There are fewer than 4 spelling and grammar errors. • The vocabulary is adequate 	<ul style="list-style-type: none"> • Some variation in sentences. • Fewer than 10 spelling and grammar errors. • The vocabulary is not always adequate. [2 	<ul style="list-style-type: none"> • Sentences are monotonous. • More than 15 grammar and spelling errors. • The vocabulary is not appropriate

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	[4, 5 marks]	for the purpose. [3 marks]	marks]	or too basic. [1 mark]
Style 5 marks	<ul style="list-style-type: none"> • The essay is the correct length. • The style and format of the essay are appropriate. • The tone and register are appropriate. [4, 5 marks] 	<ul style="list-style-type: none"> • The essay is less than one page in length. • There are one or two style errors. • There are some errors in tone and register. [3 marks] 	<ul style="list-style-type: none"> • The essay is too long or too short. • There are several style and format errors. • There are many errors in tone and register. [2 marks] 	<ul style="list-style-type: none"> • The essay is far too long or too short. • The style and format are not appropriate to the topic. • The tone and register are not appropriate. [1 mark]

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Suggested Solutions

Question number	Possible marks	Solution
1	20	See rubric in Appendix of Assessment Tools.

Appendix of assessment tools

Criteria	Level 4 Outstanding 15 to 20 marks	Level 3 Achieved 10 – 14 marks	Level 2 Partially achieved 7 – 9 marks	Level 1 Not achieved 1 – 6 marks
Content 10 marks	<ul style="list-style-type: none"> • There is evidence of planning. • The topic has been well interpreted. • There is an engaging introduction . • The ideas in the essay are original and well developed. • There is a logical, appropriate conclusion. [8 - 10 marks] 	<ul style="list-style-type: none"> • Some evidence of planning. • The essay is related to the topic. • There is an adequate conclusion. • Some of the ideas in the essay are original. [5 – 7 marks] 	<ul style="list-style-type: none"> • Some evidence of planning. • Essay partly off topic. • The introduction is not fully developed. • Few original ideas. • The conclusion is not fully developed. [3, 4 marks] 	<ul style="list-style-type: none"> • Little evidence of planning. • The essay is off the topic. • The introduction is missing or irrelevant or uninteresting. • The ideas are irrelevant or uninteresting. • The conclusion is missing or irrelevant. [1, 2 marks]
Language and vocabulary 5 marks	<ul style="list-style-type: none"> • Sentences vary in length and structure. • There are only 1 or 2 spelling 	<ul style="list-style-type: none"> • Sentences could have been more varied. • There are fewer than 4 spelling and 	<ul style="list-style-type: none"> • Some variation in sentences. • Fewer than 10 spelling and grammar 	<ul style="list-style-type: none"> • Sentences are monotonous . • More than 15 grammar and spelling

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	<ul style="list-style-type: none"> errors. The vocabulary is varied and appropriate. [4, 5 marks] 	<ul style="list-style-type: none"> grammar errors. The vocabulary is adequate for the purpose. [3 marks] 	<ul style="list-style-type: none"> errors. The vocabulary is not always adequate. [2 marks] 	<ul style="list-style-type: none"> errors. The vocabulary is not appropriate or too basic. [1 mark]
Style 5 marks	<ul style="list-style-type: none"> The essay is the correct length. The style and format of the essay are appropriate. The tone and register are appropriate. [4, 5 marks] 	<ul style="list-style-type: none"> The essay is less than one page in length. There are one or two style errors. There are some errors in tone and register. [3 marks] 	<ul style="list-style-type: none"> The essay is too long or too short. There are several style and format errors. There are many errors in tone and register. [2 marks] 	<ul style="list-style-type: none"> The essay is far too long or too short. The style and format are not appropriate to the topic. The tone and register are not appropriate. [1 mark]