



# RUBRICS

This document will show you all the rubrics that are used to calculate your marks throughout the entire course. It shows you the criteria your teachers will use to assess your work and the weightings of each category. Before you submit an assignment, it's important to review the rubric.

Click on the rubric below to view the rubric you need.

[Unit 1 Assessment](#)

[Unit 2 Assessment](#)

[Unit 3 Assessment](#)




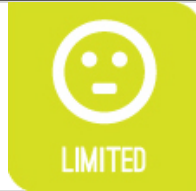

[Unit 4 Assessment](#)

[Unit 5 Assessment](#)



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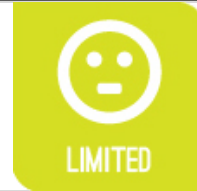

# Unit 1 Assessment

Assignment	Excellent	Proficient	Satisfactory	Limited	Resubmission Required
	 EXCELLENT	 PROFICIENT	 SATISFACTORY	 LIMITED	 RESUBMISSION NEEDED
<b>Connect Posting</b>	<b>10 points</b>	<b>8 points</b>	<b>6 points</b>	<b>4 points</b>	<b>0 points</b>
The student has contributed meaningfully to the CALM community in this forum: Unit 1: "To This Day"	Your contributions to the CALM community are <i>constructive</i> and <i>insightful</i> .	Your contributions to the CALM community are <i>positive</i> and <i>thoughtful</i> .	Your contributions to the CALM community are <i>appropriate</i> .	Your contributions to the CALM community are <i>superficial</i> .	The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Who I Am Remix</b>	<b>25 points</b>	<b>20 points</b>	<b>15 points</b>	<b>10 points</b>	<b>0 points</b>
The student understands that balance and harmony among the dimensions of health are critical for positive self-image, meaningful relationships, and overall well-being.	Your understanding of who you are and your roles and responsibilities in relationships are <i>thorough</i> .	Your understanding of who you are and your roles and responsibilities in relationships are <i>thoughtful</i> .	Your understanding of who you are and your roles and responsibilities in relationships are <i>adequate</i> .	Your understanding of who you are and your roles and responsibilities in relationships are <i>superficial</i> .	The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Overall Score</b>	<b>Excellent 34 or more</b>	<b>Proficient 27 or more</b>	<b>Satisfactory 22 or more</b>	<b>Limited 13 or more</b>	<b>Re-submission Required 0 or more</b>



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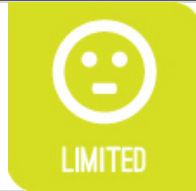

## Unit 2 Assessment

Assignment	Excellent	Proficient	Satisfactory	Limited	Resubmission Required
					
<b>Connect Posting</b>  The student has contributed to the CALM community in this forum: Unit 2: "Advice for Joe"	<b>10 points</b>  Your contributions to the CALM community are <i>constructive</i> and <i>insightful</i> .	<b>8 points</b>  Your contributions to the CALM community are <i>positive</i> and <i>thoughtful</i> .	<b>6 points</b>  Your contributions to the CALM community are <i>appropriate</i> .	<b>4 points</b>  Your contributions to the CALM community are <i>superficial</i> .	<b>0 points</b>  The assignment must be resubmitted, because: -It is insufficient in length and the ideas are too undeveloped to assess OR -The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>My Cost of Living:</b>  <b>Investigation</b> The student has examined sources of lifestyle goals and related them to personal resources.  <b>Reflections</b> The student has examined sources of lifestyle goals and related them to personal resources.	<b>30 points</b>  Your investigation on your current cost of living is <i>complete</i> .  Your reflections show <i>insightful</i> understanding of problem solving.	<b>24 points</b>  Your investigation on your current cost of living is <i>complete</i> .  Your reflections show <i>thoughtful</i> understanding of problem solving.	<b>18 points</b>  Your investigation on your current cost of living is <i>complete</i> .  Your reflections show <i>appropriate</i> understanding of problem solving.	<b>12 points</b>  Your investigation on your current cost of living is <i>missing minor information</i> .  Your reflections show <i>minimal</i> understanding of problem solving.	<b>0 points</b>  The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Overall Score</b>	<b>Excellent</b> <b>38 or more</b>	<b>Proficient</b> <b>30 or more</b>	<b>Satisfactory</b> <b>22 or more</b>	<b>Limited</b> <b>14 or more</b>	<b>Re-submission Required</b> <b>0 or more</b>



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# Unit 3 Assessment

Assignment	Excellent	Proficient	Satisfactory	Limited	Resubmission Required
	 EXCELLENT	 PROFICIENT	 SATISFACTORY	 LIMITED	 RESUBMISSION NEEDED
<b>Connect Posting</b>  The student has contributed to the CALM community in this forum: Unit 3: Part A—Reflect	<b>10 points</b>  Your contributions to the CALM community are <i>constructive</i> and <i>insightful</i> .	<b>8 points</b>  Your contributions to the CALM community are <i>positive</i> and <i>thoughtful</i> .	<b>6 points</b>  Your contributions to the CALM community are <i>appropriate</i> .	<b>4 points</b>  Your contributions to the CALM community are <i>superficial</i> .	<b>0 points</b>  The assignment must be resubmitted, because: -It is insufficient in length and the ideas are too undeveloped to assess OR -The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Connect Posting</b>  The student has contributed to the CALM community in this forum: Unit 3: Part B—Job Search	<b>10 points</b>  Your contributions to the CALM community are <i>constructive</i> and <i>insightful</i> .	<b>8 points</b>  Your contributions to the CALM community are <i>positive</i> and <i>thoughtful</i> .	<b>6 points</b>  Your contributions to the CALM community are <i>appropriate</i> .	<b>4 points</b>  Your contributions to the CALM community are <i>superficial</i> .	<b>0 points</b>  The assignment must be resubmitted, because: -It is insufficient in length and the ideas are too undeveloped to assess OR -The assignment is incomplete; it is missing tasks outlined in the instructions.

<b>Application Form: Information</b> The student has designed a plan for turning occupational goals into reality.	<b>15 points</b> The information on this form is <i>detailed</i> and <i>thorough</i> .	<b>12 points</b> The information on this form is <i>detailed</i> .	<b>9 points</b> The information on this form is <i>complete</i> .	<b>6 points</b> The information on this form is <i>missing minor content</i> .	<b>0 points</b> The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Application Form: Editing</b> The student has designed a plan for turning occupational goals into reality.	<b>5 points</b> Your job application form is <i>edited</i> and <i>error free</i> .	<b>4 points</b> Your job application form is <i>edited</i> and <i>nearly error free</i> .	<b>3 points</b> Your job application form <i>may need additional</i> editing.	<b>2 points</b> Your job application form <i>needs additional editing</i> .	<b>0 points</b> The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Cover Letter: Ideas</b> The student has designed a plan for turning occupational goals into reality.	<b>15 points</b> Your development of ideas in your cover letter is <i>detailed</i> and <i>thorough</i> .	<b>12 points</b> Your development of ideas in your cover letter is <i>detailed</i> .	<b>9 points</b> Your development of ideas in your cover letter is <i>complete</i> .	<b>6 points</b> Your development of ideas in your cover letter is <i>missing minor content</i> .	<b>0 points</b> The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.

<b>Cover Letter: Editing</b> The student has designed a plan for turning occupational goals into reality.	<b>5 points</b> Your letter is <i>edited</i> and <i>error free</i> .	<b>4 points</b> Your letter is <i>edited</i> and <i>nearly error free</i> .	<b>3 points</b> Your letter <i>may need additional editing</i> .	<b>2 points</b> Your letter <i>needs additional editing</i> .	<b>0 points</b> The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Resumé: Development</b> The student has designed a plan for turning occupational goals into reality.	<b>15 points</b> Your development of each section in your resumé is <i>detailed</i> and <i>thorough</i> .	<b>12 points</b> Your development of each section in your resumé is <i>detailed</i> .	<b>9 points</b> Your development of each section in your resumé is <i>complete</i> .	<b>6 points</b> Your development of your resumé is <i>missing minor content</i> .	<b>0 points</b> The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Resumé: Editing</b> The student has designed a plan for turning occupational goals into reality.	<b>5 points</b> Your resumé is <i>edited</i> and <i>error free</i> .	<b>4 points</b> Your resumé is <i>edited</i> and <i>nearly error free</i> .	<b>3 points</b> Your resumé <i>may need additional editing</i> .	<b>2 points</b> Your resumé <i>needs additional editing</i> .	<b>0 points</b> The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.






<b>Interview Responses</b> The student has designed a plan for turning occupational goals into reality.	<b>10 points</b> Your interview responses are <i>detailed</i> and <i>thorough</i> .	<b>8 points</b> Your interview responses are <i>detailed</i> .	<b>6 points</b> Your interview responses are <i>appropriate</i> .	<b>4 points</b> Your interview responses are <i>undeveloped</i> .	<b>0 points</b> The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Overall Score</b>	<b>Excellent 74 or more</b>	<b>Proficient 59 or more</b>	<b>Satisfactory 45 or more</b>	<b>Limited 29 or more</b>	<b>Re-submission Required 0 or more</b>

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# Unit 4 Assessment

Assignment	Excellent	Proficient	Satisfactory	Limited	Resubmission Required
	 EXCELLENT	 PROFICIENT	 SATISFACTORY	 LIMITED	 RESUBMISSION NEEDED
<b>Connect Posting</b>  The student has contributed to the CALM community to this forum: Unit 4: Wellness Challenge Reflection	<b>10 points</b>  Your contributions to the CALM community are <i>constructive</i> and <i>insightful</i> .	<b>8 points</b>  Your contributions to the CALM community are <i>positive</i> and <i>thoughtful</i> .	<b>6 points</b>  Your contributions to the CALM community are <i>appropriate</i> .	<b>4 points</b>  Your contributions to the CALM community are <i>superficial</i> .	<b>0 points</b>  The assignment must be resubmitted, because: -It is insufficient in length and the ideas are too undeveloped to assess OR -The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Part A and Part B: Wellness Inventory and Reflection on Health Challenge Tasks: Dimensions of Health</b>  The student demonstrates an understanding of the dimensions of health and how they relate to one another.	<b>20 points</b>  Your understanding of the dimensions of health and how they relate to one another is <i>insightful</i> .	<b>16 points</b>  Your understanding of the dimensions of health and how they relate to one another is <i>thoughtful</i> .	<b>12 points</b>  Your understanding of the dimensions of health and how they relate to one another is <i>appropriate</i> .	<b>8points</b>  Your understanding of the dimensions of health and how they relate to one another is <i>superficial</i> .	<b>0 points</b>  The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.



<b>Part A and Part B: Wellness Inventory and Reflection on Health Challenge Tasks:</b> <b>Health Challenge Reflections</b> The student has evaluated resources and support systems for each dimension of health and well-being for self and others.	<b>15 points</b>  Your reflections on health challenges are <i>insightful</i> .	<b>12 points</b>  Your reflections on health challenges are <i>thoughtful</i> .	<b>9 points</b>  Your reflections on health challenges are <i>appropriate</i> .	<b>6 points</b>  Your reflections on health challenges are <i>superficial</i> .	<b>0 points</b>  The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Part A and Part B: Wellness Inventory and Reflection on Health Challenge Tasks:</b> <b>Health Challenge Recommendations</b> The student has evaluated resources and support systems for each dimension of health and well-being for self and others.	<b>15 points</b>  Your recommendations of new health challenges are <i>engaging</i> .	<b>12 points</b>  Your recommendations of new health challenges are <i>competent</i> .	<b>9 points</b>  Your recommendations of new health challenges are <i>adequate</i> .	<b>6 points</b>  Your recommendations of new health challenges are <i>incomplete</i> .	<b>0 points</b>  The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.





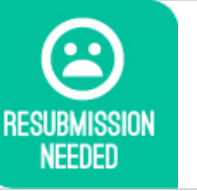
<b>Part C: Reflection on Wellness: Practices Contributing to Health and Wellness</b> The student demonstrates an understanding of the practices and behaviours that contribute to health and wellness.	<b>20 points</b>  Your understanding of the behaviours that contribute to health and wellness is <i>thorough</i> .	<b>16 points</b>  Your understanding of the behaviours that contribute to health and wellness is <i>thoughtful</i> .	<b>12 points</b>  Your understanding of the behaviours that contribute to health and wellness is <i>adequate</i> .	<b>8points</b>  Your understanding of the behaviours that contribute to health and wellness is <i>superficial</i> .	<b>0 points</b>  The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Part C: Reflection on Wellness: Plan for Continued Effort to Achieve Health and Wellness</b> The student has developed approaches/tactics for creative problem solving and decision making to help reach current and future wellness goals.	<b>20 points</b>  Your plans to continue to develop your health and wellness in the future are <i>detailed and thorough</i> .	<b>16 points</b>  Your plans to continue to develop your health and wellness in the future are <i>competent</i> .	<b>12 points</b>  Your plans to continue to develop your health and wellness in the future are <i>adequate</i> .	<b>8 points</b>  Your plans to continue to develop your health and wellness in the future are <i>superficial</i> .	<b>0 points</b>  The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Overall Score</b>	<b>Excellent 90 or more</b>	<b>Proficient 68 or more</b>	<b>Satisfactory 46 or more</b>	<b>Limited 24 or more</b>	<b>Re-submission Required 0 or more</b>

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# Unit 5 Assessment

Assignment	Excellent	Proficient	Satisfactory	Limited	Resubmission Required
	 EXCELLENT	 PROFICIENT	 SATISFACTORY	 LIMITED	 RESUBMISSION NEEDED
<b>Connect Posting</b> The student has contributed meaningfully to the CALM community in this forum: Unit 5: "My Future Plans".	<b>10 points</b>  Your contributions to the CALM community are <i>constructive and insightful</i> .	<b>8 points</b>  Your contributions to the CALM community are <i>positive and thoughtful</i> .	<b>6 points</b>  Your contributions to the CALM community are <i>appropriate</i> .	<b>4 points</b>  Your contributions to the CALM community are <i>superficial</i> .	<b>0 points</b>  The assignment must be resubmitted, because: -It is insufficient in length and the ideas are too undeveloped to assess OR -The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Career Exploration:</b>  <b>Information</b> The student examines differing career aspirations and relates them to their personal goals and abilities.	<b>15 points</b>  The information in the career exploration is <i>detailed and thorough</i> .	<b>12 points</b>  The information in the career exploration is <i>detailed</i> .	<b>9 points</b>  The information in the career exploration is <i>complete</i> .	<b>6 points</b>  The information in the career exploration is <i>partially complete</i> .	<b>0 points</b>  The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Career Exploration:</b>	<b>15 points</b>	<b>12 points</b>	<b>9 points</b>	<b>6 points</b>	<b>0 points</b>

<b>Reflection</b> The student examines differing career aspirations and relates them to their personal goals and abilities.	Your final career choice reflects your needs, wants, goals, and abilities <i>perceptively</i> .	Your final career choice reflects your needs, wants, goals, and abilities <i>thoughtfully</i> .	Your final career choice reflects your needs, wants, goals, and abilities <i>generally</i> .	Your final career choice <i>does not reflect adequately</i> your needs, wants, goals, and abilities.	The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Final Reflection</b>  The student understands how his/her self-awareness, relationships, overall health, and aspirations affect the dynamic nature of balance in life and demonstrate how examining these areas brings one's "Life into Focus".	<b>25 points</b>  Your understanding of how the dynamic nature of balance in your life is affected is <i>thorough and perceptive</i> .	<b>20 points</b>  Your understanding of how the dynamic nature of balance in your life is affected is <i>thoughtful</i> .	<b>15 points</b>  Your understanding of how the dynamic nature of balance in your life is affected is <i>adequate</i> .	<b>10 points</b>  Your understanding of how the dynamic nature of balance in your life is affected is <i>superficial</i> .	<b>0 points</b>  The assignment must be resubmitted, because: - It is insufficient in length and the ideas are too undeveloped to assess. OR - The assignment is incomplete; it is missing tasks outlined in the instructions.
<b>Overall Score</b>	<b>Excellent</b> 50 or more	<b>Proficient</b> 40 or more	<b>Satisfactory</b> 30 or more	<b>Limited</b> 20 or more	<b>Re-submission Required</b> 0 or more