**Stress Management Assignment Marking Scheme ( /50 marks)**

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

**Part A**

* Online surveys completed with scores ( /5 marks)
* ½ page response assessing the stress in your life ( /10 marks)

**Part B**

* 5-10 min ( /1 mark)
* Thorough knowledge of the technique ( /5 marks)
* Is prepared and brings necessary materials ( /3 marks)
* Minimum ½ page write up includes
	+ Description of technique ( /6 marks)
	+ Materials Required ( /2 marks)
	+ Explanation of why/how the technique reduces stress ( /6 marks)
	+ Reference (title of book, article or URL) to support the notion that the technique reduces stress ( /2 marks)

Comments:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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