

My Girragundji - Assessment for Learning Task 2

Subject: PDHPE

Stage: 4

Activity name:

Help Seeking Strategies

Description of the Activity:

This is an in-class task. Students select three situations from a range of possible situations where help is necessary. Students identify an appropriate method for seeking help, either writing a letter, email or text or speaking to a person.

Students select three different methods of seeking help, one of which must be speaking to a person. Students seek help for all three situations, composing a script for speaking to a person to request help. With a partner, students hand over written requests for help, including the script. Students respond in writing to their partner's request for help, providing guidance, advice and support as necessary.

Students then role play the spoken request for help, using the script for guidance.

Students reflect on how they felt asking for help, and providing the help, factors they needed to consider when providing help and support and the skills they needed to be supportive to a friend.

Students debrief with their partner, identifying three ways that they are not like the character who needed help.

Context:

Students have been learning about developing a sense of self, changes and challenges during adolescence, bullying and harassment and strategies for seeking help. Students have had previous experience working with a partner and in role play situations.

Outcomes:

- 4.2 A student identifies and selects strategies that enhance their ability to cope and feel supported.
- 4.11 A student selects and uses communication skills and strategies clearly and coherently in a range of new and challenging situations.
- 4.16 A student clarifies the source and nature of problems and draws on personal skills and support networks to resolve them.

Criteria for assessing learning:

Students will be assessed on their ability to:

- Identify problems situations and select an appropriate help seeking strategy which will enhance their ability to cope and feel supported
- Select and use appropriate communication skills to seek help for themselves and provide support to a friend
- Clarify the source of a problem and draw on personal skills and support networks to resolve them

Worksheet

Yes

NOTIFICATION OF ASSESSMENT TASK

Subject	PDHPE	Due Date	Mark: 10
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Outcomes to be Assessed

- 4.2 A student identifies and selects strategies that enhance their ability to cope and feel supported.
- 4.11 A student selects and uses communication skills and strategies clearly and coherently in a range of new and challenging situations.
- 4.16 A student clarifies the source and nature of problems and draws on personal skills and support networks to resolve them.

Description of Task

This is an in-class task. You need to complete each of the activities below, using the Help Seeking Strategies worksheet.

1. You need to read through the 'Seeking Help Situations' and select three situations where help may be necessary.
2. You need to select three different methods of seeking help (letter, email, SMS, telephone, in person), one of which must involve speaking to a person.
3. You need to select appropriate people for you to seek help from in each situation.
4. Write three help seeking requests to your selected person seeking help for each situation. At least one help seeking request should be a script for speaking to a person.
5. With your partner, swap your written requests for help, including the script.
6. Read your partner's requests for help and respond in writing, providing guidance, advice and support as necessary.
7. With your partner, role play your spoken requests for help, using the scripts for guidance. This can be in-person or a phone conversation.
8. Complete the questions on the worksheet after you have finished the role play.
9. With your partner, tell each other three ways that you are not like the characters who needed help in the situations
10. Hand in your Help Seeking Strategies worksheet and your written requests for help worksheets.

Marking Criteria

Your task will be marked according to your ability to:

- Identify problems situations and select an appropriate help seeking strategy which will enhance your ability to cope and feel supported
- Select and use appropriate communication skills to seek help for yourself and provide support to a friend
- Clarify the source of a problem and draw on personal skills and support networks to resolve them

Students : complete and attach this section to the front of the assessment task.

SUBMISSION OF ASSESSMENT TASK

Subject	PDHPE	Due Date	
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Student Name _____ Date submitted _____

Teacher: _____

I certify that this assessment task is all my own work and that no part of any source has been directly copied , quoted or downloaded without a reference to the source being supplied within the task.

Student Signature _____

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Students : complete this section and have it signed by your teacher. Keep this receipt as proof task was submitted

ASSESSMENT TASK RECEIPT

Subject	PDHPE	Due Date	
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Student Name _____ Date submitted _____

Task submitted to _____ (Name) _____

(Signature)

MY GIRRAGUNDJI ASSESSMENT TASK 2- MARKING GUIDELINES

MARKING GUIDELINES	Mark
<ul style="list-style-type: none"> • Identifies three problem situations and selects an appropriate help seeking strategy which will enhance their ability to cope and feel supported • Selects and uses a range of appropriate written and verbal communication skills to seek help for them self and provide appropriate support to a friend • Clarifies the source of a problem and draws on personal skills and support networks to resolve them • Presents ideas in a clear and logical way 	10 – 9
<ul style="list-style-type: none"> • Identifies three problem situations and selects an appropriate help seeking strategy which will enhance their ability to cope and feel supported • Selects and uses appropriate written and verbal communication skills to seek help for them self and provide some support to a friend • Clarifies the source of a problem and draws on personal skills and support networks to resolve them • Presents ideas clearly 	7 – 8
<ul style="list-style-type: none"> • Identifies problem situations and selects help seeking strategies • Selects and uses communication skills to seek help for them self and provide support to a friend • Draws on personal skills and support networks to address problem situations • Presents ideas clearly 	5 – 6
<ul style="list-style-type: none"> • Identifies problem situations and selects help seeking strategies • Selects and uses basic communication skills to seek help for them self and/or provide support to a friend • Draws on personal skills and support networks to address problem situations 	3- 4
<ul style="list-style-type: none"> • Identifies problem situations and help seeking strategies • Selects and uses limited communication skills • Draws on personal skills and/or support networks to address problems 	1 – 2