
Reacting to Reading • Make connections • Synthesize • Evaluate

4. Do you think that teenagers have stress-management skills that help them cope with the changes and challenges of adolescence? Use examples to explain your answer.

LEVEL ONE

I think they have skills. They do sleep more and that can help you. They also are active because of highschool sports. They do these things all the time.

| Application | Level 1 | Level 2 | Level 3 | Level 4 |
|--|---|--|---|--|
| <i>Extends Understanding; Responds to and Evaluates Text</i> Connects own experiences to text information Makes and supports judgments and conclusions | Limited: • has difficulty making connections • offers unsupported or illogical judgments or conclusions | Somewhat effective: • makes simple, obvious connections with some explanation • offers some reasonable judgments or conclusions with partial support | Considerably effective: • makes and explains some logical connections • offers reasonable judgments and conclusions with adequate support | Highly effective: • makes and explains thoughtful and insightful connections that may go beyond own experiences • offers thoughtful, often insightful, judgments and conclusions with thorough support |

Responses require students to make connections between text information and their own experiences.

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LEVEL TWO

Example 1

I think that some teenagers have stress-management skills. Most are probably passed down from parents but some could be learned by themselves. Some ways of dealing with stress are: take a minute and just relax, go do something to get your mind of of it, or do some vigorous activity.

Example 2

I do think that teenagers have ways to reduce and manage stress. An example of this is physical activities that help you get your mind of what it is that's bothering you. This activity will help to reduce stress and release endorphins from your body.

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LEVEL THREE

Example 1

Yes, I do think teenagers have stress-management skills. We all have our own way of dealing with stress. I might prefer to read a book but someone else could prefer playing soccer. Everyone is different and there is not one thing to do. We all figure out our management skills and we have friends, family and teachers helping us cope by sharing personal experiences, getting us busy or being there to talk and understand.

Example 2

I think that teenagers do have a way with dealing with stress. They try to keep life balanced. Take a break for a while and hang out with friends. When I need a break I watch T.V. or read a book for a while.

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LEVEL FOUR

I do think that teenagers have stress-management skills that help them cope with adolescence. In a stressful situation, communication and talking to someone is a way to help, like a friend for example. I also know some kids make poor choices (avoiding homework, fighting with parents).

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