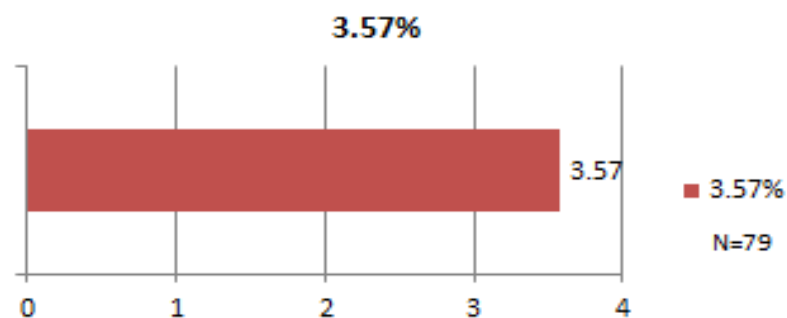


PED 100
Spring 2015

Overall Personal Well-being Response



1

Response shows little or no recognition of the need to make a decision or set a goal or response lacks the appropriate process for decision-making and/or goal setting.

2

Response shows recognition of the need to make a decision or set a goal and provides evidence that some options or consequences were considered.

3

Response shows recognition of the benefit of using a decision-making or goal setting process and provides evidence that options and/or consequences were considered.

4

Response shows reflection and a logical progression through a decision-making or goal-setting process that includes full consideration of options and/or consequences and which results in a health-enhancing decision or goal statement.