

Assessment Guidance

General Notes

Format

Responses should be 750-1000 words. Detailed references are not required because the emphasis is on the student's own reflection and common sense solutions to everyday problems in clinical practice, etc. However, where texts are cited references should be given in Harvard style at the end of the question.

Generally, students should be showing evidence of evaluation at this level and some analysis. They should therefore be encouraged to go beyond simply "listing" information, and instead to evaluate the pros and cons of different ideas or techniques, and think through their more subtle implications in different contexts. To evaluate is to consider several options, ideas or arguments and come to a conclusion about their importance/success/worth. Students should try to spot exceptions to rules and ways of dealing with potential problems associated with certain situations or techniques, etc. Quotations are the words of another person and cannot contribute much to the students' mark so given the word-limit, they should be encouraged to paraphrase ("put things in your own words") to show comprehension rather than including direct quotations.

The notes below give examples of typical points to be looked for and some "musts" that should normally be required for a minimum pass mark (6/10). Half marks are often awarded, if a submission seems to fall between two points on the scale.

Fail Outcome			Pass Outcome				
0 – 1	2 – 3	4 – 5	6	7	8	9	10
Extremely Poor	Very poor	Poor	Pass	Sound Answer	Good	Very good	Excellent
Irrelevant or very seriously flawed answer. No answer given.	Seriously incomplete. Major flaws. Several significant omissions or errors.	Some significant omissions or errors.	Evidence of evaluation and analysis Some omissions or errors	Evidence of evaluation and analysis Some minor omissions or errors.	Evidence of evaluation and analysis. Few minor omissions or errors	Clear evidence of evaluation, analysis and reflection	Very clear evidence of evaluation, analysis and reflection. Complete answer

Questions

1. Provide a review of *Build your Resilience* (2012) by Donald J. Robertson, evaluating the overall approach described, in relation to your own practice or clients you intend to work with (750 – 1,000 words)
2. Provide a review of *The Relaxation and Stress Reduction Workbook, 6th Edition* (2008) by Davis, Eshelman & McKay, evaluating the overall approach described, in relation to your own practice or clients you intend to work with (750 – 1,000 words)
3. Describe Richard Lazarus“ ’transactional” model of stress and coping and evaluate the pros and cons of this theory in relation to both stress management and resilience-building (750-1,000 words).
4. Pick at least three specific interventions used in stress management or resilience-building and evaluate their pros and cons, with reference to your current practice or clients you intend to work with (750-1,000 words).