# AssESSMENT Submission Coversheet

|  |  |  |
| --- | --- | --- |
| Course Title: |  | |
| Unit Title: |  | |
| Unit Code: |  | |
| Learning Outcome: |  | |
| Word Count:  (Assignments only) |  | |
| Student Name: |  | |
| Student ID Number: |  | |
| Date of Submission: |  | |
| Lecturer’s Name: |  | |
| Work which is submitted for assessment must be your own. All students should note that the college has a formal policy on plagiarism which can be found in your course information pack.  Assignments should include the following; Copy of the Assignment Question, Contents Page, Introduction, Relevant Content, Summary / Conclusion, Appendices, Citations and Reference page, Bibliography. | | |
| Student’s Signature:  (Type name for electronic submissions) | |  |

|  |  |  |
| --- | --- | --- |
| **Official Use Only** | | |
| **RESULT** | | PASS / RE-SIT / FAIL (delete as appropriate) |
| Supportive Comments | | |
| Assessors signature: |  | |
| Date: |  | |

|  |  |
| --- | --- |
| Outcome 3 Describe the effects of stress on health and wellbeing and utilize methods of stress management/relaxation. (minimum of 250words) Assessment 1  Candidate name Date | |
| **Describe what stress is.** |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Stress** | **Physical** | | **Psychological** | | **Emotional** | |
|  | **Positive** | **Negative** | **Positive** | **Negative** | **Positive** | **Negative** |
| **Describe the signs and symptoms of each of the areas of stress.** |  |  |  |  |  |  |
| **Explain how time management can help to reduce stress.** |  | | | | | |