

**Paper 1: Wellbeing
Marking Scheme**

Sample Paper

2 hours

Part A (Multiple Choice Questions) - 40 marks

1. What is an essential factor contributing to emotional wellbeing?

- A) Eating healthy foods
- B) Regular exercise
- C) Positive self-esteem
- D) All of the above

Mark Scheme:

- Correct Answer: **C) Positive self-esteem**

2. Which of the following is a strategy for managing physical wellbeing?

- A) Getting enough sleep
- B) Watching television for long hours
- C) Eating fast food daily
- D) Spending excessive time on social media

Mark Scheme:

- Correct Answer: **A) Getting enough sleep**

3. Which interpersonal relationship is NOT important for wellbeing?

- A) Friendships
- B) Family
- C) Community
- D) Avoiding social interactions

Mark Scheme:

- Correct Answer: **D) Avoiding social interactions**

4. What is a key component of positive communication skills?

- A) Speaking rudely
- B) Active listening
- C) Ignoring others' feelings
- D) Interrupting conversations

Mark Scheme:

- Correct Answer: **B) Active listening**

5. How can individuals contribute to the wellbeing of others?

- A) Being selfish and unkind
- B) Showing empathy and compassion
- C) Ignoring those in need
- D) Avoiding social responsibility

Mark Scheme:

- Correct Answer: **B) Showing empathy and compassion**

6. Which of the following is NOT a factor contributing to emotional wellbeing?

- A) Positive relationships
- B) Stress management
- C) Poor nutrition
- D) Regular exercise

Mark Scheme:

- Correct Answer: **C) Poor nutrition**

7. Why is it important to manage one's safety?

- A) To take unnecessary risks
- B) To ensure personal well-being
- C) To challenge authority
- D) To avoid following rules

Mark Scheme:

- Correct Answer: **B) To ensure personal well-being**

8. What is the significance of social responsibility in promoting wellbeing?

- A) It encourages selfish behavior
- B) It fosters a sense of community
- C) It promotes individualism
- D) It discourages helping others

Mark Scheme:

- Correct Answer: **B) It fosters a sense of community**

9. Which of the following behaviors demonstrates negative communication skills?

- A) Being respectful
- B) Listening attentively
- C) Ignoring others' opinions
- D) Expressing empathy

Mark Scheme:

- Correct Answer: **C) Ignoring others' opinions**

10. How does regular exercise contribute to physical wellbeing?

- A) By promoting relaxation
- B) By increasing stress levels
- C) By enhancing mood
- D) By reducing energy levels

Mark Scheme:

- Correct Answer: **A) By promoting relaxation**

11. What role do friendships play in emotional wellbeing?

- A) Isolating individuals
- B) Promoting loneliness
- C) Providing support and companionship
- D) Encouraging negative behaviors

Mark Scheme:

- Correct Answer: **C) Providing support and companionship**

12. How can individuals respond to change in various situations?

- A) By resisting change
- B) By adapting and being flexible
- C) By ignoring change
- D) By avoiding challenging situations

Mark Scheme:

- Correct Answer: **B) By adapting and being flexible**

13. What is the importance of community in promoting wellbeing?

- A) It encourages individualism
- B) It fosters a sense of belonging
- C) It promotes isolation
- D) It discourages social interactions

Mark Scheme:

- Correct Answer: **B) It fosters a sense of belonging**

14. Which of the following factors contributes to physical wellbeing?

- A) Lack of sleep
- B) Unhealthy diet
- C) Regular exercise
- D) Sedentary lifestyle

Mark Scheme:

- Correct Answer: **C) Regular exercise**

15. What is the significance of family relationships in emotional wellbeing?

- A) Promoting conflict
- B) Nurturing a sense of belonging
- C) Encouraging isolation
- D) Ignoring individuals' needs

Mark Scheme:

- Correct Answer: **B) Nurturing a sense of belonging**

16. How can individuals manage their emotional wellbeing effectively?

- A) By avoiding social interactions
- B) By seeking professional help
- C) By engaging in negative behaviors
- D) By disregarding their feelings

Mark Scheme:

- Correct Answer: **B) By seeking professional help**

17. What is the role of safety in promoting wellbeing?

- A) To protect individuals from harm
- B) To encourage risky behaviors
- C) To promote danger
- D) To prioritize individual needs

Mark Scheme:

- Correct Answer: **A) To protect individuals from harm**

18. Why is it important to explore a wide range of interpersonal relationships?

- A) To encourage isolation
- B) To develop social skills
- C) To avoid social responsibility
- D) To foster a sense of community

Mark Scheme:

- Correct Answer: **D) To foster a sense of community**

19. How can individuals practise receptive communication skills?

- A) By listening attentively
- B) By interrupting conversations
- C) By disregarding others' opinions
- D) By speaking rudely

Mark Scheme:

- Correct Answer: **A) By listening attentively**

20. What is the significance of demonstrating positive communication skills?

- A) To promote conflict
- B) To foster understanding
- C) To encourage miscommunication
- D) To discourage empathy

Mark Scheme:

- Correct Answer: **B) To foster understanding**

21. Which of the following behaviors demonstrates positive interpersonal relationships?

- A) Being selfish
- B) Showing empathy
- C) Avoiding social interactions
- D) Disregarding others' feelings

Mark Scheme:

- Correct Answer: **B) Showing empathy**

22. How can individuals contribute to the wellbeing of their community?

- A) By fostering a sense of belonging
- B) By promoting conflict
- C) By discouraging social interactions
- D) By isolating themselves

Mark Scheme:

- Correct Answer: **A) By fostering a sense of belonging**

23. What is a key factor in managing emotional wellbeing?

- A) Avoiding positive relationships
- B) Seeking professional help
- C) Ignoring feelings
- D) Engaging in destructive behaviors

Mark Scheme:

- Correct Answer: **B) Seeking professional help**

24. Why is it important to explore a wide range of interpersonal relationships?

- A) To encourage isolation
- B) To develop social skills
- C) To avoid social responsibility
- D) To foster a sense of community

Mark Scheme:

- Correct Answer: **D) To foster a sense of community**

25. Which of the following behaviors contributes to positive emotional wellbeing?

- A) Engaging in harmful activities
- B) Seeking support from friends
- C) Avoiding self-care practices
- D) Ignoring one's emotions

Mark Scheme:

- Correct Answer: **B) Seeking support from friends**

26. What are some characteristics of healthy friendships?

- A) Manipulation and control
- B) Respect and mutual support
- C) Isolation and jealousy
- D) Competition and comparison

Mark Scheme:

- Correct Answer: **B) Respect and mutual support**

27. How can emotions towards others change over time?

- A) They remain constant
- B) They evolve and fluctuate
- C) They disappear completely
- D) They become intense

Mark Scheme:

- Correct Answer: **B) They evolve and fluctuate**

28. Which of the following is an example of a healthy romantic attraction?

- A) Possessiveness and jealousy
- B) Honesty and trust
- C) Power dynamics and manipulation
- D) Codependency and control

Mark Scheme:

- Correct Answer: **B) Honesty and trust**

29. Analyze the complexity of friendships and romantic attractions.

- A) They are simple and straightforward
- B) They involve constant drama and conflict
- C) They require effort, communication, and understanding
- D) They are static and unchanging

Mark Scheme:

- Correct Answer: **C) They require effort, communication, and understanding**

30. Consider different perspectives when discussing friendships and romantic attractions.

- A) Only one viewpoint is valid
- B) Multiple perspectives offer valuable insights
- C) Perspectives are irrelevant
- D) Perspectives should be ignored

Mark Scheme:

- Correct Answer: **B) Multiple perspectives offer valuable insights**

31. How can knowledge of friendships and romantic attractions be applied to real-life scenarios?

- A) By avoiding forming relationships
- B) By understanding dynamics and communication patterns
- C) By isolating oneself from others
- D) By seeking control and dominance

Mark Scheme:

- Correct Answer: **B) By understanding dynamics and communication patterns**

32. What are the key differences between grief and mourning?

- A) They are synonymous
- B) Grief involves internal feelings, while mourning involves external expressions
- C) Mourning is trivial, while grief is profound
- D) Grief involves avoidance, while mourning involves acceptance

Mark Scheme:

- Correct Answer: **B) Grief involves internal feelings, while mourning involves external expressions**

33. How can individuals experience grief and mourning differently?

- A) Everyone experiences them in the same way
- B) Cultural, religious, and personal factors influence the experience
- C) They are universal processes
- D) Grieving and mourning are synonymous

Mark Scheme:

- Correct Answer: **B) Cultural, religious, and personal factors influence the experience**

34. What is a personal strength in coping with loss?

- A) Avoiding emotions and denying feelings
- B) Openly expressing emotions and seeking support
- C) Isolating oneself and refusing help
- D) Bottling up emotions and feelings

Mark Scheme:

- Correct Answer: **B) Openly expressing emotions and seeking support**

35. How can an understanding of grief and mourning be applied to real-life situations?

- A) By avoiding individuals who are grieving
- B) By offering support and comfort
- C) By dismissing their feelings
- D) By minimizing their experiences

Mark Scheme:

- Correct Answer: **B) By offering support and comfort**

36. What are the five stages of the grief model, according to Kübler-Ross?

- A) Denial, avoidance, distraction, acceptance, appreciation
- B) Anger, isolation, numbness, resignation, acceptance
- C) Denial, anger, depression, bargaining, acceptance
- D) Confusion, indifference, acceptance, gratitude, closure

Mark Scheme:

- Correct Answer: **C) Denial, anger, depression, bargaining, acceptance**

37. How can the DABDA model be applied to real-life situations involving loss and grief?

- A) By ignoring the stages
- B) By recognizing and accepting emotions
- C) By avoiding the process
- D) By denying feelings

Mark Scheme:

- Correct Answer: **B) By recognizing and accepting emotions**

38. Evaluate the strengths of Kübler-Ross's model in understanding grief.

- A) It is rigid and inflexible
- B) It offers a framework for understanding emotional processes
- C) It is universal and applicable to all individuals
- D) It is outdated and irrelevant

Mark Scheme:

- Correct Answer: **B) It offers a framework for understanding emotional processes**

39. What are some factors that have a positive impact on individuals' lives?

- A) Toxic relationships and negativity
- B) Financial instability and insecurity
- C) Physical and mental well-being
- D) Isolation and loneliness

Mark Scheme:

- Correct Answer: **C) Physical and mental well-being**

40. How do healthy relationships with family and friends influence people's lives?

- A) By causing stress and conflict
- B) By providing support and companionship
- C) By creating isolation and loneliness
- D) By promoting competition and comparison

Mark Scheme:

- Correct Answer: **B) By providing support and companionship**

End of Part A

Part B (Short Answer Questions) - 60 marks

Q1. Explain the key concepts and principles of Roger Ulrich's stress reduction theory. Evaluate the strengths and weaknesses of this theory.

Mark Scheme:

Understands the theory (2 marks),
Analyzes strengths and weaknesses (2 marks).

Q2. Provide real-world examples of how Roger Ulrich's stress reduction theory can be applied in practice.

Mark Scheme:

Provides relevant examples demonstrating application of the theory (4 marks).

Q3. Why are personal boundaries important in maintaining mental and emotional wellbeing? How can individuals strengthen their ability to communicate boundaries effectively?

Mark Scheme:

Understanding of the importance of boundaries (2 marks),
Demonstrates ways to strengthen boundary communication (2 marks).

Q4. Discuss the potential harm that negative words and behavior can have on others' wellbeing. How can individuals ensure they are respectful and considerate in their language?

Mark Scheme:

Explanation of harm caused by negativity (2 marks),
Describes ways to be respectful and considerate in language (2 marks).

Q5. Explain the importance of active listening in communication. How can active listening benefit relationships in various contexts?

Mark Scheme:

Understanding of active listening importance (2 marks),
Identifies benefits of active listening in relationships (2 marks).

Q6. Evaluate different strategies for resolving conflicts and explain when each strategy is most appropriate. Provide an example of a conflict resolution scenario.

Mark Scheme:

Identifies conflict resolution strategies (2 marks),

Provides an example showing application of the chosen strategy (2 marks).

Q7. Discuss the impact of substance abuse, such as drugs and alcohol, on physical wellbeing. How can individuals seek help or support to address substance abuse issues?

Mark Scheme:

Explanation of substance abuse impact (2 marks),

Describes ways to seek help for substance abuse (2 marks).

Q8. Describe how positive relationships contribute to overall wellbeing. Provide examples of positive relationships and explain their impact on mental and emotional health.

Mark Scheme:

Explains the benefits of positive relationships (2 marks),

Provides examples illustrating the impact of positive relationships (2 marks).

Q9. Identify different coping mechanisms for dealing with challenges and setbacks. Compare and contrast these coping mechanisms in terms of their effectiveness.

Mark Scheme:

Identifies coping mechanisms (2 marks),

Analyzes effectiveness of coping mechanisms (2 marks).

Q10. Evaluate the influence of social media on mental and emotional wellbeing. How can individuals ensure a healthy relationship with social media for their wellbeing?

Mark Scheme:

Evaluates social media impact (2 marks),

Describes strategies for maintaining a healthy relationship with social media (2 marks).

Q11. Discuss the significance of self-care practices, such as mindfulness and relaxation techniques, in promoting mental health. How can individuals incorporate these practices into their daily routine?

Mark Scheme:

Discusses the importance of self-care practices (2 marks),
Describes ways to integrate self-care into daily routine (2 marks).

Q12. Identify common mental health issues and recognize signs and symptoms in oneself and others. Explain the importance of seeking help for mental health issues.

Mark Scheme:

Identifies mental health issues (2 marks),
Recognizes signs and symptoms (2 marks).

Q13. Describe the importance of resilience in maintaining mental and emotional wellbeing. Outline healthy habits that contribute to building resilience.

Mark Scheme:

Describes resilience importance (2 marks),
Outlines healthy habits for resilience (2 marks).

Q14. Explain the relationship between emotional health and academic/work performance. Evaluate strategies to manage stress and promote mental wellbeing in these settings.

Mark Scheme:

Describes the relationship between emotional health and performance (2 marks),
Evaluates stress management strategies (2 marks).

Q15. Outline a personalized well-being plan that includes physical, mental, emotional, and social goals. Reflect on the impact of this plan on overall well-being.

Mark Scheme:

Outlines a well-being plan (2 marks),
Reflects on the plan's impact (2 marks).