

Candidate name

Candidate number

Centre name

Centre number

Paper 1: Wellbeing

Sample paper

2 hours

INSTRUCTIONS:

- Attempt all the questions using a dark blue or black pen.
- You must write your name, candidate number, centre name and centre number on the answer sheets in the designated spaces.
- Do not use correction fluid.
- Avoid writing on any bar codes.

INFORMATION:

- This paper has a total of 100 marks
- It is important to follow the instructions provided on the answer sheet.
- Objective section consists of 40 questions, and it is essential that you attempt all of them. Each question has four options labelled A, B, C, and D. Select the option that you think is correct. Mark it on the multiple choice answer sheet using a soft pencil.
- In subjective section, 60 marks are for extended theory.
- The number of marks assigned for every question or its parts is indicated within brackets [].

Part A (Objective Section) - 40 marks

Question 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

Question 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

Question 3

Which interpersonal relationship is NOT important for wellbeing?

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

Question 4

What is a key component of positive communication skills?

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

Question 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

Question 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

Question 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

Question 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

Question 9

Which of the following behaviors demonstrates negative communication skills?

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

Question 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

Question 11

What role do friendships play in emotional wellbeing?

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

Question 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

Question 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

Question 14

Which of the following factors contributes to physical wellbeing?

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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 21

Which of the following behaviors demonstrates positive interpersonal relationships?

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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

Question 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

End of Part A

Part A (Subjective Section) - 60 marks

Answer the following questions. All questions carry equal marks [4 marks each].

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

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

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

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?

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

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

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?

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

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

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?

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?

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.

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

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

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.

End of Exam (Paper 1)