

**Paper 2: Wellbeing
Marking Scheme**

Sample Paper

1 hour 30 minutes

(Extended Theory) - 40 marks

Q1. Roger Ulrich's stress reduction theory is a fundamental concept in understanding the impact of the environment on mental and emotional wellbeing. Discuss the key principles of Ulrich's theory and explain how they can be applied in everyday life situations. **(10 marks)**

Mark Scheme:

- Demonstrates a clear understanding of Ulrich's stress reduction theory and its key principles.
- Provides examples of how Ulrich's theory can be applied in real-world scenarios.
- Draws connections between environmental factors and mental/emotional wellbeing.
- Analyzes the strengths and weaknesses of Ulrich's theory in a critical manner.

Q2. Personal boundaries play a crucial role in maintaining mental and emotional wellbeing. Discuss the importance of setting and respecting personal boundaries in relationships and communication. Provide examples of how boundaries can be communicated effectively in different contexts. **(10 marks)**

Mark Scheme:

- Identifies the significance of personal boundaries in promoting mental and emotional health.
- Demonstrates an understanding of how to establish and communicate boundaries in relationships.
- Provides examples of positive and negative outcomes when boundaries are respected or violated.
- Analyzes the impact of boundary-setting on individual wellbeing and relationships with others.

Q3. Active listening is a key communication skill that contributes to positive relationships and mental wellbeing. Explain the importance of active listening in various settings and its impact on improving communication and understanding. Discuss how active listening can enhance relationships and support mental health. **(10 marks)**

Mark Scheme:

- Defines active listening and its role in effective communication.
- Identifies the benefits of active listening in promoting understanding and empathy.
- Provides examples of how active listening can improve relationships and support mental wellbeing.
- Discusses strategies for developing active listening skills and their application in different contexts.

Q4. Resilience is a critical factor in maintaining mental and emotional wellbeing, especially in the face of challenges and setbacks. Outline healthy habits and strategies that can help build resilience and promote overall wellbeing. Reflect on personal experiences of resilience and identify areas for growth and improvement. **(10 marks)**

Mark Scheme:

- Describes the importance of resilience in maintaining mental and emotional wellbeing.
- Identifies healthy habits and strategies that contribute to building resilience.
- Reflects on personal experiences of resilience and growth in challenging situations.
- Evaluates the impact of positive relationships and communication skills on resilience-building efforts.