

# Learning Assessment Guide

## Unit Standard 12355 – Version 2

### Demonstrate knowledge of stress and ways of dealing with it

### Level 2 – 2 Credits

<b>Assessment Summary</b>			
<b>Learner to complete</b>			
Learner's name:			
Employer:			
NSN no. (ROL):		DOB:	
Signed:		Date:	
<b>Assessor to complete</b>			
<input type="checkbox"/> Meets requirements <input type="checkbox"/> More training required <input type="checkbox"/> More evidence required			
Assessor's name:		Assessor's No.	
Signed:		Date:	

## Before you begin...

- As well as this Learning Assessment Guide, you may also want to refer to the unit standard from the NZQA website (<http://www.nzqa.govt.nz>).
- Read the Trainee Information Kit. The kit contains important information and guidelines for Learners and can be found on the Learning State website (<http://www.learningstate.govt.nz>) under Learners, then Learning Assessment Guides.
- Check the learning resources available for this unit standard on the Learning State website (<http://www.learningstate.govt.nz>) under Learners, then Learning Assessment Guides.

This Learning Assessment Guide is made up of:

- written tasks for you to complete
- questions for you to complete
- the assessment results the assessor will use to assess your competence.

The tasks in this assessment are designed to show your assessor that you can:

1. Describe stress and its common sources and effects.
2. Describe ways of dealing with stress.

## Assessment Task One – Element 1

This assessment task is designed to assess your ability to describe stress and its common sources and effects.

### Task One instructions

- Answer the task one questions. These can be answered orally or in writing.
- Your assessor may wish to ask further questions of you to confirm and/or clarify your responses, on completion of this assessment if it is done in writing, or during the assessment if done verbally.

### Task One questions

1. Stress is part of our everyday lives, but sometimes it gets too much and people can suffer from stress overload. Identify five physical, four emotional and four behavioural symptoms of stress overload below.

#### 5 physical symptoms:

- 1.
- 2.
- 3.
- 4.
- 5.

#### 4 emotional symptoms:

- 1.
- 2.
- 3.
- 4.

**4 behavioural symptoms:**

- 1.
  - 2.
  - 3.
  - 4.
2. You talk to a colleague at work whose job doesn't keep them busy, who is bored and is losing motivation. Describe two consequences of too little stress.

**2 consequences of too little stress:**

- 1.
  - 2.
3. We all suffer from different stresses in life. From your own experience and from observing others, identify seven situations that may lead to stress and three inner feelings that cause stress.

**7 situations that may lead to stress:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**3 inner feelings that can cause stress:**

- 1.
- 2.
- 3.

4. Pick four of the situations or inner feelings you identified in question 3. For each of the four identify one consequence of stress overload and then one consequence of reducing unwanted stress. Examples of areas that can be affected by stress overload or reducing unwanted stress are:

- work
- physical health
- mental health
- spouse or partner relationship
- well being of children
- family members
- social relationships.

<b>Source of stress (situation or inner feeling)</b>	<b>One consequence of stress overload</b>	<b>One consequence of reducing unwanted stress</b>
Situation no. 1		
Situation no. 2		
Situation no. 3		
Situation no. 4		

## Assessment Task Two – Element 2

This assessment task is designed to assess your ability to describe ways of dealing with stress.

### Task Two instructions

- Answer the questions for assessment Task Two.
- Your assessor may wish to ask further questions of you on completion of this assessment, to confirm and/or clarify your responses.

### Task Two questions

1. Identify five practical approaches you can use to reduce unwanted stress.

Examples could include:

- time management
- problem solving
- talking to others
- learning assertiveness skills
- personal development training
- balanced diet
- relaxation techniques and daily physical exercise.

Do not be restricted by this list. There are lots of other practical things people can do. For each of the five approaches, give one practical example. i.e. give details of balanced diet, or a specific time management technique.

Practical approaches for reducing unwanted stress	Example
1.	
2.	
3.	
4.	
5.	

2. Identify four ways of reducing unwanted stress by using internal processes (how we think and look at things).

Examples could include:

- humour
- choosing not to react
- changing focus
- changing expectations
- accepting change
- consciously changing your psychological state

Do not be restricted by this list. There are lots of other changes people can make.

For each of the four, give one practical example of how to reduce unwanted stress.

Internal approaches for reducing unwanted stress	Example
1.	
2.	
3.	
4.	

## Assessment results

These are the judgements that your assessor will use to assess you.

Has the learner described stress and its common sources and effects?	<b>Yes</b>	<b>No</b>
Has the learner's description identified stress as a natural human reaction based on individual perceptions of situations and identified five physical, four emotional and four behavioural symptoms?	<b>Yes</b>	<b>No</b>
Has the learner's description acknowledged the constructive role of stress as a motivator and identified consequences of too little stress?	<b>Yes</b>	<b>No</b>
Has the learner's description identified three potential internal sources of stress and seven potential external sources of stress?	<b>Yes</b>	<b>No</b>
Has the learner's description identified at least four consequences of stress overload and at least four consequences of reducing unwanted stress?	<b>Yes</b>	<b>No</b>
Has the learner described ways of dealing with stress?	<b>Yes</b>	<b>No</b>
Has the learner's description identified five practical approaches for reducing unwanted stress?	<b>Yes</b>	<b>No</b>
Has the learner's description identified four internal processes which assist in reducing unwanted stress?	<b>Yes</b>	<b>No</b>