

Name: _____

Period: _____

Stress Management Zine

Project Based Assessment



What is a ZINE?

Zines, short for magazines, are self-published works of art that include texts and images. Zines can be informational, fictional, focused on social issues, how-to guides, or an expression of personal interests. For this assignment, you will create an **Informational Zine** to teach others about **stress management/coping skills**.

What Do I Need to Include In MY Zine?

Below is what you should include in your zine to get the full amount of points. You may choose to make your zine **paper-pencil or digitally** (*using the template provided*) You may **USE THE NOTES WE WENT OVER IN CLASS** to help you with information!

- ☐ **Front Cover:** Creative title, picture, first & last name
- ☐ A description of what **stress** is
- ☐ At least **5 effects of stress** on our health
- ☐ At least **3 coping skills**. For **each coping skill**, you need to include the following:
 - *Explanation of what it is/how it is done
 - ** Benefits of this coping skill (*WHY is it good for you?*)
- ☐ **Resources for Mental Health:** Include 3 resources someone can use for mental health.
 - *Include a brief summary of what services they provide.

At least one resource should be a local resource (something we can access in and around Dutchess County).
- ☐ Your zine should include at least 1 picture/doodle per page.

Name: _____

Period: _____

Stress Management Zine Grading Rubric

Content/ Criteria	3	2	1	0
Front Cover 5 pts	Zine includes title, picture & name.	Zine only includes some of the criteria listed.	Zine has something on the cover page, but it is not a true cover page.	Zine includes NONE of the criteria listed.
Coping Skills 5pts	Zine includes 3 coping skills .	Zine includes 2 coping skills .	Zine includes 1 coping skill .	Zine includes ZERO coping skills .
Coping Skills: Descriptions 5 pts	Zine includes a description/how to do 3 coping skills .	Zine includes a description for 2 coping skills .	Zine includes a description for 1 coping skill .	Zine includes ZERO descriptions of coping skills .
Coping Skills: Benefits 5 pts	Zine includes benefits for 3 coping skills .	Zine includes benefits for 2 coping skills .	Zine includes benefits for 1 coping skill .	Zine includes ZERO benefits for coping skills .
Stress Basics: Description, 5 side effects 10 pts	Zine includes a description of stress and 5 side effects .	Zine includes a description of stress and 3-4 side effects .	Zine includes a description of stress and 2 or less side effects .	Zine fails to include basic information about stress .
Creativity, Neatness, Organization 10 pts	Zine includes a picture/doodle on each page, is neatly organized, and effort was given to creativity.	Zine does NOT include a picture/doodle on EVERY page and little effort was given to creativity.	Zine does NOT include a picture/doodle on EVERY page and also lacks organization.	Zine lacks creativity and organization.
Mental Health Resources 10 pts	Zine includes 3 or more resources for mental health and resources are valid/accurate . 1 local resource is given	Zine includes 3 resources for mental health but resources are not valid/accurate .	Zine includes 1-2 resources for mental health.	No resources were included

Total Points: ____/50