



SPHE CBA TAKING ACTION



Choosing a Project

Choose a project based on your learning.
Make sure you are really interested in learning more about it.

Research

Find information that is reliable and relevant. Organize and record your information, think carefully about what it means, and use it to make clear conclusions. Show that you can choose good sources and use them correctly.

Action

Action can take many forms, such as creating a survey, sharing information on an issue that matters to young people, organising an event, raising awareness, suggesting solutions to real-life challenges, promoting health and wellbeing supports, or advocating for change.

Report

Create a report that explains the action you took to raise awareness and promote an aspect of health and wellbeing. It can be presented in a written, visual, oral, or multimodal format. Make sure it clearly shows how you participated in a meaningful action and what impact it had.

Reflect

Reflect on your learning at different stages of the project. Explain why this action is important, what you are learning through taking part, any new insights you have gained, and what this experience means for you in your own life.

Features of Quality

Exceptional

The report displays exceptional research with excellent selection and use of relevant, reliable and appropriate information. It shows excellent awareness of audience and consideration of ways to make the project impactful in raising awareness about a health/wellbeing topic or issue of concern. There is evidence of insightful personal reflection on the learning and capacity to reflect on what this means for the student.

Above expectations

The report displays very good research and a capacity to select and use relevant, reliable and appropriate information. It shows a clear awareness of audience and consideration of ways to make the project impactful in raising awareness about a health/wellbeing topic or issue of concern. There is good evidence of personal reflection on the learning and what it means for the student.

In line with expectations

The report displays good, albeit limited, use of research. Consideration of what research is most relevant, trustworthy and appropriate for the purpose of the project was somewhat less in evidence. The project shows some awareness of audience although consideration of how to create impact is absent. There is some evidence of personal reflection on the learning. However, reflection on what this means for the student is not in evidence.

Yet to meet expectations

The report shows limited research and appraisal of information skills. The project lacks awareness of audience and consideration of what makes an awareness activity impactful. There is little or no evidence of personal reflection on the learning or what it means for the student.