

Wellness – Rubric Assesses Competencies 1 & 4 in Tier 2G, Wellness

Element of Wellness Plan	Distinguished (4 points)	Accomplished (3 points)	Emerging (2 points)	Unsatisfactory (1 point)
Emotional	Plan includes a step-by-step outline of what is to be done to work toward and achieve the goal of emotional wellness. Possible barriers or obstacles are listed along with ways they might be overcome.	In addition to Emerging criteria, Plan includes some details about what is to be done and few details about overcoming potential barriers.	Plan includes a goal statement about Emotional Wellness that is clear, specific, measurable, and attainable.	Plan includes a statement of what is to be done.
Mental	Plan includes a step-by-step outline of what is to be done to work toward and achieve the goal of mental wellness. Possible barriers or obstacles are listed along with ways they might be overcome.	In addition to Emerging criteria, Plan includes some details about what is to be done and few details about overcoming potential barriers.	Plan includes a goal statement about Mental Wellness that is clear, specific, measurable, and attainable.	Plan includes a statement of what is to be done.
Physical	Plan includes a step-by-step outline of what is to be done to work toward and achieve the goal of physical wellness. Possible barriers or obstacles are listed along with ways they might be overcome.	In addition to Emerging criteria, Plan includes some details about what is to be done and few details about overcoming potential barriers.	Plan includes a goal statement about Physical Wellness that is clear, specific, measurable, and attainable.	Plan includes a statement of what is to be done.
Relationship between domains	Plan includes a rationale for why the four domains of Intellectual, Spiritual, Environmental and Financial wellness contribute to Emotional, Mental and Physical Wellness.	Plan includes a rationale for why three of the four domains of Intellectual, Spiritual, Environmental and Financial wellness contribute to Emotional, Mental and Physical Wellness.	Plan includes a rationale for why two of the four domains of Intellectual, Spiritual, Environmental and Financial wellness contribute to Emotional, Mental and Physical Wellness.	Plan includes a rationale for why one or fewer the four domains of Intellectual, Spiritual, Environmental and Financial wellness contribute to Emotional, Mental and Physical Wellness.