

LEANDRO'S EXAMPLE

Leandro, un estudiante de 5C creó un test de salud mental y lo aplicó a 2 de sus compañeros. Aquí un ejemplo:

MENTAL HEALTH QUIZ

1. How often do you help others? a) Regularly <u>b) Sometimes</u> c) Never	3. How often do you take time to relax? a) Regularly <u>b) Sometimes</u> c) Never
2. How often do you talk to your friends? <u>a) Regularly</u> b) Sometimes c) Never	4. How often do you exercise? a) Regularly b) Sometimes <u>c) Never</u>

Juan 5C

MENTAL HEALTH QUIZ

1. How often do you help others? a) Regularly b) Sometimes <u>c) Never</u>	3. How often do you take time to relax? a) Regularly b) Sometimes <u>c) Never</u>
2. How often do you talk to your friends? <u>a) Regularly</u> b) Sometimes c) Never	4. How often do you exercise? <u>a) Regularly</u> b) Sometimes c) Never

SANDRA 5C

Y luego lo reportó:

MENTAL HEALTH QUIZ REPORT

On September 7th, 2020, I applied a mental health with the following results:

Juan sometimes helps others, he regularly talks to his friends, also, he sometimes takes time to relax, but he never exercises. He **should** change his habits and exercise three times a week

Sandra never helps others; she regularly talks to her friends. Moreover, she never takes time to relax but she regularly exercises. In my opinion she **should** be more empathetic and help others. It was everything I had to report.

Ten en cuenta que, en el reporte, Juan brinda una recomendación de acuerdo a la situación de sus compañeros