Self-Care Routine Assignment Rubric

Name:	Date:

Guidelines: This assignment assesses your ability to apply the *Work-to-Home Transition Journal* to develop a personalized self-care routine. Please use the accompanying rubric to ensure that you meet each required criterion before submitting your work. You may complete this assignment using any presentation tool or creative format of your choice (e.g., video, poem, collage, slideshow, etc.). Be sure to include your completed journal entries as part of your final submission.

You will have one week to complete this assignment. Final submissions are due by 11:59 PM ET on 07/22/25.

Criteria	4 - Excellent	3 - Good	2 - Satisfactory	1 - Needs Improvement
Completion of Work-to-Home Transition Journal (20 pts)	Journal is fully completed with thoughtful entries each day showing clear effort to track daily routine.	Most days completed with relevant entries, some minor gaps.	Some days are missing or lack detail in entries.	Few or no entries, showing minimal effort.
Integration of Self-Care Activities (20 pts)	Self-care activities are clearly identified, meaningful, and appropriately integrated.	Activities are present and mostly relevant to the daily routine.	Some activities included, but limited integration into daily routine.	Self-care activities are unclear, missing or poorly intergrated.
Personal Reflection & Insight (25 pts)	Reflection shows deep personal insight, growth, and thoughtful analysis of the experience.	Reflection is clear and personal, with some insight and analysis.	Basic reflection; surface level analysis.	Minimal or no reflection.
Creativity & Expression (20 pts)	Highly creative and engaging presentation (video, poem, collage, etc.), showing clear effort.	Creative format used with adequate effort and thought.	Some creativity, but format is rushed, seems unfinished.	Very little to no creativity, showing no effort.
Clarity, Organization, & Presentation (15)	Final submission is well-organized, clear, and easy to follow in chosen format.	Mostly organized with minor issues in flow.	Some issues with clarity, organization or formatting.	Disorganized or difficult to understand.
Total: /100	**90-100**	**80-89**	**70-79**	**0-69**