



PERSONAL DEVELOPMENT

PORTFOLIO NO: 7

Name: _____ Grade & Section: _____

Activity 1: SIGNS OF TROUBLE: DEPRESSION

What is the difference between just having a bad day and something potentially more serious? Put a check mark under the Column Yes or No for each of the items below:

Test Your Mood	YES	NO
Do you feel sad, depressed or down most of the time?		
Are you unable to enjoy the things that once gave you pleasure?		
Do you feel tired and/or lack energy most of the time?		
Do you have trouble sleeping or do you sleep too much?		
Do you find it difficult to concentrate or make decisions?		
Have you had an increase or decrease in appetite or weight?		
Have you had feelings of worthlessness or guilt?		
Have you felt frightened or panicky for no apparent reason at all?		
Have you felt restless and found it difficult to sit still?		
Have you been feeling anxious or worried?		
Have you felt like you just cannot go on or had thoughts of death or dying?		

Activity 2: SLEEP AND BEDTIME ACTIVITIES DIARY

Week (date): _____

Day: Write in the rows below your activities before you went to sleep, starting on the day in the week that you begin with: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday.

Day	Time went to sleep	What was I doing before I went to bed? Examples: <ul style="list-style-type: none"> • Playing a sport • Playing a video game • Reading a book • Watching TV • Talking on the phone • Texting with friends • Hanging out with friends 	Did this affect what time you went to sleep?	
			Yes	No
1.				

Portfolio No 7

K Morrison



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Table of Contents Portfolio No 7

1. Understanding the eBook Portfolio No 7
 - The Rise of Digital Reading Portfolio No 7
 - Advantages of eBooks Over Traditional Books
2. Identifying Portfolio No 7
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Portfolio No 7
 - User-Friendly Interface
4. Exploring eBook Recommendations from Portfolio No 7
 - Personalized Recommendations
 - Portfolio No 7 User Reviews and Ratings
 - Portfolio No 7 and Bestseller Lists
5. Accessing Portfolio No 7 Free and Paid eBooks
 - Portfolio No 7 Public Domain eBooks
 - Portfolio No 7 eBook Subscription Services
 - Portfolio No 7 Budget-Friendly Options
6. Navigating Portfolio No 7 eBook Formats

- ePub, PDF, MOBI, and More
 - Portfolio No 7 Compatibility with Devices
 - Portfolio No 7 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Portfolio No 7
 - Highlighting and Note-Taking Portfolio No 7
 - Interactive Elements Portfolio No 7
 8. Staying Engaged with Portfolio No 7
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Portfolio No 7
 9. Balancing eBooks and Physical Books Portfolio No 7
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Portfolio No 7
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Portfolio No 7
 - Setting Reading Goals Portfolio No 7
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Portfolio No 7
 - Fact-Checking eBook Content of Portfolio No 7
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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