EXEMPLARS OF ESSAYS FOR RATING PSYCHOSOCIAL RESOURCES

POSITIVE: Overall, how positive was the author's perspective in this essay?

1	4	7
Not at all		Very
I Like to Hellp at Home. I have got a nas Laf at home same tames I get han for not Dooing my told and sume tames I got sent to bed withe out eny soper and when my mum gos to bed I came Bak Down stes and got sunthing then was wans I that she had gan to bed but she was hiding in the pantry she had a I deer at I was cumeing [name]stes so she hid in the pantry and she seen me apning a tin af speely for my super and when I had apnt it and put it in the pan she cume out of her hiding plas and gave me a smak and sent me up to bed and she eats the spgety and she wood not let me out the next Day. and at 6 oclock I not to go to bed and get up the next moning and save all of the shoping for her I have cary a pand aff Bisctes but she tuk me to the sae sad after Diner it was lavly and shany and we took our Bathn costuams and we met plaing	I will try to go to [xxxxxx] county primary in [xxxxxx]. I might be teacher of class 8. If I didn't tell you I am a batchular, and every year my resolutions are that I will never get married. I am a millionare or that is my Ambition. I live in [xxxxxx] and my favourite teams are as in my school days Leeds and Manchester United I go to all of their football matches. When I was in class 8 we had a teacher called mr [xxxxxx] he was a good tempered man. I sat next to a boy called [xxxxxx] [surname] he was one year older than me, he got killed in a train-crash. When I was eleven-and-a-half I went to a school by the name of [xxxxxx], I left [xxxxxx] when I was 15 years old. I like making models I have a Auto-Lancater a spitfire messershmitt 110,111. A mosquito Superfortress I Am a	I am leading a very pleasant and happy life. I often go out in the car for sight seeing. My intresests are wood work and making modles fishing and reading. I lead a very good home life and I like working in the garden all the family enjoy their life. I keep lots of rabits and birds. I take our dog into lots of shows I very much enjoy going on holidays. espcealy a broad. I enjoy my home life in a little cottage in the country with a lovely garden. My proper work is a footballer I play center forward and left wing and I like the job very much and I get to know more and more people. Sometimes after a match we all have a party. When I do not play football I have a super market to run. I like that very much and I can make friends with a lot of people and sometimes I go out with them and we have a jolly time together. The
my Bhucha [Note: closer to 2]	senior scouter I am in charge of Flitwick [Note: closer to 5]	football team I play for is Leeds.

NEGATIVE: Overall, how negative was the author's perspective in this essay?

1	4	7
1	4	7
Not at all		Very
I play football for Leeds UTD I thought that is very good and I am very happy with my money and I am very content. I have two cars one Ford Escort and 1 ford capri. I have a very nice Day at the Leeds cluB. I talk to the players and the manager, I am not married but I am engaged to some one. On Teusdays, Wednesdays, and Thursdays I work in an employment office, I start at nine oclock and finnish at four thirty. I go home and get my tea and then go out some where and then come back at 5:30 and Just sit down and read I have a nice Life. Next morning I would get up and washed and ready by 8.00 and then go to the cluB and have a football Practice and then sit down then read and wright I think it is Great.	When I was twenty years old, I was going out with my Boyfriend, He was 21 years old we were thincking of getting married, and have children but one night I was suppose to have a date I never went because I was minding the children at home, For my mum but when I saw him coming to my house. I was trying to explain why I never come so we were qurreling and qurreling and I said were through he said okay fair enogh and I gave him his Ring Back and give it to anther girl so I told my mum and she was upset. I said dont worry I will stay single and help you at home so she stop worrying and we got on okay But a letter came for me it was of the same lad his name was Ken so I through it in the fire, and throught of it no more. And one night I met a lad who was 21 and his name was Chris we were going out with each other and we got engaged and We were okay and my mother was glad. I was going out with him and Ken was jealous, so just for spite I married Chris and We had children and were happy ever after.	I have still got my job and I have a part time job. I still chroset [crochet], butI sometime get bored with my job but I still go on with it. Sometimes I wish that I had a differret job, I don't do much reading, and I wish I was yung again like when I was yung I wanted to be older. my mum dose all the cooking still. and my dad has got another job.Sometime I think about my teachers, and I think about when I made a dress for my sister. my sister loves school and she don't want to leave. now when I have my birthdays I think about when I was young and I had birthday partes but when you get older you don't have birthday parties that the worse of geting alder. I think about school alot and how the teachers used to be. when you get older noone cares about you. when I was young I used to sing alot but now I hadly sing I used to like lots of things what I don't like now. I like dancing very much I used to like dancing when I was young.

OPTIMISM: To what extent is the author optimistic about his or her future?

1	4	7
Not at all		Very
[illegible fiche] husband. He turned on the television when he heard that the film of Apollo 10 film, but I said no. And he asked me why and I told him, he said I should [illegible] a [illegible] fancy if you was one of these people starving to dearth and the Americans are the only people who can help you. And they go spending money on old iron[?] just to [illegible] machines to travel in. 'I see your point he said.' 'But I still think that you are a bit silly thinking this. In India they have cows but they are sacred and they don't kill them or some evil spirit comes out them and kills them so they starve to death.' Well what does it matter I know they are stupid but what about all these other people who are in America and are starving to death yet they are asking for other peoples help. When they have more than enophe money. The russains are just the same only they aren't content on going to the moon but going to Venus and Mercy.' My husband at his dinner in peace. I got ready to go out it was 8' o clock when I had got ready and started to wash the dishes while my husband got ready. We went out to [illegible] club. And had a drink and danced, then we came home, when we reached home it was [illegible fiche] the morning for work so we went straight [illegible fiche] bed. And in the morning the day started all over again. [Note: closer to 2 or 3]	I am studying to be a teacher. If I get through I will try to go to [xxxxxx] county primary in [xxxxxx]. I might be teacher of class 8. If I didn't tell you I am a batchular, and every year my resolutions are that I will never get married. I am a millionare or that is my Ambition. I live in [xxxxxx] and my favourite teams are as in my school days Leeds and Manchester United I go to all of their football matches. When I was in class 8 we had a teacher called mr [xxxxxx] he was a good tempered man. I sat next to a boy called [xxxxxx] [surname] he was one year older than me, he got killed in a train-crash. When I was eleven-and-a-half I went to a school by the name of [xxxxxx], I left [xxxxxx] when I was 15 years old. I like making models I have a Auto-Lancater a spitfire messershmitt 110,111. A mosquito Superfortress I Am a senior scouter I am in charge of Flitwick [Note: closer to 5]	I am a research scientist on the field of astronomy. I am married and my husband does the same work as I do. I have to be at work by half past eight. I am studying the moon Venus with my husband at the moment. We have a nice detached house in [xxxxxx] It has four reception rooms, an enormous morning room and a large kitchen. Upstairs there are five bedrooms of reasonable size, two bedrooms and two seperate W.Cs. Outside we have a garden of almost an acre. We have got a double garage in which our two cars are. We have no children yet. I still go to [xxxxxx] like I did when I was eleven, but now, instead of learning throws, I teach them. I am a black belt, 3rd dan. I do this every other saturday evening from 7 o'clock till 9 'o clock. My husband does this with me. On Sundays we go sailing with my brother and his wife. We have a small sailing yacht. We do sailing all the day. Sometimes when we go on holiday we have a sailing holiday. I got interested with sailing one or two years after my brother started when he was twelve. 1 of the things are prize most is my stamp collection. I have simply thousands of stamps. Several hundred of them are worth a very great deal. The country of which I have most stamps is Hong Kong. This is due to the fact that my grandfather traded with Hong Kong and gave me all the stamps. We often got to Spain for our holidays but when we know something like a total eclipse is going to happen in another country, we save up money to go there and see it. During the time when we are on holiday we often stay up at night and look at the stars and the planets from our research hut at the back of the garden. We get a good view of mercury, which is near the horizon at night because we live in a very open area. This year we are going, for a change, on a car tour through Switzerland. While we are there we hope to learn how to ski and we shall ski down the mountains. In the evenings I have plenty of work to do. I finally get to bed at about ten o'clock. The purpose of having five bedrooms in the house is

GOOD THINGS: To what extent does the author expect more good things to happen than bad things?

4	4	
1	4	7
Not at all		Very
There was a pile of washing waiting to be done in the laundry basket waiting for me to wash. Oh how I wish I was young I thought to myself. Just as I had the water in the washer I heard my five month old baby crying in her pram outside. It was her bottle time I have to leave every thing to get her bottle ready. As soon a I had fed her my husband came home for his dinner. It had to be a ham (sand/samwhich) samwidgch today so I could get my washing done quicker. After dinner I started to do my washing again and managed to do most of my washing when a neighbour came for a cup of tea I felt like a cup my self so I made a cup for us. when the neighbour went I finished my washing. When I went up to make the beds I saw pile of washing on the bedroom chair I had just put the [illegible fiche] away so I was very annoyed and picked up the [illegible fiche] The washing will have to wait until tomorow I said to myself because the tea was still have to be done Soon we were sitting down to tea eating a cooked meal. After tea the day was not over there was the baby to put to bed and be bathed. There was also the washing to be ironed and many more things to be [illegible fiche] about twelve we went to bed. In the morning I was work all over again Oh I do wish I was still a school girl again, I thought to myself, but it never came true.	Once upon a time I was 25 yeirs old I was working at the garage putting oil in cars and cleaning them sometimes the men were wanting to keep them in the garage to put new engines in them we done about 30 cars a day the came Back for them about 3 or 4 days when I stated at the garage I was 16 yeirs old I have been their now 9 yeirs We start work at 8' clock in the morning and we get a break at 11 o'clock we get home for hour diner at 12' o clock and we only get 1hr. for hour diner we started again at 1'o clock there was three men came for there cars to take them away there names was Mr. [xxxxxx] who had a [illegible] and Mr. [xxxxxx] who had a volks waggon and the other man was Mr. [xxxxxx] who had a Mini car and there was 27 cars [illegible] and another ten [illegible] and there was 17 cars left. I was sorting the engines and Mr. [xxxxxx] was cleaning them and at 3 o'clock I got [illegible] and started Back to work and another 5 men came for there cars at half past [illegible] and there was twelve cars [illegible] it came to 5'oclock and we shut up the garage and we went home My adress is [address] when I get home and I got my tea and at 6'oclock I went to the Billiards to have a game of snooker I played for an our and went down to the town and got a cup of coffee.	My work is football. I am getting on quite well as a footballer. I have quite abit of money in the bank. I have two children and a wife. We are all very happy in my house. My oldest child is 8 years of age. He wants to be a footballer just like myself. My youngest child is 2 years old. she wants to play Tennis when she is older. We mostly watch Tennis games and football games when I am not at work. I usually get up very early for training. I sometimes take my son with me I think he has a good time. When I come home from work I mostly take my wife out to the Cinama. I hardly ever stay at home. When I do I mostly have a rest. At all other times im mostly giving my son some football practice and my daughter some tennis practice. My wife works in a Restarunt and she cooks delicous meals for me and my family We are a preaty welthey family. I earn about 60 pound a week but I only have 20 pounds to spend etc. My wife earnes about 50 pounds and she has 30 pounds left to spend. So we altogeather have 50 pounds to spend. I thank that is quite alot of money. I have a Zephra 7 to ride around in. We have only one car but we could easely buy another one.

ENGAGED: To what extent does the author seem engaged with life?

1 Not at all	4	7 Very
	I work as a carpenter in my own shop it is call The Furntrue shop. Iam very much cean in Carpentry even at a little boy I was cean, tride to make planes to fly but non ever flew, now Iam making a plane thats call the Blue Devil and that fly's. I have know children and my wife died afew months back of cansirer. So now I live in aflat by my self. I keep alook out for some more girls but non turn up. So I mite not get married till Iam 27 unnees a girl turn up. [Note: closer to 5]	I am an art teacher. Each morning I go to the school and prepare the lessons. I live near my parents in the country in a small cottage. It has a lovely garged and veiw. The lounge is small, but the kitchen is large. After school I often go to the nearby tennis club for a game of tennis or to the swimming baths. I like to go on walks in the country with my dog too. My work is quite hard, each day I get up at half past seven and get ready for eight o'clock and then get a lift into town. I prepare the things and then have two or three lessons before break. After break I go on with art till dinner and then continue on till quarter past four. Although my work is quite hard I enjoy it very much as I like art very much. I also like English and I like to read very much. I am very happy with the life I lead at weekends I play tennis and go swimming. Occasionly I

go to a dance. I also like animals. I kept a dog, but had to submit that it stayed with my parents, for it would be cruel to have kept it the whole day in the house. I am also a great lover of flowers and the countryside. I like to go on the moors where the wind is refreshing and the heather carpets the ground. I enjoy myself very much just walking with my dog. In the summer I like to garden and I landscaped my garden
to garden and I landscaped my garden
myself, I am now going to make a water
garden. I also enjoy driving, as I have just
past my driving test I am hoping to get a car.

GOALS: To what extent does the author describe goals to achieve or ambitions to meet?

1 Not at all	4	7 Very
	When I am 25. I hope to have an E Type Tag and live in a bungalow. I would like to have 1 child. I would name it if it was a boy. John and if it was a girl, Lynda. I would like my wife to work in a hospital. We would live in [xxxxxx]. If it was a girl she would have long hair. But if it was a boy it would have short hair. In our house I would like a big garden Our car would be dark blue. with red upholstrey.	Although I am twenty five, I am still at school. University. After I have hope to become an Architect. I hope to stay on untill I am thirty, like my uncle Roy who is, as I hope to be, an Architect. I shall probably ask him, were the best place to begin would be. He is encouraging me a great deal. I do a lot of studying, but in my spare time I help my father with his car (I pick up a lot of hints, for he is a motor machinic, and can drive and have a car of my own) or make models. I do a lot of driving in the country as well. I also play football and cricket at University. At football I play goalkeeper for the first team. I let only five goals in the last season in the few [illegible] Some other of the student and I organised the team. The same applys with cricket. We organised our own [illegible] that as [illegible]. We [illegible] up badly at [illegible] I still have a [illegible] twenty-one [illegible] They are both at College. At one time when I was about five my dad [illegible] me things and now I am reaching him. [illegible] with my car whenever something goes wrong [illegible]. My car is a light blue 1998 Ford [illegible] number PL531. [Note: closer to 6]

FAMILY: To what extent does the author mention close relationships or shared activities with family members such as a spouse, children, parents, or siblings?

1	4	7
Not at all		Very
At the age of 25 I would like to be a	I am 25 years old I work as a nurse at	I would be working in a shop or office. I
fisherman on a trawler far out to sea and	[xxxxxxx] hospital [xxxxxxx]. I am marry but	should be going out at night somtimes with
come back in every two or three weeks. I	have no children, My husband works at the	my mum and dad and sometimes with my
would stay in every two or three weeks. I	hospital to, as a man who drives ambelans. I	friends but not very night. I think I would
would stay in a bungalow and have a big	am not find much time to do the house work	stay in and read or watch T.V. at night. I
garden and a big car. The kind of fish I	and cook meals when I am on day duty,	think I would like my job very much and
would catch would be haddock cod and	nights is more easy for me so in the day time	would be very happy. I think I would be
plaice. When I landed I would stay for two	I can do all these things. I do not find much	geting married soon and have a new house
days and mend all the nets and go home to	time for any hobby or interests the only	with new furture and a nice garden. I would

my house to stay for two nights and get my	thing I can do is ride. I cant ride very much	have children. I think my children would be
clothes washed and see if the boat had been	but I do go when it is my day off or any time	very good and have good manners and be
refueled and the food was taken aboard and	I am free. I am very happy in this job and	very happy. I would be very interested in
set out to sea when all the crew had came	wouldnt realy change it unless I could not	them. And my husband and I would be very
down. I would like to have a crew of twenty.	do it for some reason. Before I am 50 I hope	happy all through our lives. i would be
	I will be a thearth Sister because I like It in	visiting my mother and father alot and my
	the thearth, I have been a nurse for nealy 3	mother inlor and father inlor alot to. My
	years now and I have enjoyed every minet.	husband and I would take them out at
		weekends.

OTHER PEOPLE: To what extent does the author mention close relationships or shared activities with people who are not family members such as friends, neighbors, colleagues, or others in the community?

1	4	7
1	4	7
Not at all		Very
When im 25 ill probely be a naterlist or a falconr. But if I were a natuarlist id have about 6 avorys and in them id have birds in them. i dont no were id live probly down south or in Scotland. id write books film birds and id have a wild life reserve id have a car and lean to drive. praps larn to fly an airoplane. id travel alot with my work to forin countrys. i would not get marrid yet.	At the age of 25 I am a batchallor and I live with my mother in a flat in [town name]. My job is a builder and I have managed save quite an amount of money. At the moment I am putting the finishing touches to a semi- detached house in [street name]Street, after which my mother and I will be taking a well earned rest in Majorca for a couple of weeks. We have arranged it so that we can just celebrate my mothers birthday on [date] before we leave. We will set off on the [date] and hope to arrive home on the [date] at about dawn so that we can go straight to bed when we get home and sleep as long as we want while were away. a friend of mine [name] will look after the house for us and see that our cat [name] gets his feed. If I get back in time I would like to see about changing my job while I am able to do so. On holiday I shall think about the job that I would like to do. The jobs that as a possibility are a shift[?]. I like carting when I can do a carpenter. I go to woodwork classes. A lorry driver, I can drive or [illegible fiche] I could become a Policeman. These are all possible but I think a carpenter would suit me the best. The reason I am changing my old job is that if I get married I may not be able to save enough money for us to live properly and we may be seperated. Anyway, I'm off to work now on the last couple of days before my holiday.	My age is 25 and I am working as a nurse. When I left school I studied First Aid. Then I became interested to be a nurse. I am married now and have a 'happy home'. I have got a little girl and she says that when she grows up she wants to be a nurse like I am. I am not only a happy wife with a good job but I am a hard working housewife. Sometimes I go to visit my parents, and do shopping. My husband is also a hard worker. My job is quite nice as a nurse. In the summer we go on holidays. I enjoy the age of twenty-five. I have lots of friends and most of them are a nurse and they work with me. They have been my friends since I first started school and I have known them for years. We all get along well together. I have nice neghbours whom are very friendly.

SATISFIED: To what extent does the author seem satisfied with his or her imagined life?

1	4	7
Not at all		Very
There was a pile of washing waiting to be	I work as a carpenter in my own shop it is call	I am a pure needle-work mistress, and I
done in the laundry basket waiting for me to	The Furntrue shop. Iam very much cean in	enjoy my life very much. I teach girls at a
wash. Oh how I wish I was young I thought to	Carpentry even at a little boy I was cean, tride	Grammer School and sometimes at College.
myself. Just as I had the water in the washer I	to make planes to fly but non ever flew, now	But when I am not teaching I love to go for
heard my five month old baby crying in her	Iam making a plane thats call the Blue Devil	long walks with my dog. Often I go to the
pram outside. It was her bottle time I have to	and that fly's. I have know children and my	woods and sometimes the park. But which
leave every thing to get her bottle ready. As	wife died afew months back of cansirer. So	ever place I go to my dog always enjoys it.
soon a I had fed her my husband came home	now I live in aflat by my self. I keep alook out	My bungalow is very comfortable and cosy in
for his dinner. It had to be a ham	for some more girls but non turn up. So I mite	the winter and very pretty in the summer. In

(sand/samwhich) samwidgch today so I	not get married till Iam 27 unnees a girl turn	winter I always makesure that daffodils and
could get my washing done quicker. After	up. [Note: closer to 5]	snow-drops and crocuses make the garden
dinner I started to do my washing again and		look gay. But when the summer comes it
managed to do most of my washing when a		looks at its best, pots of flowers make the
neighbour came for a cup of tea I felt like a		window-base gay, flowers blooming all the
cup my self so I made a cup for us. when the		time makes it a pleasure to sit out side and
neighbour went I finished my washing. When		sew. But you must not think I do not like
I went up to make the beds I saw pile of		teaching at school for I adore it. Usually the
washing on the bedroom chair I had just put		girls are very good, but sometimes they play
the [illegible fiche] away so I was very		tricks on me. But never horrid ones. I ador
annoyed and picked up the [illegible fiche]		Needle Work, that is why I sew so much.
The washing will have to wait until tomorow		Often I have to take the girls sewing home
I said to myself because the tea was still have		because they have got it in such a mess. But
to be done Soon we were sitting down to tea		all the girls enjoy it and say that they will be
eating a cooked meal. After tea the day was		[illegible fiche] Mistresses when they leave
not over there was the baby to put to bed and		school. Also I am very happy because I am
be bathed. There was also the washing to be		alowed to take my dog with me. I [illegible
ironed and many more things to be [illegible		fiche] underneath the cherry tree, but really
fiche] about twelve we went to bed. In the		he is spoilt for all the girls adore him and so
morning I was work all over again Oh I do		they make a big fuss of him. [illegible] is
wish I was still a school girl again, I thought		name is [xxxxxxx] and he is a miniature
to myself, but it never came true.		[illegible fiche] dog and is a dear. Every
		morning I take him for a walk then we have
		our break-fast, and then he sits in the back of
		the car when we go to school. But he is
		always hungry when we get to school so I
		have to give him some biscuits.

GROWTH: To what extent does the author describe his or her growth or development?

1 Not at all	4	7 Very
	Some times I play Football and go Boxing I am married and have some children. I like Sports I work and I read it lot I like going to football matches A lot I suppet chelsea I go out A lot. I live in A house.	I am single and live with my friend in a flat. My job is a teacher. The main subject that I teach is needlework. At night I go to night school and learn more needlework. My friend goes to pottery lessons. It is an interesting job being a teacher. I do not get much spare time though. At the weekend my friend and I go into the country and enjoy the scenery. My other hobby is stamp collecting I have got two thousand stamps. One of them is the Penny Black. I also like doing needlework. Some children in my needlework classes have produced some good work whereas others are slow and lag behind. It is a good subject to teach I think because as the children get older they can start making things for themselves. I am teaching my friend how to do some of the more complicated stitches I have made a dress for myself with some fancy stitching on. After night school I do some reading I borrow books from a public library. I also read in bed for a while. I have tried writing a book myself but it was unsuccessful because I could not think of an ending. It is a good job being a teacher and I like it. I hope to learn more subjects and teach them as successfully as I have done needlework.

IN CHARGE: To what extent does the author seem to feel in charge of or in control of his or her life?

1	4	7
Not at all		Very
	I work as a carpenter in my own shop it is call The Furntrue shop. Iam very much cean in Carpentry even at a little boy I was cean, tride to make planes to fly but non ever flew, now Iam making a plane thats call the Blue Devil and that fly's. I have know children and my wife died afew months back of cansirer. So now I live in aflat by my self. I keep alook out for some more girls but non turn up. So I mite not get married till Iam 27 unnees a girl turn up. [Note: closer to 5]	earning about £30 a week. The job of a Mechanical Engineer is designing and controling the job of making bridges and other Mechanical things. My main interest are of aviation and I often go gliding in the holidays. I are now working on the project of making an automatic swing bridge 2 miles

PLEASURE: To what extent does the author describe pleasurable experiences?

1	4	7
Not at all		Very
	I have just got married and we live in a cottage in the country the cottage is about 3 years Old I work in a offic as a secertery in [xxxxxx]. My Boss is a well known man because he is a millonare. I get 20 pound wages each week and I get payed even if I am ill. when I get home of a evening I start to cook tea for my husBand and myself my husband gets in about 7 O,clock. when I have cooked the tea I put it in the oven and wait for my husband to come in when he comes in we have tea then we watch televison till about 10,0 clock then we go to bed. In the morning I get up about 6,0 clock and cook breakfast when I have cooked it my husband get ap has his breakfast and goes to work I have to be in work By half past nine So I do some house work first I dust the staires then I make the Beds and then I just have time to wash up and then I have to leave for work I get to work about twenty past nine.	I'm marrid and I'm working at ICI. I like sailing and I have a boat of my own. I have a very big stamp clection. I live in a big house with four bedrooms and two cars one is a sports car and the other is a big landrover for going camping abrord. I go to Spain every year for a holiday. If I have children I will send them to boarding school. I wouldent smoke and I wouldent drink alot. I would have a big dog and a donkey. I would live in [xxxxxx] so I could go and swin in the sea if I want to. I would play Rugby alot so I would have to be fit. I would be a good fishamn and cach alot of macral. My wife and I are ofen going out to dinner. I have lots of friends and I have a colour telavion and a black and white one. I ofen go to the golf club and I play tennies. In the evening I watch telavisoin or go out or read a book I don't like drying dishes my favirite food is sepgetey bolanaze.