UNIT 9.3: People Can Achieve Emotional Peace

Chapters 1 – 4

RESEARCH TASK

KEY UNDERSTANDING: Emotions can be very powerful in our lives with the principal emotion being love. Life can throw up many challenges, which can lead to emotional stress. People need to learn to recognise their emotions and adapt their reaction in more positive and life-giving ways. This leads to a sense of emotional freedom and happiness.

STUDENT: __________________________________________

DUE DATE: __________________________________________

MARK: _____ / 40

Teacher Comment: ____________________________________

_________________________________________________________________

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_________________________________________________________________
PART A: (6 marks)

1. Emotional development involves three steps, which can be remembered by the initial for the key concept in each step: R. A. C. Identify and describe each step.

(i) **R** (name the step): ________________________________________________________________

   Description: ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

   (2 marks)

(ii) **A** (name the step): ________________________________________________________________

   Description: ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

   (2 marks)

(iii) **C** (name the step): ________________________________________________________________

   Description: ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

   (2 marks)
PART B: INVESTIGATION (34 marks)

You are required to research a person who with the love of Jesus was empowered to use their will in order to appropriately choose how to direct their emotions. By drawing on the power of the Holy Spirit to help them love as Jesus taught, people can respond to God’s call.

There are two parts to this: i) Research Component

ii) Report

Part B (i): Research Component (14 marks)

1. Concept map (5 marks)

2. Research Notes. These must address the questions identified in your Concept Map AND be evident in your response. These need to be handwritten. (5 marks)

3. References: At least three in appropriate format. (4 marks)

Part B (ii) Report (20 marks)

Research the life of one of the following people.

- Mary MacKillop * Oscar Romero. * Maximillian Kolbe
- Irene McCormack * Patrick Francis Moran * Daniel Mannix
- Dorothy Day. * St. Mother Teresa of Calcutta.
For your chosen person complete the following information:

(a) Brief biography of their life. (5 marks)

(b) Consider your person, their life and experiences. Apply the three steps of emotional development (RAC) to some aspect of their life.

(i) Describe what they experienced in this aspect of their life. (4 marks)

(ii) Identify the emotion(s) they would have felt; and (2 marks)

(iii) Describe two (2) choices of behaviour they may have had to consider: one that was "life-negating", and the "life-giving" one that they did choose. (6 marks)

(c) Give examples of how they were able to draw on the power of the Holy Spirit to help them love as Jesus taught, and choose to act in life-giving ways. (3 marks)