

January 2025 WPE Portfolio Grid Notes

Health and Wellness Across Adulthood

	Denworth	Wood et al.	O'Grady
What comprises physical, social, and emotional health?			
What influence does friendship have on physical, social, or emotional health?			
What influence does creativity have on physical, social or emotional Health?			
What influence does friendship have on people's coping skills and wellbeing?			
What influence do creative activities have on people's coping skills and wellbeing?			

This is not an outline for an essay. It is a useful tool for organizing your thoughts and materials. To use the form, put the page number of the sentences or quotations into an appropriate cell. Then, working one row at a time, you will be able to identify the ways that the sources intersect with or disagree with each other. Doing this will help you to form paragraphs that are about the commonalities and differences between the readings.