



Outcome 2 - Identity and Belonging

You are required to draw on the ideas and/or arguments suggested about 'Identity and Belonging' that are presented in *Skin* to complete a sustained written text. You will also need to write a 'statement of intention' that explains your decisions about form, purpose, language, audience and context to accompany your finished piece (paragraph or dot points).

You will need to base your written response around the following prompt:

"One can be accepted and still feel terribly alone"

	DETAILED KNOWLEDGE AND UNDERSTANDING OF THE CONTEXT, TEXT and PROMPT	COMMENTS
15-14	Demonstrates a sophisticated understanding of complex ideas and/or arguments relevant to the Context and presented in the selected text as well as the ability to draw on these in the creation of own text. Insightful and detailed grasp of the prompt and perceptively explores its complexity.	
13	Demonstrates a strong and detailed understanding of ideas and/or arguments relevant to the Context and presented in the selected text as well as the ability to draw on these in the creation of own text. Detailed grasp of the prompt and its implications, exploring its complexity.	
12-11	Demonstrates a thorough and detailed understanding of ideas and/or arguments relevant to the Context and presented in the selected text as well as the ability to draw on these in the creation of own text. Insight into the implications of the prompt, using appropriate strategy to deal with it.	
10	Demonstrates a thorough understanding of ideas and/or arguments relevant to the Context and presented in the selected text as well as the ability to draw purposefully on these in the creation of own text. A clear understanding of the prompt, and the ability to explore some of its ideas.	
9	Demonstrates a clear understanding of ideas and/or arguments relevant to the Context and presented in the selected text as well as the ability to draw on these to some degree in the creation of own text. An understanding of the prompt and ability to explore some of its idea.	
8-7	Demonstrates some understanding of ideas and/or arguments relevant to the Context and presented in the selected text as well as some evidence of the ability to draw on these in the creation of own text. Some understanding of the prompt and the ability to respond to it.	
6	Demonstrates some understanding of basic ideas and/or arguments relevant to the Context and presented in the selected text as well as some evidence of the ability to draw on these in the creation of own text. Limited awareness of the prompt.	
< 5	Demonstrates limited understanding of basic ideas and/or arguments relevant to the Context and presented in the selected text with little evidence of the ability to draw on these in the creation of own text. Little or no awareness of the prompt.	

This mark is subject to VCAA moderation.

DEVELOPMENT OF STRUCTURAL FEATURES & AUTHORIAL CHOICES		COMMENTS
9-0	Presents a skillful shaping of ideas, arguments and language appropriate to chosen form, audience, purpose and context. Uses appropriate metalanguage to present an insightful explanation of authorial choices.	
8	Presents a solid shaping of ideas, arguments and language appropriate to chosen form, audience, purpose and context. Uses appropriate metalanguage to present a detailed explanation of authorial choices.	
7	Presents a considered shaping of ideas, arguments and language appropriate to chosen form, audience, purpose and context. Uses appropriate metalanguage to present a sound explanation of authorial choices.	
6	Presents a suitable shaping of ideas, arguments and language appropriate to chosen form, audience, purpose and context. Uses appropriate metalanguage to present a clear explanation of authorial choices.	
5	Presents an appropriate shaping of ideas, arguments and language appropriate to chosen form, audience, purpose and context. Uses some metalanguage to present a clear explanation of authorial choices.	
4	Presents a generally appropriate shaping of ideas, arguments and language appropriate to chosen form, audience, purpose and context. Uses some metalanguage to present a clear explanation of authorial choices.	
3	Presents little evidence of appropriate shaping of ideas, arguments and language appropriate to chosen form, audience, purpose and context. Uses limited metalanguage to present a clear explanation of authorial choices.	
1-2	Presents little evidence of appropriate shaping of ideas, arguments and language appropriate to chosen form, audience, purpose and context. Uses minimal metalanguage to present a clear explanation of authorial choices.	
CONTROLLED, EXPRESSIVE AND EFFECTIVE USE OF LANGUAGE		
5	Uses precise and expressive language.	
4	Uses language fluently and confidently.	
3	Uses language accurately and appropriately.	
2	Uses language that communicates clearly.	
1	Uses adequate expression and language control.	

28

Total: /30

Maintains persona
 Skin - client par 3
 language appropriate to form
 Longwinded anecdote at beginning
 - would be marked down in an exam
 for unsophisticated language.
 This mark is subject to VCAA moderation.
 For a SAC w/ written statement, it's a page

Main text drawn upon (please print)

Skin

< back

~~http~~://www.anpct.com.au

YOU CAN BELONG + NOT BELONG AT THE SAME TIME.

By Roxanne McCarthy, leading Melbourne psychologist (blog post #6)

~~I recently celebrated my birthday~~ A few years back ~~more~~ I celebrated a milestone - my thirtieth birthday (okay, maybe more than a few - a decade or so perhaps?). I had a party and the like, and overall, had a pretty good time. Until I opened the presents that was. There were about a hundred of them to unwrap, as I had lots of friends, all whom with I shared this special day. With my best friend Anna sitting next to me, I began to unwrap gift after gift, card after card, and mostly, was disappointed. The messages were all generic and I hardly recieved any actual gifts. Of course I didn't seek presents, but those I did receive were ones which I truly felt no love towards. Did my "friends" really not know me? My likes, hobbies interests - nothing? Money, of course, has no emotional connotation, so I guess it seemed like a gift which couldn't be unwanted. Boy, were these strangers wrong. Anna tried to console me (she had purchased me a porcelain doll I'd wanted since I was fifteen) but in the end, I spent the latter parts of the night with a bit of bubbly, alone, ~~and~~ and watching Sex and The City reruns. These "friends" knew nothing about me - ~~and they~~ ~~even know~~ ~~to~~ strangers is what they were. Sure, we had great conversations, but clearly they only knew me from the outside, and not the inside out. I suppose I felt a little bit alone... it wasn't a good feeling either.



Our social environment has much to answer for when our sense of belonging is concerned. Our families, for instance, are those who are usually most likely the ones that see what's beneath the surface and know us ~~the~~ inside out. Yet, there are times within these special bonds we share with them that we can feel alone. My patients are often in agreement with me on this, ~~but~~ they do however find it hard to understand how they can feel so alone, even though they are loved by their parents, brothers and sisters. Often it is during adolescence that we develop and gain a clearer image of what we deem as important, and what is right versus what is wrong. For many individuals, this can differ from the morals and values projected onto them from a young age by their parents. They have grown up surrounded by the opinions and views of their parents, yet are grappling with ^{an} internal conflict - their own set of beliefs. It is when personal morals and values differ that individuals can begin to feel like outsiders within their families, and not feel as though they belong because of their identity; who they truly are. The challenge is whether one chooses to face this problem head on, or internalise it and push their feelings away, in order to continue to feel loved and accepted by their family, instead of potentially being rejected. Feeling isolated is not desirable, neither is being alone physically. Trust me, I know. My services ~~are~~ are paramount at these times, as ignoring feelings as strong as personal beliefs and morals is no way to lead a happy life, let alone a healthy one. Fear of being alone is normal, yet is one which I advise is discussed, as it is no use to be accepted



on the outside, but feel isolated on the inside.

friends, whilst making the best of company, can still contribute to the development of alienation, and feelings ~~as though~~ of ~~not~~ not being wanted. We often decide whether we will be friends with someone based on their appearance, and for some, that can be the first mistake. This can lead to our friends only seeing ~~us~~ ^{and} us physically - our hair color, eyes, skin tone. For some, it means that they will have no deep connection. Friends can sometimes have expectations of us, even if they are not explicit. This can range from having a particular like in movies, to something more serious, like clothing choices. We may tick the boxes and fit perfectly into these groups within ^{the} a friendship but ~~we~~ ^{often} do so because we feel compelled to "follow the group". Many individuals do this because they do not reflect on the type of person they are ^{and} who they want to be, stifling their own sense of identity. If we don't know who we truly are and what we personally like and dislike, it is easier to follow the crowd. However, being accepted purely on this ~~is~~ basis can lead to feeling like you are an outcast and don't actually belong. Feeling like an outsider does not necessarily mean you are not liked or welcomed into a group, but can have detrimental ~~on~~ ^{effects} on one's self worth and confidence. It is at these moments that we slowly ~~feel~~ ^{hear} small ~~emotions~~ ^{voices inside our heads} pulling away at us, which tell us that we have no place where we thought we were.



wanted. So even though based on appearances and interests, be it ours or others, feeling alone ~~is~~ still works its way into our heads. We may feel oppressed, even if we physically are labelled as part of a group. ~~But~~ Having the approval of others though often isn't enough.

Intimate relationships bring new experiences, ~~as~~ as well as views with them. ~~They~~ One can feel accepted by their partner, but it may have adverse effects on ~~the~~ other relationships. A client of mine faced this dilemma, as her parents didn't approve of her fiancée. There were cultural barriers which concerned her parents; religion, traditions and values. Not only did the couple look physically different (she ~~was~~ had been born in Belgium and he was born in Sudan), but they had been brought up differently. I met her mother in a consultation once, and her conservative and westernised views we expressed. Through her disapproval of her daughter's choice of life partner, she was creating a wedge between them. There was the question of which church to be married in, which led to questions about which denomination their future children would follow. ~~But~~ The mother of the bride openly voiced her contradicting opinions, ~~for~~ slowly fracturing the mother-daughter relationship, because of her adamant disapproval. I worked with



the bride to offer some perspective and an outside opinion, yet I noticed that she was slowly drifting away from her family. Even though her fiancée loved her, she sometimes felt alienated, as her family did not accept the choices she was making, let alone try and understand. They wanted to have the young Belle, not the Belle who was going to have an interracial marriage and maybe black children someday. They felt that she was choosing him over them, making her feel as though the family she was once accepted by no longer trusted her judgement. She felt alone even whilst in a loving relationship, and it is a challenge I have encountered with clients numerous times.

I also offer my services to teenagers, as I am aware that the younger generation also struggle with the concept of who they are ^(sometimes based on looks) and where they belong. The increasing use in social media has led to ^{youngsters} ~~being~~ ~~isolated~~ ~~from~~ ~~themselves~~ ~~from~~ and feeling alone in the "real world". ~~The~~ sites, such as Facebook, contribute to this in my view. People can ^{"accept"} ~~add~~ you ~~and~~ you ~~can~~ friend requests without even truly knowing you. Sure, you've been "accepted", but does this blossom into ~~love~~ ~~and~~ fulfilling friendship? Individuals feel the need to portray themselves a certain way on social media in order to be "accepted", yet struggle with the ~~the~~ ~~idea~~ ^{concept} of being 'alone', when they have so many



"friends". This virtual world is a lonely place for many, as even though they may think they are wanted and belong, they are really only being approved. It is ~~the~~ a harsh reality, but ~~the~~ social media, in its nature, is not there to ~~forget~~ ~~present~~ ~~of~~ fill ^{emotional} gaps. It is there to connect people and share a part of ourselves with the known, and sometimes the unknown. Of course I have people coming to me who feel alone. They have gone to school, walking past a 'friend' of theirs, yet have been ignored to their face. This same friend likes a photo of theirs that same night, but there is never any real conversation. It is understandable that they feel shunned from a type of community - they are only being accepted, not ^{always} actively ~~being~~ building relationships. This ^{ultimately} leads to doubts about who the individual is (even if it is not this direct), as they think there may be something wrong with them, as "friends" aren't accepting them or wanting to know them in another world.

All of the questions you may have after reading this are ones I can answer. It is normal to feel accepted, but at the same time to feel alone and not wanted or cared about. I am happy to have a chat with you, and advise that if you are facing similar challenges, that you give me a

If you use extra Answer Books, complete all details
on all Answer Books used.



Call. I'm always happy to listen
*for a psychologist or counsellor near you, please
follow the following links:

VIC: Melbourne, others SA: Adelaide, others

NSW: Sydney, others

WA: Perth, others

QLD: Brisbane, others

ACT: Canberra, others

NT: Darwin, others

TAS: Hobart, others

Statement of Intention -

I have written an online post, on the website
ANPCT (Australian National Psychologist and Counselling Team)
by a psychologist. The language is colloquial to begin
with, but becomes more refined to indicate it is published
by a professional. The audience is those aged 25-40 years
old, with the sub-group being parents of teenagers. The
purpose is to expose the idea that you can still feel alone
even when accepted by some. My ideas have been shaped through
the viewing of 'Skin' (by Anthony Rabian), as the film expresses
the idea that acceptance can be by some not all, with

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~~they are~~