

Mental Health Grades 11/12

Content

An example of a typical grade 11/12 Mental health unit sequencing is as follows:

1) What is Mental Health? 2) What is stress, what causes it and how it affects your overall health? 3) Identifying: signs, symptoms, and treatment for depression. 4) Resources/supports available at MHS 5) Common Mental Health Disorders 6) Stress Management Techniques

Standards/Common Core Standards

Through the study of Feelings and Emotions students will

5.11 Analyze healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body, and managing stress

5.12: Identify the factors that help people deal with grief

Through the study of Identity students will

5.16 Describe the signs of destructive behavior, and identify intervention strategies and kinds of professional intervention

Working with the school counselors, students discuss signs of suicide and to whom to go to for help

5.17 Identify common mental health disorders (for example, anxiety, schizophrenia, and mood, including depression and bipolar) and treatments (for example, psychological, biomedical)

Through the study of Decision Making students will

5.19 Explain positive techniques for handling difficult decisions

21st Century Learning Expectations

☒ Effectively apply critical thinking skills to solve problems.

☒ Communicate skillfully and effectively through written, visual, oral and technological means.

☐ Apply tools and technology to a variety of authentic tasks.

☒ Demonstrate connections between and among subjects to enhance understanding of the world.

☒ Demonstrate originality and innovation through individual and collaborative work.

☒ Demonstrate good citizenship, personal responsibility and character through individual and collective actions.

☒ Demonstrate understanding and respect for the diversity of ideas, cultures, abilities and lifestyles in the school and beyond.

Milton High School Curriculum

Milton High School Physical Education

25 Gile Road, Milton, Massachusetts

Concepts, Skills and Practices (Students will know and be able to...)	Essential Questions
<ul style="list-style-type: none">-Students will understanding mental health and identify how it affects their overall wellness.-Students will be able to demonstrate skills necessary to reach out for themselves or others if they experience/see the signs/symptoms of distress and/or a mental health issue(s).-Demonstrate ability to use interpersonal communication skills to enhance health-Apply subject knowledge and techniques in solving/ avoiding physical health, mental, and/or social problems	<ul style="list-style-type: none">-How do you identify stress and how it affects you and what steps can be taken to reduce stress?-What should you do if you are concerned about yourself or a friend who may be showing signs or symptoms of depression?
Materials and Resources Needed Glencoe Health Textbook PowerPoint's Handouts Student Assist Request Forms Video's/Links Relaxation Room Pieces Exam Adjustment Counselor/Guidance Counselor	

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Possible Instructional Strategies	Possible Assessment Practices (both formative and summative)
<input type="checkbox"/> Present hands-on projects <input checked="" type="checkbox"/> collaborate learning <input checked="" type="checkbox"/> use multimedia presentations (video, audio, etc) <input checked="" type="checkbox"/> map/graph/chart work <input checked="" type="checkbox"/> Debate <input type="checkbox"/> Role Play and/or perform <input checked="" type="checkbox"/> Discuss <input checked="" type="checkbox"/> Lecture <input type="checkbox"/> Complete Laboratory work <input checked="" type="checkbox"/> Research – text, software, on-line, etc <input type="checkbox"/> Conference <input type="checkbox"/> Design and/or construct <input type="checkbox"/> Practice Reading and Writing Comprehension <input checked="" type="checkbox"/> Model (examples, explanations, past student work) <input type="checkbox"/> Practice <input type="checkbox"/> Speak/Sing <input type="checkbox"/> Listen <input type="checkbox"/> Other: explain below	<input checked="" type="checkbox"/> Present orally – speech, report, etc <input checked="" type="checkbox"/> map/graph/chart work <input type="checkbox"/> Debate <input checked="" type="checkbox"/> Write, edit, rewrite <input checked="" type="checkbox"/> Create (models, artwork, simulations, video, audio etc) <input type="checkbox"/> Present Research <input checked="" type="checkbox"/> Compare and contrast <input type="checkbox"/> Complete and Analyze laboratory data <input checked="" type="checkbox"/> Assess Reading Comprehension <input type="checkbox"/> Assess Listening Comprehension assessment <input checked="" type="checkbox"/> Perform (dance, sing, play a sport, role play, act, etc) <input checked="" type="checkbox"/> Speak (language, annunciation, body language, etc) <input type="checkbox"/> Predict results <input type="checkbox"/> Build or construct <input type="checkbox"/> Compose <input checked="" type="checkbox"/> Take tests and quizzes <input type="checkbox"/> other: explain below