Unit Template

Desired Results

Title of Unit

- Mental Health Awareness

Enduring Understanding

- In this unit, students will discuss and make connections between mental and emotional health and wellness from literature as well as how it will affect them currently and in the real world after high school.

Essential Questions

- How is mental health awareness different today than in the past?
- What are the therapies used in the past and what are the therapies used today?
- Examine the shift in awareness of how mental health affects different age groups.

Guiding Questions

- What are some methods for identifying and addressing mental health issues I might face?
- What are defense mechanisms and when do they become unhealthy?
- How has the treatment of mental health evolved throughout history?
- How does mental health impact relationships?
- When and where do we encounter negative stigma associated with mental health issues, and why is it important to learn self-positive and relationship-positive solutions?

Knowledge

- Students will comprehend the importance of identifying and acknowledging mental health issues in society.

Skills

- Collaboration and discussion-based peer groups will analyze main themes related to mental health throughout the decades
- Students, in groups and individually, will acknowledge text to self importance and become self-aware of their own perspectives and viewpoints
- Use narrative techniques to develop ideas and recount experiences as well as using a variety of techniques to create smooth progressions of the experiences
- Express ideas clearly and respond respectfully and thoughtfully to all perspectives
- Discern and identify credibility, value and accuracy from all texts and perspectives
- Create presentations and projects which visually capture and enhance understanding of themes and perspectives as well as recognize what elements and digital features will engage and inform audiences

Standards

11-12R2: Determine two or more themes or central ideas in a text and analyze their development, including how they emerge and are shaped and refined by specific details; objectively and accurately summarize a complex text. (RI&RL)
11-12R9: Choose and develop criteria in order to evaluate the quality of texts. Make connections to other texts, ideas, cultural perspectives, eras, and personal experiences. (RI&RL)
11-12W3: Write narratives to develop real or imagined experiences or events using effective techniques, well-chosen details, and well-structured event sequences.
11-12SL2: Integrate multiple sources of information presented in diverse formats (e.g., including visual, quantitative, and oral). Evaluate the credibility and accuracy of each source, and note any discrepancies among the data to make informed decisions and solve problems.
11-12SL5: Make strategic use of digital media and/or visual displays in presentations to enhance understanding of findings, reasoning, and evidence, and to add elements of interest to engage the audience.

Assessment Evidence

- Canva Multimedia Presentation
- Perspective Letters
- Compare/Contrast Essay
- Original Editorial
- Peer Collaboration: Group & Partner Discussions & Self-Assessments

Learning Plan

Learning Activities

- Anticipation guides to check in where students are at to understand mental illness as a topic
- Research and create presentation highlighting outdated practices dealing with various mental health issues
- In small groups, explore Freudian psychoanalytic theory to apply concepts of the tripartite mind, defense mechanisms and coping mechanisms to both characters in texts used and to selves in real life
- Apply psychoanalytic and archetypal qualities
- Create psychological case studies in final projects, using templates from the American Psychological Association
- Discuss ways to support peers in crises based on learning moments

Resources

"The Yellow Wallpaper" - Charlotte Perkins Gilman
"Advice: Teen Angst? Nah!" - Ned Vizzini
One Flew Over the Cuckoo's Nest - Ken Kesey
The Midnight Library - Matt Haig
The Catcher in the Rye - JD Salinger
https://www.apa.org/depression-guideline/case-examples