

Chapter 1

First Responders' Work Takes a Mental Toll

First Responders' Work Takes a Mental Toll	News report	Full duration: 2:41
https://archive.org/details/nwctc-First_Responders_Work_Takes_a_Mental_Toll		
<i>A retired firefighter shares his struggles with PTSD.</i>	Featured segment: 0:00-2:41 (2 min, 41 sec) Approximate lesson duration: 25 minutes	
Textbook tie-in: <i>Ch 1 Reading 3 – “Stress and Health”</i>		

WARM-UP (4')

- o *When you call 911, who responds to your emergency first? What do you think their jobs are like?*
- o *Have you or someone you know ever experienced a traumatic (very scary, shocking, or dangerous) event? How did it affect you?*

PRE-TEACH (5')

- **Useful Vocabulary** (Quizlet & Youghish to explain words)

traumatic encounter panic suicide

- Idioms & Expressions

“a dream come true” – a big goal that you very happily accomplished

“take a toll” – to cause damage or harm over time

“in someone’s blood” – very natural, seemingly born with

- Other background knowledge
 - o PTSD (Post Traumatic Stress Disorder) is a disorder that some people suffer after they experience a very dangerous, scary or stressful event.
 - o In this 3-minute news report, a former firefighter talks about his struggle with PTSD and tries to help other first responders get the mental help they need to deal with their high-stress jobs.
- **Predict** - Have Ss guess what they will hear about, based on discussions and vocabulary, and
make a key for their notes.

VIEWING #1 FOCUS (3')

- Note main ideas



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- Organize notes into outline (listening for signals to show organization and transitions)

POST-VIEWING #1 ACTIVITIES (4')

- Assess and revise your notes
- Comprehension questions
 - o *In the beginning, was Brian Cristofono happy to be a firefighter? How do you know?*
 - o *Why did Cristofono develop PTSD, and what was its effect on his life?*
 - o *What are two things Cristofono is doing now to help other first responders?*

VIEWING #2 FOCUS (3')

- Note more specific details.
- Add to and revise notes
- *Point out listening/note-taking strategies that appear in the video (see comments on transcript)*

POST-VIEWING #2 ACTIVITIES (3')

- Application Activities
 - o *If you or someone you know is experiencing the symptoms of PTSD, what should you do? What resources can you turn to? (You may use your devices to find resources.)*

DICTIONATION PRACTICE (3')

- Repeat naturally & fluently 1-3x, have Ss write. Quickly scan their answers. Discuss things like reduced speech, linking words, and writing unfamiliar words phonetically
 - o *I just fell in love with it*
 - o *I wanted to be busy*
 - o *He's on a mission*

Transcript Listening Strategy and Signal Notes-

<i>Time</i>	<i>Signal Words</i>	<i>Listening Strategy</i>
0:26	<i>A hero is defined as...</i>	Strategy 4. Use comprehension strategies when you don't understand something: <i>definition</i>
2:01	<i>he's getting the help he needs, but..._____</i>	Strategy 7. Listen for and note comparisons and contrasts: <i>contrast</i>
2:41	<i>compensation....</i>	Strategy 4. Use comprehension strategies when you don't understand something: <i>write words phonetically</i>





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