

TPJ20 - Mid term -POC

Assignment 2: Mental Health Plan

Introduction

Unit 2 is all about mental health, covering topics such as happiness, relationships, and purpose. For this assignment, create a presentation to talk about your mental health plan. You will follow this plan (along with your physical health plan) for at least two weeks. In your final summative project (worth 30% of your grade), you will report your results.

Part 1: Happiness

In the happiness lesson, we learned about different ways to find happiness rather than just pleasure. Talk about which strategies you will use to add more happiness to your life. Give an example from your own life of how you used it or can use it.

Part 2: Relationships

In the relationships lesson, we learned how important having quality relationships is for our health. Pick someone you want to improve your relationship with and use class learnings to explain how you will do so. Make sure to mention their primary love language.

Part 3: Purpose

In the purpose lesson, we learned about how to find a meaningful purpose in life that gives us a long lasting sense of fulfillment. Talk about what you think your purpose is and how you can connect to that purpose in your daily life right now.

Presentation Format

You can make a PPT or a poster. Canva is a great resource: <https://www.canva.com/>. Another great resource is slidesgo: <https://slidesgo.com/>.

You can have 1 to 2 slides for each part.

The time should be 3 to 4 minutes.

After your presentation, you may need to answer questions from your classmates or the teacher.

Overall Expectations:

1. Describe factors that affect personal health and well-being;

Learning Goals:

1. Develop a personal health plan that promotes healthier lifestyle choices and habits;
2. Identify factors that affect the personal health and well-being of children and adolescents;
3. Identify and describe mental health disorders that may affect adolescents;
4. Explain how lifestyle choices can have an impact on an individual's health and well-being.

Grading/Success Criteria:

Knowledge & Understanding (25%)	The student uses knowledge from class in his/her plan.
Thinking (25%)	The student explains the choices he/she made in the plan.
Communication (25%)	The presentation visuals are appealing. The presentation is professional and well practiced.
Application (25%)	The student's forum posts on relationships are respectful and use class learnings.

Rubric

Category	Level 1 50-59%	Level 2 60-69%	Level 3 70-79%	Level 4 80-100%
<i>Knowledge/Understanding</i>	<i>The student:</i>			
The student uses knowledge from class in his/her plan.	Demonstrates limited knowledge of class content.	Demonstrates some knowledge of class content.	Demonstrates considerable knowledge of class content.	Demonstrates a high degree of knowledge of class content.
<i>Thinking/Inquiry</i>	<i>The student:</i>			
The student explains the choices he/she made in the plan.	Explains choices with limited reasoning.	Explains choices with some reasoning.	Explains choices with considerable reasoning.	Explains choices with excellent reasoning.
Demonstrates planning, organization, and thoughtful development of ideas during in-class work periods	Uses class time ineffectively and shows limited planning.	Uses some class time effectively and demonstrates some planning.	Uses class time effectively and demonstrates organized planning.	Uses class time highly effectively and demonstrates excellent planning and initiative.
<i>Communication</i>	<i>The student:</i>			
The presentation visuals are appealing.	The presentation visuals are messy.	The presentation visuals are hard to look at.	The presentation visuals are appealing.	The presentation visuals are very appealing.
The student: Speaks clearly and confidently during the presentation. Responds appropriately to oral questions after the presentation.	Responses to questions are unclear, very brief, or off-topic. Demonstrates limited speaking skills and limited understanding of the topic during discussion	Responses to questions are somewhat clear and show some understanding of the topic. Speaking skills and communication are somewhat effective	Responses to questions are clear, appropriate, and show considerable understanding of the topic. Speaking skills are effective and respectful.	Responses to questions are detailed, thoughtful, and confident. Demonstrates a high degree of understanding, uses class concepts effectively, and communicates respectfully and professionally.

<i>Application</i>	<i>The student:</i>			
The student's forum posts on relationships are respectful and uses class learnings.	Forum posts have limited thoughtfulness and respect.	Forum posts have some thoughtfulness and respect.	Forum posts have considerable thoughtfulness and respect.	Forum posts have a high degree of thoughtfulness and respect.