

Mental/Emotional Health

Unit Learning Objectives

At the end of this unit, you should know...

- ✓ the functions of some **basic anatomy** of the brain including structures such as the cerebrum, cerebellum, cerebral cortex, prefrontal cortex, hippocampus and amygdala.
- ✓ the fundamentals of **neural communication**...how it happens and what anatomy is involved.
- ✓ the four **stages of memory** by name and description/function.
- ✓ the differences between **short-term** and **long-term memory**.
- ✓ the eight **learning styles** and how to define/describe each of them.
- ✓ what it takes to be the *best learner you can be* (i.e. study techniques, encoding tricks, sleep, organization, test taking strategies, etc).
- ✓ how to correlate/connect information learned from the **"Inside the Teenage Brain"** video with the topics discussed during this unit (sleep, attitude, emotion, learning, etc) AND the Social Health Unit (communication, family relationships, etc).
- ✓ why **sleep** is so critical to learning, mood, physical health, etc. ("What Sleep Means to Your Health" worksheet).
- ✓ reasons adolescents are sleep deprived and what they can do to improve the quality, not just quantity, of their sleep ("What Sleep Means to Your Health" worksheet).
- ✓ the five levels of **Maslow's Hierarchy of Needs** by name, function and how the hierarchy works to explain human motivation/drives/needs (review from earlier in the course).
- ✓ the six steps of the **decision-making/problem-solving model (DECIDE)** and how to apply them to real-life decisions and problems in order to make a decision or solve a problem (review from earlier in the course).
- ✓ how **personality** plays into mental/emotional health.
- ✓ some signs/characteristics of **good mental health** and roadblocks to good mental health.
- ✓ how to define **self-image, self-esteem, feedback** and **self-talk**.
- ✓ how **advertising** can influence a person's self-image, self-esteem and self-talk, as well as, communicate social norms/expectations surrounding sex, healthy relationships, romance, violence, etc. ("Killing Us Softly 4" video).
- ✓ some basic human **emotions** and be able to differentiate between *learned* and *primary* emotions.
- ✓ how to healthfully **manage emotions** and avoid unhealthful coping strategies.
- ✓ how to define **distress** and **eustress**.
- ✓ the 5 categories of **stressors** by name & definition and can provide examples of stressors for each category.
- ✓ the 3 stages of the body's **stress response process** by name and function/description; what "Fight, Flight or Freeze" is reflective of.
- ✓ some **stress management** techniques.
- ✓ how to define/recognize various **mental disorders**.
- ✓ some risk factors and myths for **suicide**.
- ✓ how you can help a person who is considering or has attempted suicide.
- ✓ the types of **clinicians** available to help people with mental disorders and what they are capable of doing for patients.