



PLANNED COURSE STATEMENT

Course Title: Mental Health Awareness	Grade Level(s): 9-12
Length of Course: 1 Semester	Credit Area: Elective
Prerequisite: None	Amount of Credit: .5
Adopted/Supplemental Materials: "Prepare U" Curriculum	
Dual Credit Articulation:	

COURSE DESCRIPTION:

Social emotional learning (SEL) is the process through which students acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

For this class there will be a workbook, hands on projects, group discussion, class-time. This subject matter is to prepare the student for success in high school and to manage life challenges.

COURSE GOALS:

Students will:

Prepare U curriculum provides students with the tools necessary to get to the root of potential problems, working to prevent unhealthy coping patterns from emerging and developing in the first place.

Students will be provided tools to process anger, recognize suicidal ideation, decrease anxiety, develop problem solving skills, engage in self care, promote healthy families, cultivate empathy, manage social media use, and foster healthier relationships.

ASSESSMENT STRATEGIES:

Completion of work book, attendance, participation, show the ability to verbalize in their own words an understanding of the subject matter presented over the course of the class.

ACCOMMODATIONS AND MODIFICATIONS:

Students with an IEP may have assignments modified to meet his/her needs.

CAREER RELATED LEARNING STANDARDS:

This course will allow students to explore careers, develop career related learning skills and establish goals and a vision for the future. Students will gain skills related to personal management, problem solving, communication, teamwork, and employment foundations